

YOUTH EXCHANGE PROGRAMME



"THE TASTE OF DIVERSITY"

09 – 16 September 2025

Facilitaros: Karolina Jedziniak, Grzegorz Kruczek, Zuzanna Chrabąszcz

SCHEDULE

09 September (Tuesday) – Arrival day

- Arrival of groups, accommodation
- **18:00** – Welcome dinner and short organisational introduction

10 September (Wednesday) – Intercultural Introduction Day

- **9:00–10:00** – Breakfast
- **10:00–13:00** – Energizers, integration games, documentation
- **13:00–15:00** – Lunch and break
- **15:00–18:00** – National food workshops – each group presents their culinary traditions
- **18:00 - 19:00** - Dinner
- **20:00** – Polish Evening: folklore presentation and tasting
Reminder: prepare a presentation about your national dish and food traditions.

*Each national group **must prepare a presentation about their culinary traditions** (traditional dishes, stories, photos, cultural elements) and **present it during the workshop sessions**.



11 September (Thursday) – Local Traditions and Flavours of Nature

- 8:00–9:00 – Breakfast
- 12:30–15:00 – Educational trip: Visit to Chlebowa Chata – traditional bread baking workshop, tasting local products
- 15:00–17:00 – Return and rest
- 18:00 - 19:00 - Dinner
- 20:00 – Film evening: screening of a movie about regional traditions and culture, reflection on the link between food and heritage

12 September (FRIDAY) – Flavours and Personalities

- 9:00–10:00 – Breakfast
- 10:00–10:30 – Energizers – Italy
- 10:30–13:00 – Personality colours workshop + personality test, forming mixed teams, preparation for shopping
- 13:00–15:00 – Lunch and break
- 15:00–17:30 – Visit to local shops, preparing herbal infusions and compotes, contest
- 17:30 – Drink presentations, voting, shared tasting
- 18:00 - 19:00 - Dinner
- 20:00 – **Italian Evening:** pasta-making workshop, tasting of regional specialties, music and traditions from Italy.



13 September (Saturday) – Green Practices and EU Values

- 9:00–10:00 – Breakfast
- 10:00–10:30 – Energizers – Greece
- 10:30–13:00 – Brainstorming in national groups: collecting ideas and planning the preparation of a national or regional meal for the next day (division of roles, recipe selection, planning tasks)
- 13:00–15:00 – Lunch and break
- 15:00–18:00 – Shopping for ingredients in groups (based on the brainstorming from the previous day)
- 18:00 - 19:00 - Dinner
- 20:00 – Greek Evening: preparation of simple Greek dishes (e.g. tzatziki, Greek salad), dance workshop (sirtaki), presentation of myths and cultural stories.

14 September (SUNDAY) – Culinary Event

- 9:00–10:00 – Breakfast
- 10:00–10:30 – Energizers – Bulgaria
- 10:30–13:00 – Workshop “Zero Waste in the Kitchen”, quiz “Eco – fact or fiction?”
- 13:00–15:00 – Lunch and break
- 15:00–18:00 – Cooking in national groups: preparing national/regional meals using a grill or campfire + recording a short video about the food (presentation, preparation process, cultural meaning)
- 18:00 - 19:00 - Dinner
- 20:00 – Bulgarian Evening: banitsa-making activity, tasting of Bulgarian herbal teas and yogurt, folk songs and traditional dance presentation.



15 September (MONDAY) – Tradition and Reflection

- 9:00–10:00 – Breakfast
- 10:00–10:30 – Energizers – Poland
- 10:30–13:00 – Outdoor activity (depending on the weather): hiking in the mountains, or relaxing by the lake, or city break (exploring a nearby town)
- 13:00–15:00 – Lunch and break
- 15:00–18:00 – Evaluation and Youthpass ceremony
- 18:00 - 19:00 - Dinner

16 September (Tuesday) – Departure

- 8:00–9:00 – Farewell breakfast
- 9:00–11:00 – Departure



CONTACT

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Co-funded by
the European Union