

# INFOPACK

# ECO-ADVENTURES



**ZIELONE  
ŚLĄSKIE**



Co-funded by  
the European Union

# OVERVIEW

Join our free international youth exchange, supported by Erasmus+! "Eco-Adventures - Green Skills through Sport and Nature" brings together young people from Poland, Spain, Croatia and Portugal to explore how outdoor education, sport and environmental challenges can develop green competences and climate awareness. Through hands-on activities like forest survival workshops, mountain hikes, and kayaking, you'll discover how nature can be both a classroom and a playground. You'll take part in practical sessions on sustainability, conscious consumption, and responsible citizenship. This experience promotes teamwork, intercultural understanding, and active engagement in building a greener future. You'll enjoy cultural evenings, creative group challenges, reflection by the campfire, and the chance to earn your Youthpass certificate - all while surrounded by stunning mountain landscapes in Poland.

## OBJECTIVES

Developing green competences by engaging in nature-based learning and promoting environmentally responsible behaviors.

Fostering inclusion and intercultural dialogue by bringing together young people from diverse backgrounds through shared outdoor experiences and cultural exchange.

Raising awareness of climate change and sustainability through workshops on eco-practices, conscious consumption, and real-world environmental action.

# SCHEDULE

**ARRIVAL DAY: 15.10.2025**

**DATES OF THE YOUTH EXCHANGE:**

**16.10.2025 -20.10.2025**

**DEPARTURE DAY: 21.10.2025**

## TRAVEL BUDGET

**(distances in the straight line)**

Distance	Travel using ecological means of transport	Travel without using eco-friendly means of transport
10–99 km	56 EUR	28 EUR
100–499 km	285 EUR	211 EUR
500–1999 km	417 EUR	309 EUR
2 000–2 999 km	535 EUR	395 EUR
3000–3999 km	785 EUR	580 EUR
4000–7999 km	1 188 EUR	1 188 EUR
8000 KM or more:	1 735 EUR	1 735 EUR



## WHAT TO BRING?

- **Passport or ID card**
- All travel **TICKETS!**
- Towels and personal hygienic things (shampoo, soap, toothbrush etc.)
- Hair dryer - the venue does not provide such
- Your positive attitude and willingness to participate in activities




# OTHER PRACTICALITIES

This project is fully funded by Erasmus+.

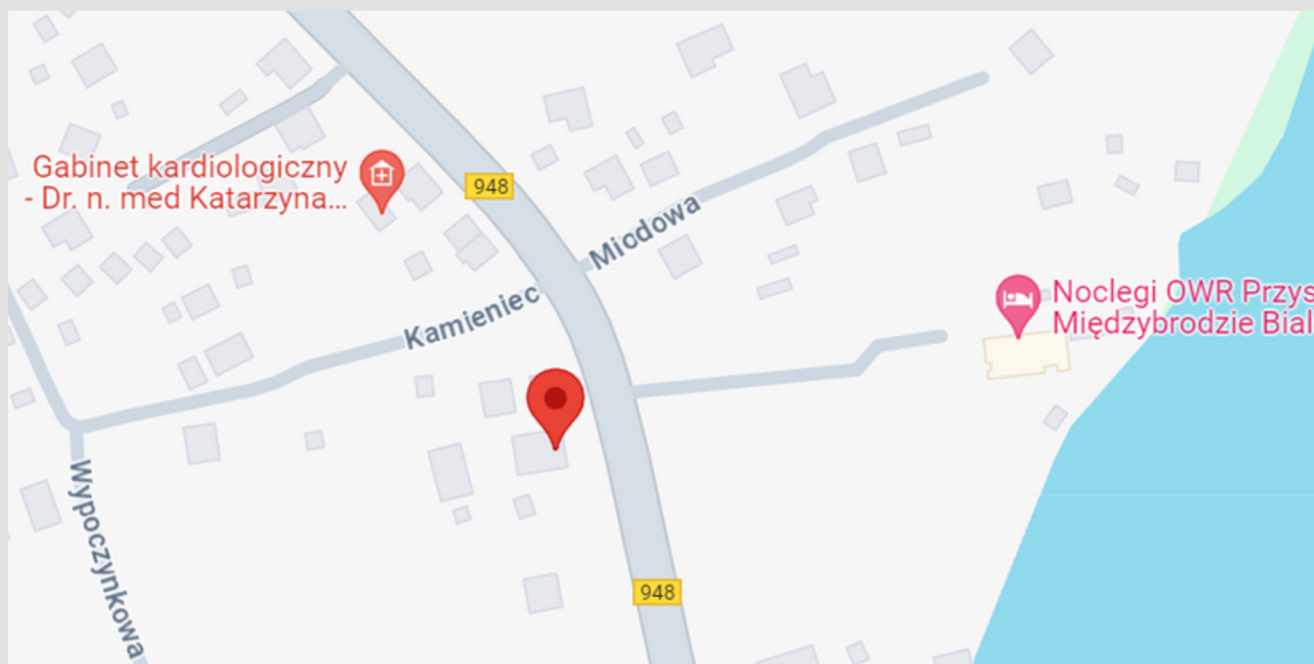
- During the youth exchange we will organize a cultural evening. Bring with your traditional snacks and drinks, some games for the evening. Bring necessary ingredients with you, the venue cannot provide it.
- In the centre there is Wi-Fi Internet connection so you can bring your computer.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.

## TRAVEL EXPENSES

1. Travel expenses will only be reimbursed upon presentation of documents proving the amount actually paid: original invoice. Documents must include the date, price, traveler's name, destinations, and the receipt must be completely clear.
  2. Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
  3. Taxi rides are **not refundable**.
  4. **Travel expenses can be reimbursement during the exchange or after.**
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# HOW TO GET HERE?



Ośrodek Społeczny, ul. Żywiecka 67, Międzybrodzie Bialskie,  
Silesian Voivodeship, Poland, 34-312

## IF YOU ARE LANDING IN KATOWICE

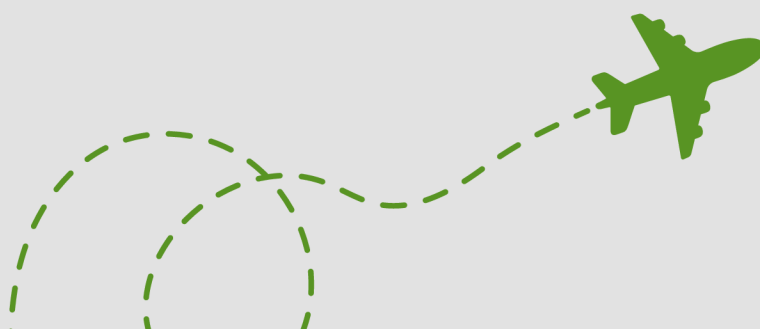
**Katowice Airport** → AP bus → **Katowice Dworzec** (railway station)

**Katowice Dworzec** → train → **Bielsko-Biała Główna** (railway station)

**Bielsko-Biała D.a** bus station → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) →

**Międzybrodzie Skrzyżowanie** (20 stops)

**Międzybrodzie Skrzyżowanie** - few minutes on foot → **YOU ARE THERE!**



# IF YOU ARE LANDING IN KRAKOW

**Kraków Airport** (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

**Kraków Główny** → train → **Bielsko Biała Główna** (railway station) (Direct trains: 06:06, 10:41, 13:50, 14:41, 16:35, 18:43)

**Bielsko-Biała D.a bus station** → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

**Międzybrodzie Skrzyżowanie** - few minutes on foot → **YOU ARE THERE!**

## OR LONGER OPTION

**Kraków Airport** (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

**Kraków Główny** → train → **Katowice Dworzec** (railway station)

**Katowice Dworzec** → train → **Bielsko Biała Główna**

**Bielsko-Biała D.a bus station** → 113 (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

**Międzybrodzie Skrzyżowanie** → few minutes on foot → **YOU ARE THERE!**

## USEFUL LINKS

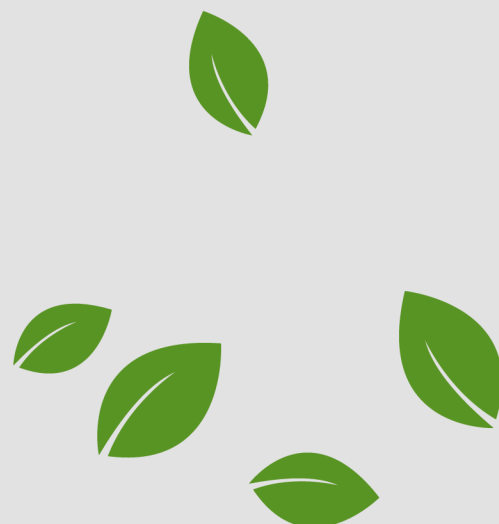
**INTERCITY**

**KOLEJE ŚLĄSKIE**

**ECOLINES**

**FLIXBUS**

**LUXEXPRESS**



# ACCOMMODATION



The accommodation provided is at the **Spółecznik Center** located in the picturesque Żywiec County, in the midst of the Silesian Beskid Mountains and in the vicinity of the Żywiec Lake.

All costs related to accommodation and meals are covered by the organizer. Reimbursement of travel expenses will be made by bank transfer, using the prevailing exchange rate and issued in euros (€). In addition, no fees will be charged for participation in the conference.

# HOW TO APPLY?

Fill out the form available on our website, and we will get in touch with you shortly: [zieloneslaskie.pl](http://zieloneslaskie.pl)

## CONTACT

If you have any questions, don't hesitate to ask!

**erasmus@zieloneslaskie.pl**  
**+ 48 602 223 540**



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