

Eco Lifestyle

Youth Exchange 16/10-22/10/2022

Murzasichle, Poland

**The project:**

The basic assumption of the project is environmental education, which should be understood as all activities teaching environmental protection. One of the main goals of ecological education is preparation for practical solving of rubbish and waste in the future. The solution to this problem that bothers the modern world is recycling, i.e. the use of secondary raw materials and waste. Art classes, on which we will create unique ecological works - objects and ornaments from materials based on recycling, have great possibilities in organizing teaching situations involving direct action in this area. Performing manufacturing work from waste is an idea for environmental education, developing manual skills at a low cost.

The project Eco Lifestyle concerns handicrafts, various artistic techniques, and the problem of ecology and recycling. The project will be attended by 36 young people from Poland, Lithuania, Latvia, Romania, 9 people from each country. They will be people who are interested in handicraft, although they do not need to have experience or artistic skills.

The aim of the project is to learn different artistic techniques that will enable young people to create various works and acquire knowledge about ecology and recycling.

**Transport:**

The arrival day to Murzasichle must be 16 10 2022(closest airport it is Krakow – Balice, Katowice Pyrzowice around 100 km).

The departure back will be on 22 10 2022 in the morning,

If you need any help with tickets or transfers please let us know we can arrange it so before you will buy ticket please contact us to be sure that this is best option.

We will reimburse your travel expenses in the last days of the project, in cash (euro). Please bring with you all original receipts, invoices, e-tickets, proof of payment and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without having to send it`s to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible.

**We can arrange all the travel for you as buses, planes etc. for that please ask your team leader.**

## **The group:**

We need 9 participants (8+1 leaders) from each of the country. Age limits for the participants are 18-30 years old and 18-35 for leaders.

## **Rules:**

You are expected to participate fully in all activities, unless you are ill. Unauthorized absence from activities and workshops won't be allowed. We would really appreciate energetic and active participation.

Smoking is prohibited inside of the buildings, so all smokers will have to leave the building in case they want to smoke a cigarette.

## **The location:**

The venue of our project is Murzasichle, a village in Polish Mountain area, 100km away from Krakow.

Basic information about accommodation place - U Toski <http://utoski.pl/>

- 2/3/4/5 people in one room

- Rooms have their own bathrooms

- The restaurant will serve all meals (breakfast, lunch, dinner) and in some days we will have lunch packs;

- The area is very beautiful and surrounded by nature

## **What to bring:**

- All your travel documents and financial statements/proofs of payment;

- Typical food and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing. All things that we can buy in Poland we can refund for your evening. Try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

- Clothes: going to have some swimming session, so prepare your swimsuit!

- Towels and whatever you need for taking shower, washing, etc;

Our currency is the Polish Zloty (PLN): 1 Euro = 4.7 PLN

If you have any questions for us please contact Jacek Kubicki ([jacekkubicki@op.pl](mailto:jacekkubicki@op.pl)), Project Manager.

We are looking forward to see you in Poland!