



Co-funded by
the European Union

THINK GREEN, CLICK SMART, ACT DIGITAL

ERASMUS+ YOUTH EXCHANGE



PROJECT DETAILS



20-30TH OF JULY



OSOWEK , POLAND

TARGET GROUP:



- 35 participants: 6 young people and 1 team leader per country, representing partner organizations;
- Age: 30 participants 18-30 years old and one team leader per group without age limit;
- The youth exchange project "Think Green, Click Smart, Act Digital" team will include 35 participants from Poland, Greece, Lithuania, Spain and Romania.



ABOUT THE PROJECT



What we would like to achieve by implementing the project

The world is facing a serious environmental crisis, and youth have a key role in shaping a sustainable future. Climate change, pollution, and resource depletion continue to rise, yet many young people struggle to adopt greener habits. At the same time, digitization is transforming society and offers powerful tools to drive environmental change—if used effectively.

This project aims to bridge that gap by equipping youth with digital tools and green skills to take meaningful action. We want to combine digital innovation with environmental responsibility so that participants can lead change, spread awareness, and contribute to a more sustainable and digitally connected world.

The project aims to empower youth from six countries by equipping them with green skills and digital tools to promote sustainability while fostering intercultural exchange and collaboration.



ABOUT THE PROJECT



What are the objectives of the project?

- Increase awareness of practical sustainability Participants will learn simple yet impactful ways to integrate sustainability into their daily and professional lives.
- Enhance digital literacy for environmental action. The project will provide training on using digital tools (social media, gamification, and online platforms) to raise awareness and advocate for sustainability.
- Encourage youth collaboration in sustainability advocacy. Participants from different countries will work together to create solutions and share best practices for environmental action.
- Foster cultural exchange and mutual understanding. By bringing together youth from six countries, the project creates space for exchanging perspectives and learning from diverse backgrounds.
- Promote active citizenship and youth engagement. Participants will develop leadership skills to engage their communities in sustainability efforts beyond the project.
- Increase knowledge about Erasmus+ and educational opportunities. The project will introduce Erasmus+ and other programs, encouraging youth mobility, learning, and international cooperation.
- Ensure long-term impact through follow-up actions



FOOD



Breakfast, Lunch, Dinner and Coffee breaks will be provided at the accommodation. Participants should inform us forward about their dietary (Vegetarian, don't eat pork, etc) or any specific needs.

HEALTH INSURANCE



HAVING A RELEVANT HEALTH INSURANCE IS MANDATORY FOR EACH PARTICIPANT

WORKING LANGUAGE



English - the main idea is to motivate youngsters to improve english and realize the importance of this language as a tool of communication.

CURRENCY



Currency in Poland is złoty (PLN). The exchange rate is approximately: 1 EUR = 4,2 PLN
Non of the currencies will be accepted in the trade centers, cafes, pubs, and restaurants or by Taxi except for złoty. you can pay with a credit card almost everywhere.



If you buy your ticket in another currency, which might be different from EURO, we will calculate your travel costs according to the exchange rates from the official European Commission web. www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en

THE VENUE AND ACCOMMODATION



ADDRESS: OSÓWEK 47, 83-242 OSIECZNA



Participants will be accommodated in international mixed rooms with 4-5 participants.

- **Bed linens and towels are provided**
- **Hairdryer - we are sharing two hairdryers. There are not hairdryers provided in the rooms**

SEE MORE INFO ABOUT THE ACCOMMODATION:

[HTTPS://YOUTU.BE/CPWZUPTI__0?SI=LDWQI_4U5BCND4PM](https://youtu.be/cpwzuptl__0?si=LDWQI_4U5BCND4PM)

PREPARATION



- CULTURAL PRESENTATION OF YOUR COUNTRY (DANCES, MUSIC, GAMES, FOOD, DRINKS, TRADITIONAL CLOTHES, SYMBOLS, ETC.). PROMOTIONAL MATERIALS TO PRESENT YOUR ORGANIZATION TO OTHER PARTICIPANTS.
- MEDICINES, WHICH YOU NEED TO GET REGULARLY;
- **KEEP ALL YOUR BOARDING PASSES AND TRAVELING TICKETS. OTHERWISE WE WILL NOT BE ABLE TO MAKE ANY REIMBURSEMENT.**

TRAVEL



IT IS POSSIBLE TO TRAVEL TO THE PROJECT VENUE THROUGH SEVERAL AIRPORTS: GDANSK INTERNATIONAL AIRPORT (THE NEAREST) AND WARSAW INTERNATIONAL AIRPORT BEING THE CLOSEST AIRPORTS TO THE PROJECT LOCATION. IN CASE ANY QUESTIONS ABOUT LOCAL TRANSPORTATION, HOSTING ORGANISATION "STOWARZYSZENIE MORENA" WILL ASSIST YOU.



**PLEASE:
BEFORE BOOKING YOUR FLIGHTS, YOU SHOULD PROVIDE DETAILS
OF YOUR TRAVEL PLANS TO US FOR VERIFICATION AND APPROVAL.**

YOU CAN ARRIVE IN POLAND 2 DAYS EARLIER TO SEE AROUND OR TRAVEL A BIT. HOWEVER, THIS SHOULD BE DONE AT YOUR OWN EXPENSE.



ECO-FRIENDLY APPROACH



At our youth exchange, we believe that small actions can make a big impact! We've added some fun and eco-friendly activities to help take care of our planet.



Mug Exchange Evening – Sip, Share & Celebrate!

On our first evening together, we'll kick things off with a Mug Exchange Evening! Bring a mug from home—one that has a special story or represents your culture. This mug will be your buddy for drinks, helping us cut down on disposable cups. During the exchange, you'll swap mugs and share the story behind yours. It's a simple, fun way to reduce waste while making meaningful connections.

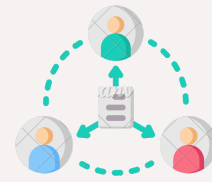


Green Travel Recommendations – Travel Smart, Travel Green!

We encourage you to choose eco-friendly travel options whenever possible—take a train, bus, or carpool with fellow participants. If flying is your only option, consider supporting "One Flight – One Tree," a program that helps offset carbon emissions by planting trees.

IMPORTANT!

DISSEMINATION



IT IS MANDATORY FOR EVERY PARTICIPANT TO RUN ONLINE AND OFFLINE DISSEMINATION ACTIVITY AFTER THE PROJECT



Online: At the end of our project, we encourage you to share your personal impressions on social media. This could be through online meeting, storytelling, or creative content that reflects how the project has impacted you. By using social media and digital tools, you can reach even more people and contribute to spreading the project's message on a wider scale.



Offline: After the project, each participant is expected to organize a local activity—this could be a workshop, a presentation, a social media campaign, or any other creative way to spread the project's results. The goal is to inspire others, raise awareness, and create a lasting impact beyond our time together. Let's keep the impact growing!



ORGANIZATIONS



Poland

Stowarzyszenie Morena

Travel costs limit: 56 EUR (**Green Travel**)



Greece

Actually I Can....Healing & Coaching Etheric Academy

Social Cooperative Enterprise

Travel costs limit: 309 EUR



Lithuania

Erasphere

Travel costs limit: 211 EUR



Spain

INSTITUTO IKIGAI

Travel costs limit: 309 EUR



Romania

ASOCIATIA Y.E.S. YOUTH EDUCATION SUPPORT

Travel costs limit: 309 EUR

CONTACT INFORMATION



STOWARZYSZENIE MORENA TEAM

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PLEASE, DO NOT HESITATE TO CONTACT US IF YOU NEED MORE INFORMATION OR WOULD LIKE TO DISCUSS ANY DETAILS!
WE ARE LOOKING FORWARD TO MEETING YOU.

