

# INFOPACK

"RECYCLING, REUSING, REDUCING-  
LET'S HELP THE EARTH TOGETHER"



**PART I:**  
**MIĘDZYWODZIE, POLAND**

**13.05.-15.05.2022 ADVANCE PLANNING VISIT**  
**20.05.-29.05.2022 YOUTH EXCHANGE**



Co-funded by the  
Erasmus+ Programme  
of the European Union



pewobe Gemeinnützige Soziale  
Betreuungsgesellschaft mbH in Frankfurt (Oder)



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Dear Partners and Group Leaders,

We welcome you on board! You are part of our Project “Recycling, Reducing, Reusing- Let’s help the Earth together!” for young people from 6 countries. Within the project we will implement two youth exchanges together as well as two Advanced Planning Visits.

This Information Pack contains information about the first Youth Exchange which will take place in Międzywodzie, Poland. You will also find information about how to get to Międzywodzie, about the city itself and about our venue. We are looking forward to meet all of you in Międzywodzie for the APV from 13th to 15th of May and for the YE from 20th to 29th of May.

The second part of the project will take place in Grünheide, Germany in 2022. Detailed information will be available soon.

If you have any questions concerning the Youth Exchange, Finances, German Part etc. just contact Manuela:

**demel@pewobe-ffo.de**

If you have any questions about Polish Part like accommodation in Międzywodzie, Your Travel, please contact Marcela:

**marcela@pewobe-ffo.de**

You will get an answer from us as soon as possible.

See you soon in Poland!

Sincerely,

The Preparation-Team



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## Summary of the Project:

The Project "Recycling, Reducing, Reusing - Let's help the Earth together!" consists of two youth exchanges that will bring together young people from Germany, Poland, United Kingdom, Portugal, Romania and the Netherlands. Each group will consist of 6 participants and 1 leader. Some of the participants will have the chance to take part in more than one exchange, which will support the transfer of the knowledge between the exchanges as they are building up on each other. The participants will work on the knowledge delivered after each exchange at their organizations, which will support the transfer of the knowledge after the exchange. Next to exploring the concept and benefits of the recycling and the different issues related to Europe, the current state of the world and developments the participants will also explore their cooperation creatively and with other methods. In between the youth exchanges the groups will implement local activities which are part of this project. Excursions will bring the participants to interesting industries, sciences centers and institutions. The APVs and Youth Exchanges will take place in Germany, Grünheide, and Poland, Międzywodzie during a 12 month period.

## Partners:





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## Participants for the APV:

For the Advanced Planning Visit that takes place from 13th to 15th of May we would like to invite all partners to send the group leader that later will accompany the group. It is important to send the group leader as this will ensure the proper preparation of the groups and the Youth Exchange. Additionally, each partner can send one of the participants to the APV. **The participant has to be one of the group members that will also come for the exchange.** If you already know that the leader or the participant will not attend the exchange later, we kindly ask you to not send them.



**1 participant**

16-26 years old



**1 group leader**

## Participants for the Exchange:

The participants of this youth exchange will come Germany, Poland, United Kingdom, Portugal, Romania, Netherlands. Each group will consist of 6 participants and 1 group leaders. The participants should be between 16 and 26 years old, some exceptions can be possible, based on discussion and agreement.



**6 participants**

16-26 years old



**1 group leader**



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## About the Organizers:

You will be hosted by Kompetenzteam Słubice in Poland which cooperate with pewobe g GmbH Frankfurt(Oder) in Germany. Both organizations are located in the border cities. Their members meet every month and together find ideas for new local and international actions. They also take part in the Youth Exchanges and have an opportunity to travel.



## Accommodation:

The „Reda“ Hotel is located next to the Baltic Sea. The accommodation is situated 150m from the beach and 350m to the centrum of Międzywodzie. You will be accommodated in shared rooms (2/3 people) with their own showers and the toilets. There will be no gender-mixed rooms. The whole group will stay in the same building.

Our working room will be in a different building, so be prepared that you need to go outside in all-weather. If you have a special request regarding accessibility, please let us know as soon as possible.

There is no washing machine. We recommend you to pack enough clothes.

Website (available only in polish): <http://osrodekreda.pl/>

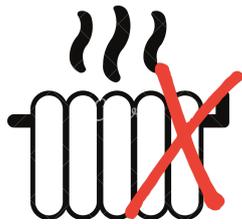


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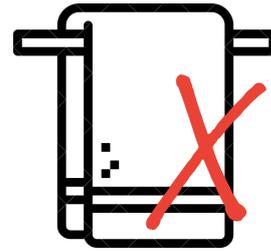
There is no kitchen in the accommodation.



The accommodation is open only in the summer season, therefore there is no heating. Please bring suitable clothing.



There is no washing machine.



There are no towels.



You can drink the water from the tap, we are kindly ask you to bring your own bottles.



The power plugs and sockets are of type C or E. The standard voltage is 230 V and the standard frequency is 50 Hz.



A bed linen are provided



A kettle is in each room.



A bathroom is in each room.



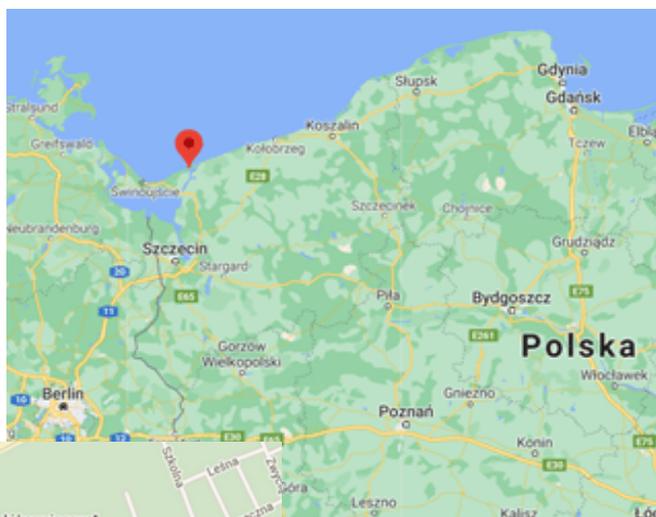
A fridge is in each room.



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## Destination:

Ośrodek wczasowy REDA  
ul. Plażowa 1A  
72-415 Międzywodzie  
POLAND



## Meals:

There will be three 3 meals provided for you per day. At least one of them will be a warm dish. The meals will take place in the restaurant next to the accommodation. Please let us know if someone in your group is allergic, if there are vegetarians (there is no vegan option) or if someone requires a special diet due to other reasons. We then can check if it is possible. Only when we know about this beforehand we can provide you your meals in a proper way, make sure you announce it to us.

Just a remark: In Poland it is normal to only eat a warm meal once per day, normally for lunch. For the other meals we eat a lot of bread and sandwiches. We are not able to prepare our own meals.



8:30-9:30



13:30



17:30



19:00

**Options: basic, vegetarian, no pork**

**Please let us know about the food option, as fast as possible :)**



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## Travel details:

To find the connections from the airport to Międzywodzie this website can be useful: <https://en.e-podroznik.pl/> . Enter one of the above names of the airport with the note "Port Lotniczy" which means "Airport" in Polish. **Before buying a ticket, we kindly ask you to contact Marcela ([marcela@pewobe-ffo.de](mailto:marcela@pewobe-ffo.de)), who will help you find the best and fastest connection.** There is no frequent connection to Międzywodzie.

AIRPORT	DISTANCE TO MIĘDZYWODZIE FROM THE AIRPORT
Szczecin (Poland)	100 km
Berlin (Germany)	240 km
Gdańsk (Poland)	300 km
Poznań (Poland)	345 km
Wrocław (Poland)	500 km





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## Coronavirus situation:

We encourage you to read the current COVID-19 restrictions on the website:



Current rules of entry Poland from Schengen/EU countries



Current rules of entry Poland from non-Schengen/non-EU countries

## Finances:

The costs in Poland for accommodation and the activities are covered by the fund of the European Commission. From our side there is no participation fee for this Youth Exchange.

Due to the funding of the European Commission we will be able to contribute to the following costs for the APV and Exchange to you:

Country	Travel Cost max. contribution per person
Germany	180,00 €
Poland	180,00 €
United Kingdom	275,00 €
Portugal	360,00 €
Romania	275,00 €
Netherlands	275,00 €



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According to the rules within the program “Erasmus+ Youth in Action” we will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, APEX-flights etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc. upon a certain “contribution to the travel costs of participants, from their place of origin to the venue of the activity and return”. This contribution is “based on the travel distance per participant. Travel distances must be calculated using the distance calculator supported by the European Commission”. Please keep in mind that in the final calculation the place of origin of each participant is used to calculate the max. contribution to the travel costs.

Please plan the travel according to the dates of the activities with a maximum stay of two additional days before and after. If you stay longer or arrive earlier to the hotel, we cannot host you free of charge.

The reimbursement will be done based on an agreement with each partner. In any case we can only reimburse the travel costs in cash if we receive the tickets per e-mail before the activities in order to prepare the reimbursement.

### **What to prepare:**

During the exchange you will have a chance to present to the other groups something about your city, region or country. For this occasion, it would be nice if you could prepare something. All other things to prepare will be discussed during the APV and you will get updates afterwards.



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## What to bring:



**GOOD VIBES**

## Currency:



**Groszy**

**(100 groszy= 1 złoty)**

**Złoty**

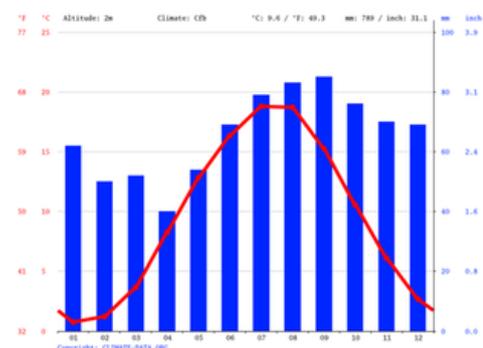
**1 EUR= 4,70/4,80 PLN**

**1 GBP= 5,50/ 5,60 PLN**

**!** You are kindly asked to exchange your money before the exchange (airport, hometown) :)

## Weather:

To be honest, the weather in Poland is as unpredictable as the situation with the Coronavirus. Summers can be very warm, the temperature in June reaches even 30 degrees Celsius. However, there are years when it is very rainy, windy and it is 10-15 degrees Celsius. Please be prepared for both scenarios. Evenings are always cooler, so take some warm hoodies and pajamas! There is no heating in the rooms because the hotel is open only in the summer. Don't forget also your umbrellas and jackets. If you are getting cold fast, please bring also your own blanket.





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## APV Schedule:

### 14.05.2022 (Saturday)

**8:00-9:00** Breakfast

**9:00-12:00** Planning meeting

1: Partners presentations, Accommodation, Travelling, Meals, Pandemic

**13:00** Lunch + break

**15:00-17:00** Planning meeting 2: Schedule overview, division of tasks, Culture Nights, Szczecin trip, questions and advices

**18:00** Dinner

**21:00** Eurovision Song Contest 2022

### 15.05.2022 (Sunday)

8:00-9:00 Breakfast

Open questions

Departure

### 13.05.2022 (Friday)

Arrival, food after arrival, Get to know the environment

**18:00** Welcome Evening

## Youth Exchange schedule:

Friday 20.05.2022	Saturday 21.05.2022	Sunday 22.05.2022	Monday 23.05.2022	Tuesday 24.05.2022	Wednesday 25.05.2022	Thursday 26.05.2022	Friday 27.05.2022	Saturday 28.05.2022	Sunday 29.05.2022
PREPARATION BY LOCAL TEAM	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST	7.30-8.30 BREAKFAST	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST	8.30-9.30 BREAKFAST
ARRIVAL OF THE GROUPS	9.30-10.00 ENERGIZER	9.30-10.00 ENERGIZER	9.30-10.00 ENERGIZER	9.30-10.00 ENERGIZER		9.30-10.00 ENERGIZER	9.30-10.00 ENERGIZER	9.30-10.00 ENERGIZER	Departure of the Groups, Local Evaluation Groups
	10.00 Getting to Know Each Other Games, Getting to Know the Environment, Beach Ecological Games	10.00 3R Session: How sustainable is my country?	10.00 Workshops: Gardening, Natural Cosmetics, Cleaning the Beach	10.00 Introduction to Upcycling, Improve your living space: Producing upcycling items (using shells, sand, ...)	09.00 Trip to Szczecin City Game	10.00 Promote "3R" Rule: Making the Paintings and Posters by Eco Materials	10.00 Visit in Wolin National Park and Museum of Nature	10.00 Simulation: Solving the Eco Situation on the Earth	
	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	13.30 LUNCH	
	15.30 Common Rules Creation: Hopes, Fears, Expectations, Youthpass Session- Skills	15.30 Promoting the 3R Rule: Making videos in the groups	15.30 Food and Water Waste: Environmental Impact	<15.30 Caring about the Animals Session, Making Wooden Homes for Insects	15.00 Visit the: Park of Kasprowicz, Museum of the Sea	15.30 Human Footprint Session	15.30 Session: Environmental Challenges in our Countries	15.30 Closing Session, Evaluation	
	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	18.30 REFLECTION GROUPS + YOUTHPASS	
19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	19.00 DINNER	
20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	20.00 LEADERS MEETING	
21.00 WELCOMING EVENING	21.00 CAMPFIRE	21.00 CULTURE NIGHT I	21.00 GAMES NIGHT	21.00 CULTURE NIGHT II	21.00 FREE EVENING	21.00 KARAOKE	21.00 LIP SYNC BATTLE	21.00 GOODBYE PARTY, YOUTHPASS CEREMONY	



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## Basic Polish Words and Phrases:

Yes	Tak	(Tahk)
No	Nie	(Nyah)
Okay	No	(Nohe)
Hi/Bye (informal)	Cześć	(Cheshch)
Hello/Good day (formal)	Dzień dobry	(Jen doh-bri)
Good evening (formal)	Dobry wieczór	(Doh-bri vyeh-choor)
Good-bye	Do widzenia	(Doh veet-zen-ya)
Good Night	Dobranoc	(Doh-brah-noats)
Please	Proszę	(Prosheh)
Thank you	Dziękuję	(Jen-koo-yeh)
Excuse me/Sorry	Przepraszam	(Psheh-prasham)
What's your name? (informal)	Jak masz na imię?	(Yak mash na ee-myeh?)
My name is...	Mam na imię...	(Mam nah ee-myeh...)
I'm from England.	Jestem z Anglii	(Yehstem zanglee)
Do you speak English? (informal)	Czy mówisz po angielsku?	(Che moo-veesh po an-gyel-skoo?)
Do you speak English? (formal)	Czy mówi pan/pani (male/female) po angielsku?	(Che moo-vee pan/pan-ee po an-gyel-skoo?)
I don't speak Polish.	Nie mówię po polsku.	(Nyah moo-vyeh po pol-skoo.)
I don't understand.	Nie rozumiem.	(Nyah row-zoo-me-ehm.)
Two beers, please.	Dwa piwa proszę.	(Dvah peevah prosheh.)
Cheers!	Na zdrowie!	(Nah zdroyeh!)
Where are the toilets?	Gdzie są toalety?	(Gdjeh sawn toy-le-tih)
I love you.	Kocham cię.	(Ko-hahm che.)

See you soon in Międzywodzie!

