



Youth Exchange **Make friends with nature and be eco**

Nosowo, Poland
June 29 - July 06, 2025



Co-funded by
the European Union



Project information

About the organization

Zachodniopomorska Wojewódzka Komenda OHP in Szczecin (OHP) is accredited in the youth sector for the period 2021–2027.

Its mission is to support young people who are socially excluded or at risk of exclusion. Thanks to this accreditation, OHP can offer broader assistance to those who need it most, focusing on inclusion and the empowerment of young people facing significant social and economic challenges. OHP's main activities include helping young people learn professional skills needed in the labor market, complete their education, and prepare for adulthood. Founded in 1958 and financed by the Polish state budget, OHP remains committed to supporting the social and professional development of disadvantaged youth.

About project

The Erasmus+ youth exchange project "Make Friends with Nature and Be Eco" is dedicated to ecological education and discovering the beauty of wild nature. The goal is to encourage young people to reconnect with the natural environment and understand the importance of environmental protection in today's world. Contact with wild and pristine nature has countless benefits for human life, work, leisure, and health. Unfortunately, in modern times, much of our free time is absorbed by virtual entertainment and electronic devices. During the exchange, participants will share their personal experiences, cultural backgrounds, and skills. They will explain how nature influences their daily lives and traditions. The project will demonstrate the essential role that nature plays in human wellbeing. All participating countries share a common bond: a connection to unspoiled natural environments and a history deeply intertwined with nature. This exchange will be a unique opportunity to explore different aspects of the natural world and to discover the wild beauty of Poland. Join us and rediscover your love for nature!

Main objectives of the project:

- Increase awareness about wildlife and ecological issues.
- Promote understanding of the natural environment.
- Encourage outdoor activities, sports, recreation, survival skills, and bushcrafting.
- Share cultural traditions and experiences.
- Promote eco-friendly lifestyles and sustainable habits.

Main activities:

The activities will officially begin on 12 May, in the morning. Each day will include approximately 5 hours of activities, interspersed with coffee breaks and lunch. Sessions will also include daily evaluations, energizers, and group discussions. Highlights of the program include:

- Presentations about wild nature in participants' home countries.
- Workshop: "How to Cook Healthy Food Without Meat?"
- Forest adventures focused on survival skills and bushcrafting.
- First aid training sessions.
- Excursion to Kołobrzeg, a city on the Baltic Sea coast.
- Kayaking trips.
- Group games, team-building activities, and cultural integration events.

More information about the activities will be provided in the daily plan.



About participants

Participants

Each country will send 5 youth participants (aged 17–19) and 1 adult team leader (18+).

Participants are expected from three different countries.

Participant Profile:

Young people interested in wildlife, ecology, geography, culinary traditions, and survival skills.

Candidates should be motivated, eager to learn new skills, and willing to share knowledge.

The project aims to be both practical and impactful.

Requirements for Teams and Participants:

- Commitment to the project
- Active participation in activities, workshops, and the project plan
- Preparation of a list of vegetarian meals or snack ingredients from their country
- Alignment with Erasmus+ goals, with at least 50% of participants coming from fewer opportunity backgrounds

Project Partners

- Associazione di Promozione Sociale Joint – Italy
- Nuoriso- ja Luontomatkailukeskus Oivanki Oy – Finland
- Asociacija Tavo Europa – Lithuania
- Zachodniopomorska Wojewódzka Komenda OHP w Szczecinie (OHP) – Poland (Hosting organization)

Accommodation and Fees

- The project is free of charge for participants.
- Food, accommodation, and participation in all activities are guaranteed.
- Participants must bring sporty clothes and shoes, as well as personal hygiene products.
- Separate male and female rooms will be provided.





Travel and location

Travel

OHP will fully refund travel expenses based on your application. No tickets or proof of travel costs are required. Travel costs are covered under the Erasmus+ funding scheme, with the option to use "Green Travels" rates.

Country	Traditional Travel	Green Travel
Italy	309€	417€
Finland	309€	417€
Lithuania	309€	417€

Since Nosowo is not directly accessible by public transportation, additional transport from the airport will be arranged. This cost may be deducted from the travel budget (up to 29€). For example: if your travel grant is 309€, please plan for 280€ after the deduction.

Other Information

- We recommend obtaining a European Health Insurance Card.
- All participants will be covered by accident and civil liability insurance for the duration of the project.
- The weather in mid-May should be good, but participants should bring clothes for both sunny and cooler days.
- Bring comfortable shoes.
- If you have any special dietary requirements, please inform the organizers in advance.

Place of the Project

The project will take place from 30 June to 5 July 2025 (with travel days on 29 June and 6 July) in Nosowo, near Koszalin, Poland.

Nosowo is a charming and attractive location, featuring a 19th-century palace surrounded by forests, the Radew River, and other natural attractions.

The palace is located in the West Pomeranian Voivodeship and offers amenities such as free Wi-Fi, barbecue facilities, a garden, and free private parking.

The palace is surrounded by a large park filled with unique trees and vast forests. One of the main attractions is a Japanese pine tree (only 7 specimens exist in Europe), along with rare species like Caucasian fir, Sitka spruce, and Japanese larch.

Distances to key locations:

- Koszalin Town Hall – 39 km
- Kołobrzeg (Baltic Sea) – 38 km
- Goleniów Airport – 103 km
- Gdańsk Airport – 200 km

Some accommodation options offer seating areas or balconies.

The area is excellent for trekking and fishing.

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Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

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