



NEW EUROPE
FOUNDATION



INFOPACK INTENSIVE ENERGY SAVE TRAINING

Dates: August 4–10, 2025

Location: Społecznik Centre,
Międzybrodzie Bialskie, Poland



Co-funded by
the European Union

About the Project

The Intensive Energy-Saving Training (ITOE) project is an Erasmus+ co-funded youth initiative that promotes energy efficiency and sustainable living among young Europeans. During the exchange in Poland, participants will explore how everyday choices affect the planet, and how they can change habits to **save money and energy at home**.

The programme will include:

- Workshops on responsible energy use,
- A lecture by an energy expert,
- A study visit to a hydroelectric power plant,
- Group work, debates, and interactive activities,
- Themed cultural evenings,
- Production of a short educational video.

The exchange promotes non-formal learning, intercultural dialogue, and practical problem-solving, in line with Erasmus+ principles.



About the Youth Exchange

The youth exchange in Poland is part of the Intensive Energy-Saving Training (ITOE) project, funded by the Erasmus+ Programme.

During **7 days** in a beautiful natural setting, you will:

- learn how to **save energy** at home and in your community,
- meet an **energy expert** and ask real questions,
- **visit a real hydroelectric power plant**,
- work in international teams and **create your own eco video**,
- take part in fun workshops, debates, and creative tasks,
- enjoy evening activities and cultural exchange nights.

This exchange is for young people aged **18-30** who are interested in climate, sustainability, and making a positive impact.

Participants must be **residents of one of the four official partner countries**:

- Poland,
- Czech Republic,
- Romania,
- Lithuania

If you're ready to learn, share ideas, meet international friends and take action – this exchange is for you!

Dates: August 4–10, 2025

- **Arrival day:** 04/08/2025
- **Dates of the meeting:** 05/08/2025 - 09/08/2025
- **Departure day:** 10/08/2025

Youth Exchange Schedule

DAY 1

AUGUST 4 (Monday): Arrival and Check-in

- Arrival of participants in Międzybrodzie Bialskie
- Registration, accommodation, and free time
- Dinner and rest after travel

DAY 2

AUGUST 5 (Tuesday): Project Opening & Team Building

 **10:00–13:00**

- Official project opening and introduction to ITOE goals
- Presentation of partner organizations and facilitators
- Completion of project documentation and Youthpass forms

 Lunch break

 **14:00–17:00**

- Team-building games and group integration activities

 Cultural Evening: **Poland**



DAY 3

AUGUST 6 (Wednesday): Energy Expert & Oxford Debate

🕒 10:00–13:00

- Expert lecture: “The Future of Energy and the Challenges of Increasing Demand”
- Q&A session with the expert

🍴 Lunch break

🕒 14:00–17:00

- Oxford-style Debate: “Should humanity limit technological development to protect the environment?”
- Group preparation and moderated debate

🌙 Cultural Evening: Czech Republic

DAY 4

AUGUST 7 (Thursday): Study Visit – Porąbka Power Plant

🕒 **Full day**

- Educational visit to Porąbka-Żar pumped-storage hydroelectric power plant
- Guided tour, meeting with staff
- Observation of energy infrastructure and sustainability in action

🌙 Cultural Evening: **Romania**



DAY 5

AUGUST 8 (Friday): Mobile Energy and Batteries

🕒 10:00–13:00

- Workshop: “What is a battery?” – energy in phones, laptops, and home gadgets
- How to use everyday electronics in an eco-friendly way

🍴 Lunch break

🕒 14:00–17:00

- Quiz 1: Mobile Energy – All About Batteries in Your Devices
- Quiz 2: Fascinating Facts About Electricity

🌙 Cultural Evening: **Lithuania**

DAY 6

August 9 (Saturday): Video Creation – Your Energy Tip

🕒 10:00–17:00 (with lunch break)

- Group project: Creating a short video “My Pro Tip for Saving Energy”
- Stages: concept, scripting, filming, editing
- Consultations with trainers and peer feedback

DAY 7

August 10 (Sunday): Departure

- Breakfast, packing, and participant departures



Venue:

Międzybrodzie Bialskie, Poland



The project will take place in the training and leisure center "Społecznik", located in the peaceful village of Międzybrodzie Bialskie in southern Poland. The venue is beautifully situated between the Żywieckie Lake and the Beskid Mountains, making it a perfect setting for creativity, reflection and connection with nature.

Travel

We will be traveling by our van. If you have any questions about the trip, please read this file and feel free to contact us for any clarifications. The youth exchange participants will travel using the organization's vehicle. The trip will begin on August 4th from Lithuania. You are expected to arrive on the same day (in the evening) at the venue. The return trip will be organized in the same way. We expect you to be back in Lithuania by August 10th in the second part of the day/night. Participants will be driving the car all the way. You will need to pay for diesel and road taxes. However, these expenses will be reimbursed once you return home and present all original invoices. Before departure, all participants will be required to sign the rules for using our vehicle. Each invoice must include our organization's credentials:

Tavo Europa

Mozūriškių g. 17-8, LT-06298 Vilnius

Registration Code: 304638334



CONTACT

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



Project Coordinator in Lithuania

Julija Staniulytė : julija@tavo-europa.eu



Join now with Tavo Europa!

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:

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