



Nature Art Media

Youth Exchange
Krzyżowa, Poland, 8-14 May 2026



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





INTRO



The youth exchange “**Nature, Art, Media**” emphasizes supporting **social cohesion and active citizenship** through the lens of **eco activism**. We will explore ways of connecting to nature, methods of relaxation through art, and ways of engaging societies using media.

The youth exchange is designed for young people (4 participants of 18-25 years old, and 1 group leader aged 18-30). The activity will gather 30 participants from 6 European countries.

The youth exchange will be hosted by **CET Platform Polska** In **Krzyżowa, Poland, from 8th to 14th of May, 2026**. We will also have a leaders meeting in **Wroclaw, Poland, from 21 to 23 April, 2026**.





OBJECTIVES

The youth exchange is designed to:

- deepen understanding of situation of young people in Europe;
- learn about global eco-activism;
- learn ways of using nature as a friendly sphere of creativity, relax and fun exchange passions and build new friendships
- understand our responsibilities as young Europeans and global citizens
- learn about media, their influence and production;
- learn about the new Erasmus+ programme and its potential for supporting non-formal education.



PLAN YOUR TRAVEL

CAUTION!

Please look for tickets that let you:

- arrive to Wrocław before 15:30 on 8.05.2026
- depart from Wrocław not sooner than 12:00 on 14.05.2026

TO WROCŁAW

Please find flights to Wrocław Airport / You can also fly to other Polish cities: Kraków, Poznań, Katowice (then take flixbus or train to Wrocław)

You can also fly to Berlin Airport (then take Flixbus to Wrocław)

You can check trains here: <https://www.pkp.pl/en/>

You can check buses here: <https://en.e-podroznik.pl/>

You can check flixbus here: <https://global.flixbus.com>

TO KRZYŻOWA

FROM WROCŁAW CITY CENTER TO KRZYŻOWA (VENUE OF THE PROJECT) WE WILL ORGANISE A SHUTTLE BUS FOR EVERYONE.

Details will be given later on.



VENUE

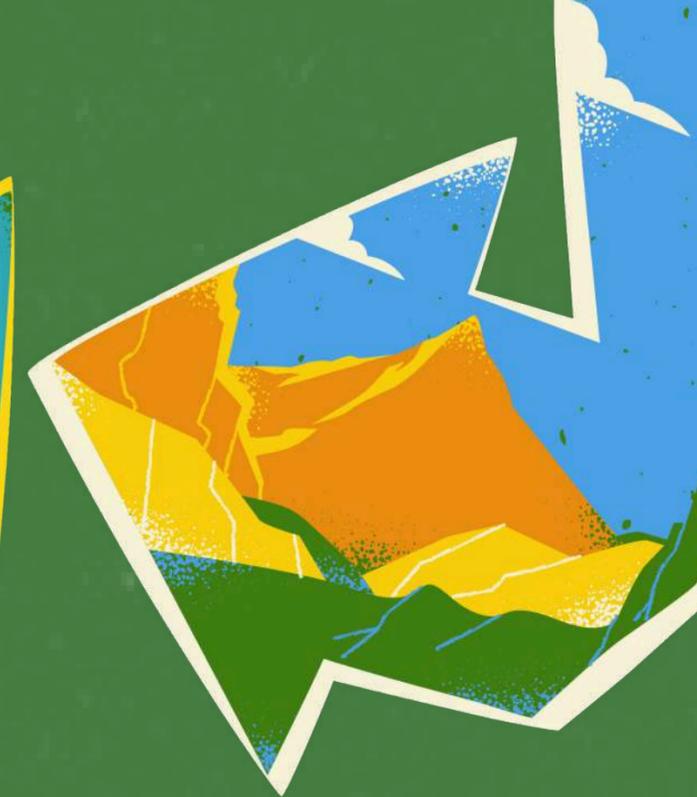
- ✔ Project will be hosted in beautiful youth center in Krzyżowa, seat of Fundacja „Krzyżowa”.
- ✔ More info here: <https://www.krzyzowa.org.pl/en/>



TRAVEL BUDGET

To receive reimbursement we ask you to collect documents:
boarding passes, invoices/bills and tickets/confirmation e-mails

**Before you purchase your flight tickets you must receive
our confirmation!**



MAX TRAVEL COST

According to the general rules of the Erasmus+ programme and the distance calculator, the maximum travel cost are:

28 EUR - Poland

309 EUR - Serbia, Romania, Spain, Lithuania,

395 EUR - Turkey

DIFFERENT DATES?

It's not a problem if your group wants to arrive or stay 1-2 days before or after the project.

All travel details must be agreed with the hosting organisation before purchase.



WHAT YOU NEED?

- readiness for new experience and feelings;
- comfortable clothes and shoes for workshops;
- traditional music, clothes, snacks (intercultural evening);
- flip-flops, private mug/bottle (eco friendly for coffee breaks);
- medicines or vitamins (if you need to take anything);
- EHIC Card or Health Insurance and Travel Insurance;
- original tickets

POLAND



- ✓ Polish national currency is Zloty (Polish Złoty, PLN). 1 EUR is approximately 4,25 PLN;
- ✓ Exchange rate at the airport is usually lower than in the city so try not to change a big amount of money there. Polish word for an exchange office is KANTOR;
- ✓ Weather in May is usually quite pleasant, temperatures may vary from +15 to +25 degrees with possible rain. Nights may be quite cold, so please make sure to bring some warmer clothes with you;
- ✓ Most useful Polish expressions:
 - 1) Przepraszam – I am sorry / Excuse me
 - 2) Dziękuję – Thank you
 - 3) Proszę – Please / You are welcome
 - 4) Pomocy! – Help!





CONTACT US!

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TAVOEUROPA

JOIN WITH TAVO EUROPA

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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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