

YOUTH EXCHANGE

“BACK TO BASICS: SLOW TECH & REDISCOVERING HOBBIES”

**Płaczewo
(Szymanka),
Poland
11 - 20
September
2026**



What is this project about?

“Back to Basics: Slow Tech & Rediscovering Hobbies” is a youth exchange that invites young people to take a step away from the pressure of constant productivity and online engagement. Together, we will explore hobbies as a source of joy, creativity, well-being, and personal growth - not because they have to be useful or profitable, but simply because we enjoy them.

What will we do?

The project aims to create a safe and inspiring environment where young people can:

- reconnect with themselves and their interests;
- explore hobbies without the pressure to be productive;
- reflect on their relationship with technology and digital habits;
- exchange knowledge and passions through peer learning;
- build genuine intercultural friendships.

Participants will co-create the programme, bringing their own ideas, passions and talents.

Each national group will carry out: icebreakers, energisers, workshops related to the theme of the project, intercultural evening.

Who are we looking for?

Young people aged 18-25 who:

- would like to share a hobby or passion with others;
- are looking for inspiration and new interests;
- enjoy learning through practical experiences;
- are curious about different cultures;
- are open to self-reflection and trying something new.

You don't need perfect English - just curiosity and willingness to try is enough!

We also invite people with disabilities to participate in the project - we encourage you to contact us in case of any doubts regarding accessibility, special needs, and more.

Accommodation

Szymanka

<https://szymanka.pl/>

Płaczewo, Pomeranian Voivodeship, Poland

The exchange will take place in Szymanka (Płaczewo), a peaceful place surrounded by nature, perfect to slow down, relax and reconnect.

Participants will stay in 3–4 person rooms with shared bathrooms. Venue is not fully adapted to the needs of people with disabilities. Common spaces and room with bathroom on the ground floor are accessible. Please contact us to discuss your individual needs.

There is Dąbrze Lake less than 4 km away. The nearest small local shop is 2 km from the venue.

Please note that three dogs live on the property and roam freely around the house, except in guests' rooms. For the comfort of participants with allergies or fear of dogs, we respectfully ask you to take this into consideration, as we can reduce the amount of time you spend with them, but there will always be some interaction.

Wi-Fi is available in the venue both in the rooms and common space. There is also a projector and speaker available in common space.

Smoking is forbidden in the venue.

A kitchen is available for participants only for preparations of intercultural evenings. However, participants have access to a kettle, a microwave and fridges all the time.

SSM Grunwaldzka

<http://ssm.gda.pl/ssm-grunwaldzka.php>

Last night participants will spend in SSM Grunwaldzka in Gdańsk.

Participants will be accommodated in rooms for 4 people with shared bathroom.

Szymanka

<https://szymanka.pl/>



Szymanka
Płaczewo 1, 84-251, Poland
4.8 ★ (159) ⓘ



Travelling by Van!

Perhaps you have more questions about the trip. Please read this section carefully and feel free to contact us if you need any clarifications.

Participants will travel by the organization's vehicle.

The trip will begin on the 10/09/2026 from Lithuania. You are expected to arrive on the 10th of September (in the evening) at the venue. The trip back will be organized in the same way. We expect you to be back in Lithuania by the 20th of September in the second part of the day/night.

Participants will be driving the vehicle during the whole trip.

You will need to pay for diesel and road taxes during the trip. These expenses will be reimbursed after you return home and present all original invoices.

Before departure, all participants must sign the rules for using the vehicle.

Each invoice must include the following organization details:

Tavo Europa

Mozuriskiu g. 17-8

LT-06298 Vilnius

Registration Code: 304638334

Travel information

Arrival: 10 September at 17:30 (time to be confirmed)

- Meeting point: ul. św. Piotra 21/4, 81-347 Gdynia (15 minutes on foot from Gdynia Główna station)
- A coach to Szymanka will be provided.

Departure: 20 September

Check out: 10:00

Reimbursement

Travel costs will be reimbursed after the exchange and completing the participant report. Participants will be reimbursed to a certain amount and provided that the participant provides all relevant and original documentation/proof of the travel costs. Participants will be reimbursed for their travel expenses from their place of origin to Gdynia, Poland and back.

After calculating the distance band between the participant's home city/town to the Venue (put Tadzino, as Płaczewo is not showing up in the tool) using the tool below, the participant will be reimbursed for their travel costs as following: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Distance	Standard travel	Green travel
10-99 km	28 EUR	56 EUR
100-499 km	211 EUR	285 EUR
500-1999 km	309 EUR	417 EUR
2000-2999 km	395 EUR	535 EUR

Reimbursement will only be possible if all travel documentation is received from the participants, including the receipts/invoices of airplane tickets (proof of payment), all boarding passes (proof of travel) and any other bus or train tickets and/or taxi receipts. Travel reimbursement (if possible) will be made by bank transfer. We kindly ask each sending organization to issue one invoice with all the costs of all their participants.

Useful information

Please bring with you:

- Student ID (useful for public transport discounts)
- Sports clothes (for indoor and outdoor activities)
- Clothes and shoes that can get dirty

Currency in Poland

Currency in Poland is Polish Złoty - PLN.

You can exchange money in "Kantor" exchange offices in Gdynia city centre. However, in Poland you can pay by card in 95% of shops, restaurants, trains.

Whether you already have a passion you would like to share or you are still searching for something that inspires you, this exchange offers a welcoming space to experiment, learn from others, and discover new interests through intercultural experiences.

Centrum Współpracy Młodzieży

<https://cwm.org.pl/>



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>

Contact Us!

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