LABORATORIUM ZMIANY

TAVO EUROPA

4 - 10 December 2026 · Opole

YOUTH EXCHANGE

Anti-Discrimination Work Through Arts & Crafts

Infopack for participants & partner organisations



Join us!

02 · WELCOME

Welcome to the Youth Exchange!

Hello! We’re so happy you want to join us in Opole, Poland.

For one week, young people from four countries will live, learn and create together. We’ll use arts & crafts to talk about stereotypes and discrimination — and to imagine something better.

This infopack has everything you need before you pack your bags.

Welcome!

WHERE

Opole, Poland

WHEN

4 - 10 December 2026 (incl. travel days)

WHO

18 young people · Poland + 3 partner countries (preliminary)

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03 · WHO WE ARE

About Laboratorium Zmiany

Since 2015, we've been creating a safe and inspiring space where girls and women discover their strength and shape their own paths — in relationships, education and work.

Our mission: to help girls and women recognise their potential, challenge gender stereotypes and resist discrimination — promoting equality, respect and social courage.

WE WORK WITH

- Girls & women
- Teachers & parents
- Youth workers
- Activists
- Institutions & NGOs

SINCE

2015

Hundreds of hours

of workshops, training sessions and community initiatives

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About the project

A week of making, talking and creating — using arts & crafts as a tool for anti-discrimination work.

Reuse & upcycle

We give a second life to things others call rubbish through collage, upcycling and making our own exchange merch.

Spot & flip stereotypes

We look for stereotypes in public space and everyday objects — and turn them around through art.

Winter traditions

We share how the festive season looks in our countries — in a way that includes everyone.

Project objectives

01 Recognise stereotypes, prejudice and discrimination in everyday life and public space

02 Use arts & crafts as a tool to speak up against discrimination

03 Make “invisible work” visible and question gender roles

04 Create with reused and second-hand materials

05 Share cultures, skills and traditions with young people from other countries

Let’s create together!

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06 · WHO CAN JOIN

Who can participate?

AGE

18 - 25

years old

Polish participants are recruited by Laboratorium Zmiany; partner organisations recruit their own groups.

You can join if…

- you are 18 - 25 years old
- you live in one of the participating countries
- you can join the whole programme, incl. travel days
- you're ready to prepare and share one craft or art technique
- you're curious, open and respectful of others

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Dates & location

ARRIVAL DAY

Fri 4 Dec

PROGRAMME DAYS

Sat 5 - Wed 9 Dec

DEPARTURE DAY

Thu 10 Dec

Opole, Poland

A friendly university city in south-west Poland, on the Oder river.

Main venue: CAS

Centrum Aktywizacji Społecznej (Social Activation Centre), large room 307

+ other places in Opole

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The week at a glance

SAT 5 DEC	SUN 6 DEC	MON 7 DEC	TUE 8 DEC	WED 9 DEC
Hello & safe space	**Spot the stereotype**	**Share your craft**	**Reduce, reuse, create**	**Wrap-up**
• Welcome & ground rules • Getting to know each other through collage • Intro to Youthpass • Cosy crafting evening (optional)	• What are stereotypes & discrimination? • Photo walk in Opole city centre • Intercultural evening	• Craft workshops led by you • Art & history of Opole at the Gallery of Contemporary Art • Invisible work through art & craft	• Make exchange merch from second-hand materials • Craft workshops led by you • Visit: National Museum of Polish Song	• Craft workshops led by you • Evaluation & next steps • Youthpass ceremony & farewell

A detailed programme will be sent to participants before the exchange.
On most days, activities will run from 9 a.m. to 5.30 p.m., with a coffee break and lunch.

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Accommodation - Hotel De Silva



You'll stay at Hotel De Silva. The organisers book and cover the accommodation for the whole group — you don't need to book anything yourself.

Address	ul. Powolnego 10, 45-078 Opole
Rooms	2 people per room
Facilities	Wi-Fi, towels and breakfast included

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Travel information

CLOSEST AIRPORTS

Wrocław WRO

≈ 1 h to Opole

Katowice KTW

≈ 1 h to Opole

Kraków KRK

≈ 3 - 4 h to Opole

Warsaw WAW

≈ 3 - 4 h to Opole

Arrive: Fri 4 Dec · Leave: Thu 10 Dec
Travelling green (train, bus, car-sharing)? Great — let us know!

HOW TO GET TO OPOLE

- Fly to one of the airports
- Take a local bus or train to the city's main train station
- Take a train to Opole Główne — tickets at the station or on koleo.pl. FlixBus also runs from all these cities.
- The hotel and main venues are within walking distance of Opole Główne, the main train station.

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Travel reimbursement

1

Check your distance band in the Erasmus+ **distance calculator**

2

Send us your travel plan and wait for our OK

3

Buy your tickets — only after our confirmation

4

Keep everything: tickets, boarding passes, invoices

5

Send the documents & the form → refund by bank transfer after the project

Maximum travel reimbursement per participant

Travel distance	Green travel	Non-green travel
100 - 499 km	€285	€211
500 - 1999 km	€417	€309
2000 - 2999 km	€535	€395

Reimbursement depends on eligible actual travel costs, supporting documents and the project's travel conditions.

Arriving early or leaving late? Tickets may be refunded, but extra nights are at your own cost.

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Erasmus+ Programme

Erasmus+ is the European Union’s programme for education, training, youth and sport. It helps people learn, meet others and grow — also outside the classroom.

In a Youth Exchange, groups of young people from different countries meet, live together and work on a shared topic through non-formal learning — learning by doing, not by sitting in lectures.

Youthpass

At the end you’ll receive a Youthpass — a European certificate that describes what you learned during the exchange.

Funded by the European Union

2026-1-PL01-KA151-YOU-000390795

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Activities & learning methods

Non-formal learning

Learning by doing, together

Arts & crafts

Collage, upcycling, hands-on making

Peer workshops

You teach your craft to the group

Photo walk

Looking for stereotypes in the city

Upcycling studio

Our own merch from second-hand materials

Study visits

A gallery and a museum in Opole

Reflection & Youthpass

Daily time to notice what you learn

Intercultural evening

Food, music & traditions from home

Preparation before arrival

01

Fill in the participant form

02

Join the online pre-departure meeting

03

Send us your travel plan before buying tickets

04

Prepare one craft or art technique to teach others. Allow up to 2 hours to teach the basics to other participants.

05

Prepare something for the intercultural evening: snacks, music or a game from home

06

Get your European Health Insurance Card (EKUZ)

Almost there!

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What to bring

Pack smart!

- ID card or passport
- Your EHIC card
- All tickets & boarding passes
- **Warm clothes — December: around 0 °C, rain or snow**
- Warm, waterproof shoes + lighter shoes for activities inside
- Materials for your craft workshop and some clothes you might want to upcycle.
- Something for the intercultural evening
- Any medicines you need
- A reusable water bottle

Meet the team



Magdalena Kurowska

President of the Foundation · Trainer

Youth trainer, former Chairwoman of the Women's Council in Opole, graduate in Applied Gender Studies (University of Opole).



Alicja Wiśniewska

Project coordinator

A lawyer by training, she works at the University of Opole and serves as a city councillor and board member of PROM – Polish National Youth Council.



Aleksandra Krok

Facilitator

Psychologist and youth trainer specialising in anti-discrimination topics.
A crafter at heart. In her free time, she enjoys sewing, crocheting, collage, thrifting, upcycling, making jewellery and any other crafts she can get her hands on.

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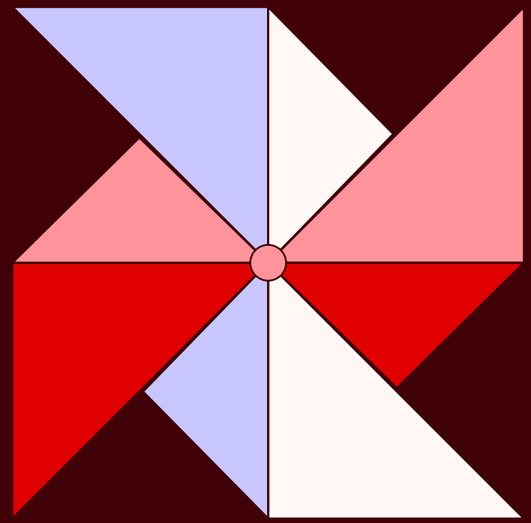
Next steps

1. Apply / confirm your place
2. Fill in the participant form
3. Join the pre-departure meeting
4. Send your travel plan, then buy tickets
5. Prepare your craft workshop — and pack!



See you in Opole!

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Join with Tavo Europa!

The Explorer Pass 2026 - 2027!

You are welcome to join our new educational programme for 2026 - 2027!

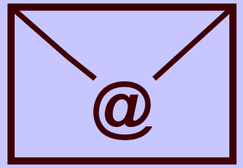
Dive into non-formal learning exploration for a 75 € fee that will unlock your potential to join all youth exchanges in Lithuania and abroad for one year from purchase date, and also support us to find new exciting and exclusive opportunities for community members!

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!

Project Coordinator in Lithuania

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