

Infopack
“ Green Hands Initiative”
Youth exchange
8-16.01.2026 Poronin-Tatra mountains
Hosting organization – Stowarzyszenie Ryza

Place: Poland

Venue: Poronin – Tatra mountains www.austryjok.pl

Partner countries: Italy, North Macedonia, Poland

Leader: 2 per national team

Participants: 11 per national team

National team: 13 people (GENDER BALANCE)

Age of leader: no limit , but must be over 18 , we recommend teacher, youth worker

Age of participants: 16-21

Our overarching goal is to promote environmental volunteering , to encourage members of our communities to get involved in volunteering. Through the project we want to build and strengthen awareness about volunteering , show its strengths. We want to exchange experiences with our partners using the international dimension of our project. The project also involves people with fewer opportunities , people with disabilities , giving them the opportunity to integrate and benefit from the opportunities offered by European programs.

Our project will have a positive impact on the development of environmental volunteering and will support the process of social integration . Awareness of volunteering will increase , the number of people who actively engage in volunteer activities will also increase . The project will create interesting educational materials , which we will make available to all interested parties and promote them. Participants will create a publication , a film will be made , we will organize a series of meetings to promote volunteering , we will organize workshops on volunteering and volunteer actions as a result of ideas developed during the project.

Accommodation, food, activities are fully covered , travel costs are covered up to limit

Hosting organization – Stowarzyszenie Ryza

Partner organizations

Italy Move2Europe

North Macedonia ASSOCIATION FOR ENVIRONMENTAL PROTECTION AND IMPROVEMENT

EKO-ZHIVOT KAVADARCI

WHAT TO BRING

Comfortable clothes and shoes for workshops which we will organize in indoor and outdoor, slippers, laptops, cameras etc. Photos will be taken during project by our team as well and at the end of the project we will share on-line with all partner organizations before departure.

Traditional food, drink and souvenirs for intercultural night activities. It would be nice to prepare some interesting presentations of your country . You can teach your songs and dances to all participants when you will have the stage.

INSURANCE & HEALTH ISSUES

The participants are themselves responsible to get a travel insurance. If anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover insurance fees.

FOOD

If anyone who is vegan or vegetarian in your group (or who has some allergic problems), please inform us about this EARLIER.

TASKS:

We will send you soon special task to accomplish before youth exchange.

Project financed by Erasmus Plus

Program

DAY 1

AM: Arrival & Check-in

PM: Welcome Tour • Project Opening • Icebreaker Games • Daily Reflection

DAY 2

AM: Energizer • Ice-Breakers • Youthpass Basics • Project Goals & Roles

PM: “How Volunteering Transforms Communities” Presentations • Leaders’ Meeting • Reflection

DAY 3

AM: Energizer • Workshop: *Volunteering Essentials*

PM: “Volunteering Without Borders” • ESC Insights • Volunteer Interviews • Italian Culture Night

DAY 4

AM: Energizer • Workshop: *Volunteering for Nature* • Brainstorm: Eco-Action Ideas

PM: Workshop: *Volunteering – A Chance for Everyone* • Reflection

DAY 5

AM: Energizer • Trip to Zakopane • Tatra National Park – Volunteering for Nature

PM: Eco-Action in TNP • Campfire Summary • Reflection

DAY 6

AM: Energizer • Workshop: *Volunteering for Inclusion* • Brainstorm: Eco-Campaign Concepts

PM: Work with Experts • Designing Eco-Campaign • Macedonian Culture Night • Reflection

DAY 7

AM: Energizer • Preparing Eco-Event *Green Hands Initiative*

PM: Event Preparation Continued • Leaders' Meeting • Reflection

DAY 8

AM: Energizer • Eco-Event: *Green Hands Initiative* (Interactive Eco-Picnic)

PM: Project Results • Media & Publication Work • “Open Space + Erasmus+ Youth” • Final Reflection

DAY 9

AM: Energizer • Youthpass Ceremony • Group Photo • Official Closing

PM: Departures