

INFOPACK

YOUTH EXCHANGE

ECOTOURNAMENT- LET'S START FIGHTING WITH CLIMATE CHANGE

Puck, Poland



ABOUT THE PROJECT

The main objective of the project "EcoTournament -Planet depends on us" is to strengthen competences of youth workers and young people in the field of environment and climate change through a quality training and online tools which improves youth workers professional development and improve science, digital, citizenship and entrepreneurship competences among young people and to raise awareness on the need to protect the environment in European Union and South Mediterranean region.

The project lasts 24 months and consists of several main activities: kick-off meeting, seminar and study visit, creation of an online platform with EcoTournament and materials related to the designed competition, 2 youth exchanges, international training for youth workers and local training, dissemination activities and a final conference.

The project will produce several products such as videos, web platform, publications, reports and documents. The most important of these are: the platform web platform with EcoTournament and additional educational materials for youth and youth workers.

The project will be implemented by 6 partners from the NGO and business sectors from Italy, Jordan, Morocco, Poland and Tunisia.

Non-formal education is the tool used by the ET project to contribute to training, the development of virtual tools for non-formal education and to promote sustainable development, environmental issues, the fight against climate change, the idea of social inclusion, respect for diversity and non-discrimination. and non-discrimination.



Co-funded by
the European Union

ABOUT THE YOUTH EXCHANGE "ECOTOURNAMENT- LET'S START FIGHTING WITH CLIMATE CHANGE"

During this youth exchange we will be testing and learning how to use the newly created Eco Tournament- an online tournament with an environmental theme. Based on the collected comments and experience, we will be able to improve and enhance the created tool if necessary.

The youth exchange activities will be delivered through a non-formal education approach and specifically focus on:

- Competing while participating in the Eco Tournament created within ET project,
- getting to know Sustainable Development Goals,
- Visit to a local business that uses green solutions in its work and in a National Landscape Park,
- strengthening the competences of young people participating in the exchange,
- setting up models of enterprises with application of Sustainable Development Goals.

Tools we will use, will be all non-formal learning such as role-play, group discussions, workshops, sharing sessions, study visits, working in mixed groups, peer learning.

PARTICIPANTS



1. Each country have to recruit 10 participants (9 young people aged 19-25 and 1 group leader aged over 18, with no maximum age limit).
2. If possible, please maintain a gender balance of participants.
3. Participants should speak English on a communicative level (the youth exchange will be conducted in this language).
4. Participants should be interested and motivated in working in the topic of ecology.
5. Each national group should include participants with fewer opportunities.
6. Participants must be committed to attend for the full duration of the youth exchange.
7. We especially invite participants who are vaccinated against Sars-CoV-2.



PARTNERS



GENERAL SCHEDULE:



Arrival day:

14.03.2023



Departure day:

22.03.2023

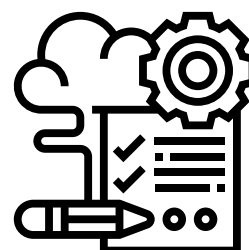
Activity days: 15-21.03.2023
(7 days)

About a 1 week before YE starts, we will send you a timetable.

During the youth exchange we will implement various activities such as working with the e-learning course and Eco- Tournament created within the project, study visits, peer learning, etc. Workshops will usually be divided into two sessions - a morning session and an afternoon session. In addition, during several evenings we will organise cultural evenings of the countries participating in the exchange where all participants can present their countries.

Participants will be provided with 3 meals a day: breakfast, lunch and dinner, plus coffee breaks during workshops at the venue. If participants have any food preferences or intolerances please let us know at least 3 weeks before arrival.

WHAT TO PREPARE BEFORE ARRIVAL:



- Cultural evening - bring typical food, drinks etc. to share with others, prepare presentations of your countries or local culture;
- A mug -to be eco-friendly and not use plastic cups during coffee breaks, we would like you to each of you buy and bring one mug. On the first day, we will exchange mugs to use them during the coffee breaks and then after the end of the exchange you will take them as souvenirs;
- Presentation of your sending organization (partner of this project).

LOCATION: PUCK



Puck is a very beautiful, peaceful town located in Pomorskie Voivodeship (North Poland), on the very Puck Bay. Close to the Tricity (Gdańsk, Spot, Gdynia) and Hel. Puck offers beautifully landscaped grounds, plenty of greenery, attractions and monuments. It is a great place for surfing, sunbathing and all kinds of water fun.

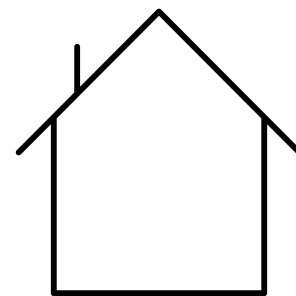
Puck was the site of the wedding of Poland to the sea, which is commemorated by the statue of General Haller and the monument to the wedding of Poland's flag, in Żeglarzy Street, in the fishing harbour.

In Puck, you can see the amazing renovated Market Square, which is full of old, historic houses, a fountain, benches to sit on, and in the summer a local artist plays music.

Close to the sea, the Tricity and Hel. Excellent cycling routes, cafes and restaurants, and a yacht marina.



ACCOMODATION



Venue: Harcerski Ośrodek Morski w Pucku - HOM (address: ul. Żeglarzy 1, Puck)

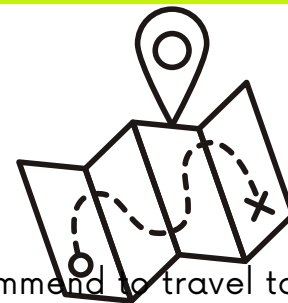
Rooms: for 2 people, with private bathrooms (in Dom Żeglarza building)

In each room: WiFi, TV, 1 towell per person.

Workshops and meals in the same facility.



TRAVEL ARRANGEMENTS



Plane

The nearest airport is located in Gdańsk (Lech Walesa Airport) we recommend to travel to this airport. Additionally, the next two most popular and bigger airports are located in Warsaw (Chopin Airport) and in Modlin near Warsaw (Modlin Airport).

HOW TO GET TO THE HOM IN PUCK FROM GDAŃSK AIRPORT

1. **Catch a train to Gdynia Główna** from the platform in front of the airport. You can buy tickets in ticketmachine or in the train (from conductor). It cost around 7 zł. These tickets don't need to be validated. However, if you buy a small ticket somewhere in a shop or kiosk without the date of purchase on it, you must validate it on the platform or before entering the platform.

If there is no train to Gdynia (trains to Gdynia run every 1 hour or so) you can take a train to Wrzeszcz Główny, get off at this station and change to an SKM train going in the direction of Gdynia or Rumia or Wejherowo or Leborg and get off at Gdynia Główna station.

In both cases use only local and regional trains: SKM or PKM or Regio. In both cases you eventually have to get off at Gdynia Główna train station.

2. **Catch a train from the same station (Gdynia Główna) to Puck.** All trains that go to Hel or Władysławowo stop in Puck. You can buy ticket at the train station. It costs around 10 zł.

3. **Get off the train in Puck and walk to the facility (HOM, ul. Żeglarzy 1).** It takes around 10 minutes to get there. Here is the route:

<https://www.google.com/maps/dir/Puck+stacja+kolejowa/Harcerski+O%C5%9Brodek+Morski,+%C5%BBeglarzy,+Puck/@54.719312,18.405618,16z/data=!4m3!4m2!1m5!1m1!1s0x46fdb2225151c329:0xcd0c32eb6b055a6a!2m2!1d18.4086495!2d54.7157061!1m5!1m1!1s0x46fdb23c4c054ab5:0x8201e5190d594e90!2m2!1d18.4118289!2d54.722625>

HOW TO GET FROM CHOPIN AIRPORT IN WARSAW

1. You should take a bus or train to Central Railway Station in Warsaw.

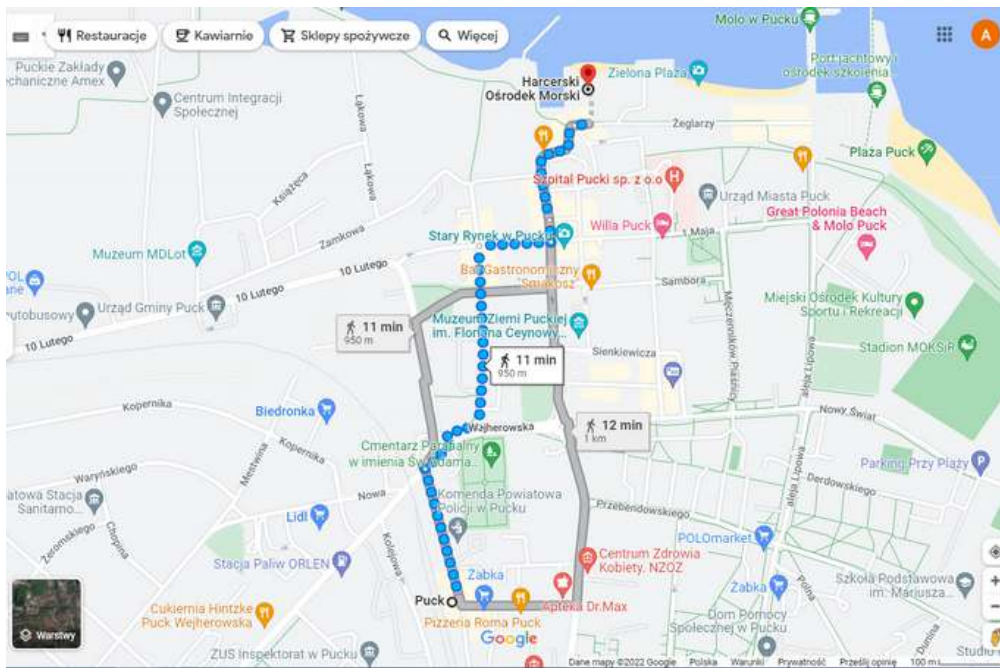
Here you can find bus fares: <https://www.lotnisko-chopina.pl/en/public-transport.html>
and train timetable: <https://www.lotnisko-chopina.pl/en/train.html>

2. From the Central Railway Station catch a train to Gdynia Główna.

Travel takes around 3 hours.

3. Catch a train from the same station (Gdynia Główna) to Puck. All trains that go to Hel or Władysławowo stop in Puck. You can buy ticket at the train station. It costs around 10 zł.

4. Get off the train in Puck and walk to the facility (HOM, ul. Żeglarzy 1). It takes around 10 minutes to get there. Here is the route:



Travel tips:

Please note that there is no direct train from Warsaw or Gdańsk (or any other city) to Puck. You always have to change the train in Gdynia Główna.

Please remember to always buy normal ticket. Student's and other discounts for foreign tourists may not be honoured in our public transport

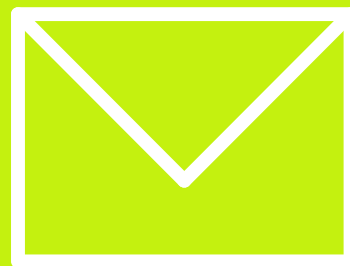
You can check long distance trains (e.g. Warsaw – Gdynia or Gdynia – Puck) schedules here (in English): <https://rozklad-pkp.pl/en>

**FOR TICKET PURCHASES AND AIRPLANE TRAVEL ARRANGEMENTS,
PLEASE CONTACT THE SENDING ORGANISATION.**



MUST KNOW

- **Currency in Poland is polish zloty: PLN.** You can exchange money in "Kantor" in Gdynia city centre (on Abrahamia street or somewhere near), or in Puck on town square or just withdraw cash from ATM. But in fact in Poland you can pay by card in 95% of shops, restaurants, trains. But if you prefer to exchange currency, **its best to bring Euro or US dolar to exchange it to PLN.**
- In March in Puck it can be windy and rainy, so remember to take warm clothes and sports shoes with you, because the **temperature in March oscillates around 6-9 degrees Celcius during the day (and it can change a lot during the day).** At night there will be 1-4 degrees Celcius.
- Participants from Italy are advised to bring their **European Health Insurance Card** with them. Thanks to this card, participants will be able to receive free medical care in a hospital or health center in case of illness or accident.



Contact & communication with organisers:

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See you!