



INFOPACK Digital Green Voice

TRAINING COURSE



OVERVIEW

Join our free international training course under Erasmus+: “Digital Green Voice – Social Media for Green Democracy”. The project brings together youth workers from Poland, Germany, the Netherlands and Luxembourg to explore how social media and simple digital tools can boost green practices and real youth participation in democratic life. Through hands-on labs you’ll test content ideas, plan mini-campaigns and try out tools like Canva, SocialPilot, To Feed, ElevenLabs and interactive quiz platforms. You’ll practise turning online engagement into offline action: debates, consultations, youth councils or school elections. Along the way you’ll strengthen media literacy, learn to spot disinformation and greenwashing, and design inclusive activities for young people with fewer opportunities. Evenings will be reserved for networking, intercultural exchanges and informal sharing. By the end, you’ll co-create a small Digital Green Toolkit, leave with a ready-to-use mini campaign plan—and receive a Youthpass recognising your learning.

OBJECTIVES

Turn social feeds into green action.

Learn to design youth-friendly social media campaigns that move beyond likes and shares into concrete local actions on climate and the environment.

Make participation accessible.

Create inclusive, low-threshold activities and content so that diverse young people—especially those with fewer opportunities—can join, understand and influence decisions.

Work with safe, ethical media.

Follow a simple test → feedback → improve cycle to counter disinformation, avoid greenwashing, and communicate online in line with human rights and Erasmus+ values.

SCHEDULE

ARRIVAL DAY: 04.02.2026

DATES OF THE YOUTH EXCHANGE:

05.02.2026 - 11.02.2026

DEPARTURE DAY: 12.02.2026

TRAVEL BUDGET

(distances in the straight line)

Distance	Travel using ecological means of transport	Travel without using eco-friendly means of transport
10–99 km	56 EUR	28 EUR
100–499 km	285 EUR	211 EUR
500–1999 km	417 EUR	309 EUR
2 000–2 999 km	535 EUR	395 EUR
3000–3999 km	785 EUR	580 EUR
4000–7999 km	1 188 EUR	1 188 EUR
8000 KM or more:	1 735 EUR	1 735 EUR



We use only the Erasmus+ Distance Calculator to measure how many kilometers your refund is based on. Type your home as the starting place and Międzybrodzie Bialskie, Poland (the exchange location) as the destination. The number the calculator shows is the number of kilometers we use.

Example:

1. Open the Erasmus+ [Distance Calculator](#)
2. From: Your town/city (e.g., “Cluj-Napoca, Romania”).
3. To: Międzybrodzie Bialskie, Poland.
4. If the tool shows 467 km, then your refund distance is 467 km.

What happens next? Check the Refund Table. Find the distance range that includes your number. If your distance fits in that range, you get the refund shown in that row.

Example:

1. The calculator shows 467 km.
2. In the Refund Table, the range 100–499 km = €211
3. Because 467 is inside 100–499 km, your travel refund is €211

WHAT TO BRING?

- **Passport or ID card**
- All travel **TICKETS!**
- Towels and personal hygienic things (shampoo, soap, toothbrush etc.)
- Hair dryer - the venue does not provide such
- Your positive attitude and willingness to participate in activities



OTHER PRACTICALITIES

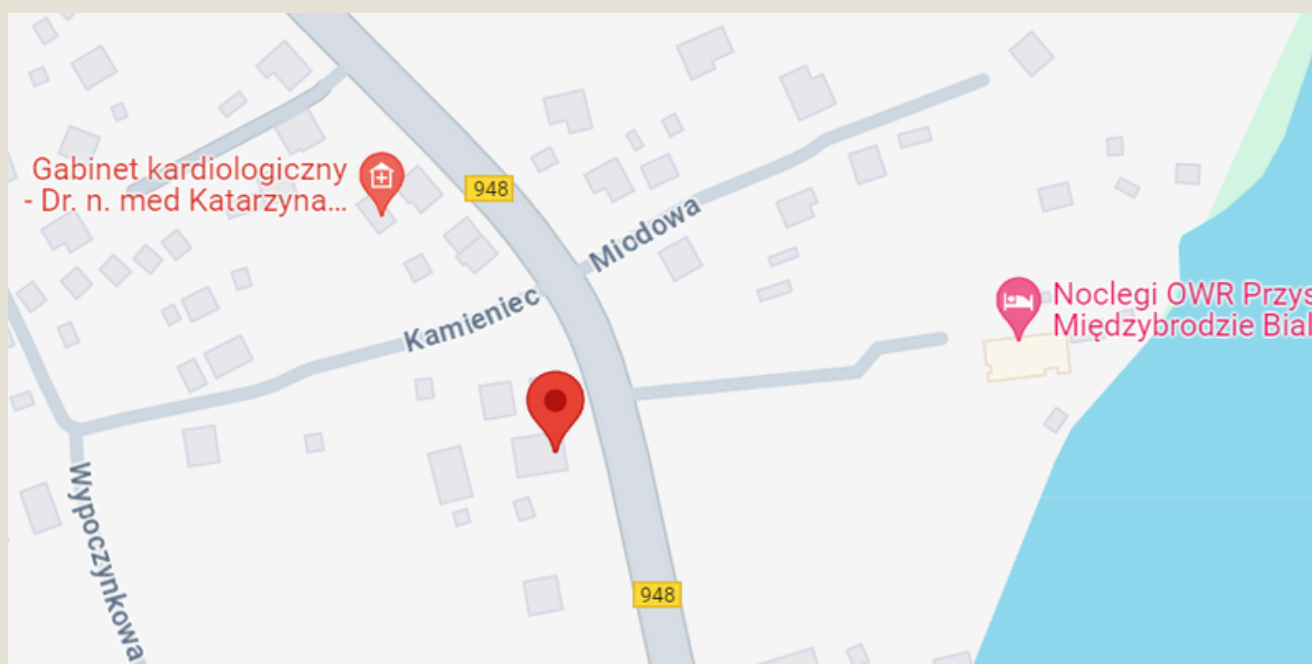
- During the youth exchange we will organize a cultural evening. Bring with your traditional snacks and drinks, some games for the evening. Bring necessary ingredients with you, the venue cannot provide it.
- In the centre there is Wi-Fi Internet connection so you can bring your computer.
- During the project you will be provided with 3 meals (breakfast, lunch, and dinner), also 2 coffee breaks a day.

TRAVEL EXPENSES

1. Travel expenses will only be reimbursed upon presentation of documents proving the amount actually paid: original invoice. Documents must include the date, price, traveler's name, destinations, and the receipt must be completely clear.
2. Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
3. Taxi rides are **not refundable**.
4. **Travel expenses can be reimbursement during the exchange or after.**



HOW TO GET HERE?



Ośrodek Społeczny, ul. Żywiecka 67, Międzybrodzie Bialskie,
Silesian Voivodeship, Poland, 34-312

IF YOU ARE LANDING IN KATOWICE

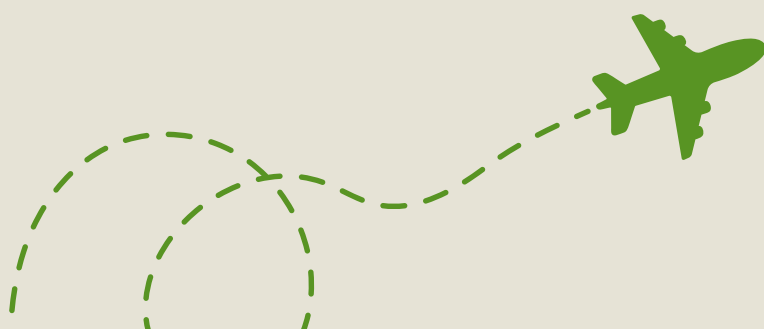
Katowice Airport → AP bus → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Bielsko-Biała Główna** (railway station)

Bielsko-Biała D.a bus station → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) →

Międzybrodzie Skrzyżowanie (20 stops)

Międzybrodzie Skrzyżowanie - few minutes on foot → **YOU ARE THERE!**



IF YOU ARE LANDING IN KRAKOW

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

Kraków Główny → train → **Bielsko Biała Główna** (railway station) (Direct trains: 06:06, 10:41, 13:50, 14:41, 16:35, 18:43)

Bielsko-Biała D.a bus station → 113 bus (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

Międzybrodzie Skrzyżowanie - few minutes on foot → **YOU ARE THERE!**

OR LONGER OPTION

Kraków Airport (Kraków Lotnisko) → SKA1 train (6 stops, every half an hour, after 6 pm every hour) → **Kraków Główny** (Main railway station)

Kraków Główny → train → **Katowice Dworzec** (railway station)

Katowice Dworzec → train → **Bielsko Biała Główna**

Bielsko-Biała D.a bus station → 113 (6:05, 6:35, 8:40, 9:45, 10:30, 14:00, 14:40, 15:40, 16:40, 18:20, 19:20, 21:20, 22:30) → **Międzybrodzie Skrzyżowanie** (20 stops)

Międzybrodzie Skrzyżowanie → few minutes on foot → **YOU ARE THERE!**

USEFUL LINKS

INTERCITY

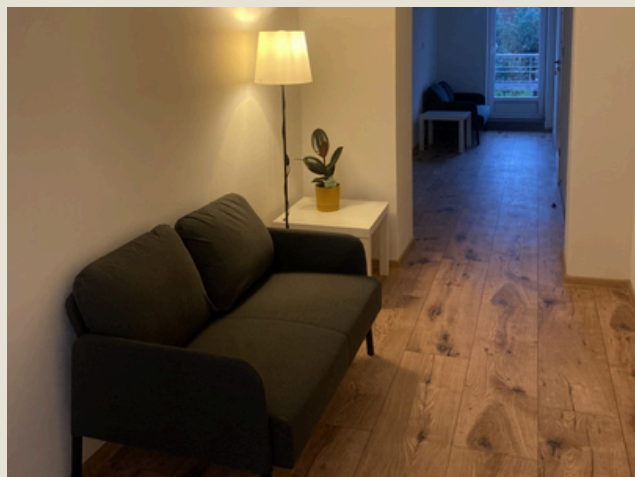
KOLEJE ŚLĄSKIE

ECOLINES

FLIXBUS

LUXEXPRESS

ACCOMMODATION



The accommodation provided is at the **Spółecznik Center** located in the picturesque **Żywiec County**, in the midst of the **Silesian Beskid Mountains** and in the vicinity of the **Żywiec Lake**.

All costs related to accommodation and meals are covered by the organizer. Reimbursement of travel expenses will be made by bank transfer, using the prevailing exchange rate and issued in euros (€). In addition, no fees will be charged for participation in the conference.

HOW TO APPLY?

Fill out the form available on our website, and we will get in touch with you shortly: neweurope.pl

CONTACT

If you have any questions, don't hesitate to ask!

participants@neweurope.pl
+ 48 602 223 540

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