



YOUTH EXCHANGE

INFOPACK

ART&SOUL

PAINTING. THEATRE. EMOTIONS. YOU.



Co-funded by  
the European Union

NEW EUROPE  
FOUNDATION





Erasmus+ Youth Exchange

16–25 May 2025

Międzybrodzie Bialskie, Poland



## DATES

The exchange will take place from 16 to 25 May 2025.

**ARRIVAL DAY:** 16.05.2025

**DATES OF THE YOUTH EXCHANGE:** 17.05.2025 -24.05.2025

**DEPARTURE DAY:** 25.05.2025

It is essential to participate in the entire programme, from start to finish.



## PARTICIPANTS

We are looking for participants from Spain, Poland, Portugal, and Italy (7 per country, including 1 group leader).

Participants must be aged 18–30, motivated, open-minded and interested in topics such as art, mental health, theatre, emotional intelligence and intercultural learning.

Basic English communication skills are recommended, but what matters most is your willingness to connect and take part fully in the experience.



# ABOUT THE PROJECT

ART&SOUL is an international Erasmus+ youth exchange that brings together young people from Poland, Spain, Portugal and Italy to explore the themes of mental health, emotional well-being and self-expression through creative methods such as art, painting and theatre.

In today's world full of fast-paced pressure, anxiety and information overload, this project offers a safe and inspiring space to reconnect with yourself, slow down and express what really matters. Through creative workshops, movement and intercultural connection, participants will learn how to reduce stress, express emotions and build resilience – all surrounded by the peace of nature.


You don't need any artistic experience to take part – just openness, curiosity and willingness to grow



## PROJECT OBJECTIVES

The main goal of this project is to promote mental health awareness among youth using non-formal and artistic methods. We aim to support emotional expression, build empathy and intercultural understanding, and encourage participants to develop tools for managing stress in their everyday lives.

The project also reflects the core values of the Erasmus+ programme: inclusion, equality, sustainability and peer learning. All activities will be designed with care for the environment and respect for the DNSH principle (Do No Significant Harm).







VENUE:

# MIEDZYBRODZIE BIALSKIE, POLAND

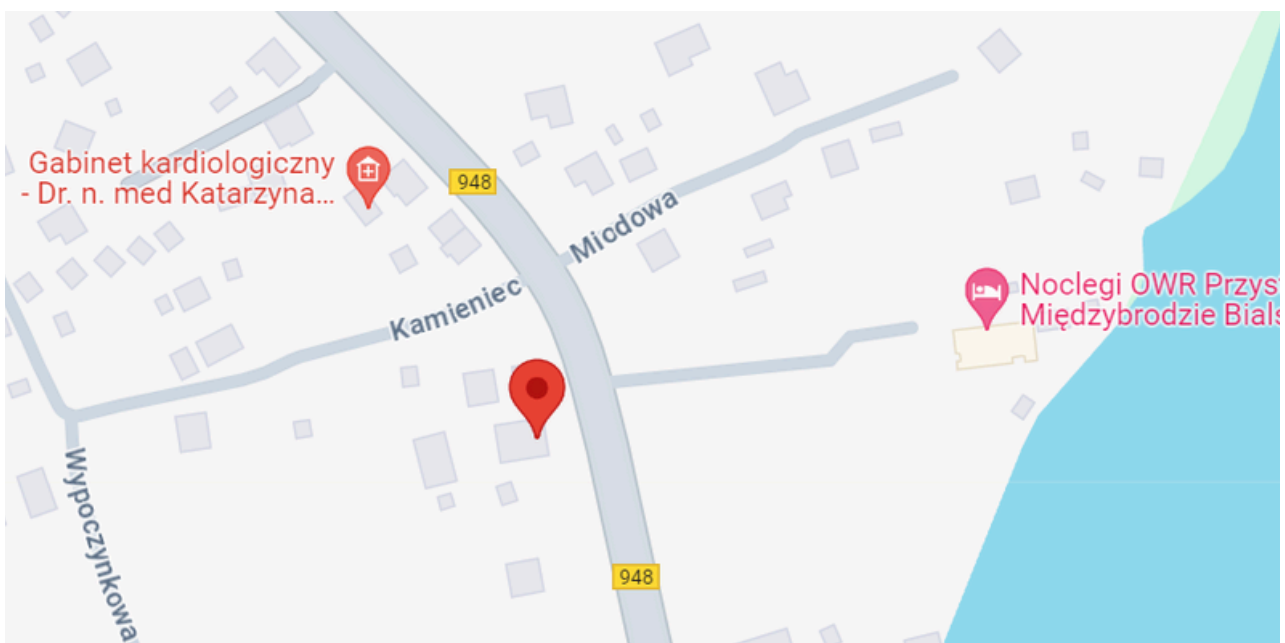


The project will take place in the training and leisure center “Społecznik”, located in the peaceful village of Międzybrodzie Bialskie in southern Poland. The venue is beautifully situated between the Żywieckie Lake and the Beskid Mountains, making it a perfect setting for creativity, reflection and connection with nature.

Participants will stay in comfortable shared rooms with private bathrooms. The venue offers indoor and outdoor spaces for workshops, creative work and relaxation. You'll enjoy three meals a day (vegetarian and vegan options available) and breathtaking views every morning.

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.



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



# TRAVEL AND REIMBURSEMENT

Your travel costs will be reimbursed according to the distance bands defined by the Erasmus+ Programme. You'll need to keep and submit all tickets, boarding passes and invoices in order to receive the reimbursement.

Travel must be pre-approved by the host organization. We encourage eco-friendly travel where possible. The recommended arrival airports are Kraków (KRK) and Katowice (KTW), from which we will organize local transfers to the venue.

The reimbursement will be made by bank transfer after the project, once all original documents are submitted and participation is confirmed.

## 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

# 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!**

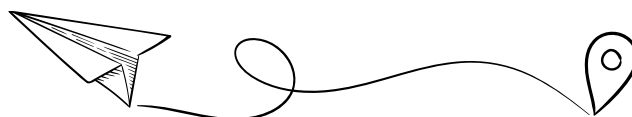
# IF YOU ARE LANDING IN KRAKOW

**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) →

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**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) →

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## USEFUL LINKS

**INTERCITY**

**KOLEJE ŚLĄSKIE**

**ECOLINES**

**FLIXBUS**

**LUXEXPRESS**



# WHAT TO BRING?

- Comfortable clothes for workshops
- Something warm for evenings
- Passport or ID card
- All travel TICKETS!
- Towels and personal hygienic things (shampoo, soap, toothbrush etc.)
- Hair dryer - the venue does not provide such
- If you have any art supplies you love using, feel free to bring them (we will also provide all necessary materials)
- Don't forget to bring health insurance (EHIC or private)
- Your national snacks or items for the Intercultural Night
- Your positive attitude and willingness to participate in activities



## PROGRAMME HIGHLIGHTS

Throughout the exchange, you will take part in workshops based on art therapy, intuitive painting, theatre improvisation and forum theatre. There will also be time for mindfulness, journaling, group reflections and creative outdoor sessions.

Evenings will include intercultural sharing, open stage, and informal activities - all designed to build trust, joy and international friendships.

You will also co-create a final exhibition and performance that reflect the group's emotional journey and experience.



## ERASMUS+ ESSENTIALS

This project is funded and supported by the Erasmus+ Programme of the European Union. It is coordinated by New Europe Foundation (NEF), a highly experienced organization based in Poland, with a long-standing record in youth education, mental health support, intercultural learning and non-formal education.

Participants will receive a Youthpass certificate, which recognizes the competences developed during the exchange.

By taking part in this project, you agree to follow the values of Erasmus+, respect diversity and inclusion, take care of the environment, and actively contribute to the group process.





# TRAVEL EXPENSES

- 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.
- Keep all travel documents that you will receive during your trip: boarding passes, receipts, tickets, etc. as we absolutely need them!
- Taxi rides are not refundable.
- Travel expenses can be reimbursement during the exchange or after.

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# HOW TO APPLY?

Fill out the form available on our website, and we will get in touch with you shortly: [neweurope.pl](http://neweurope.pl)

## CONTACT

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

[erasmus@neweurope.pl](mailto:erasmus@neweurope.pl)

+ 48 888 959 840

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