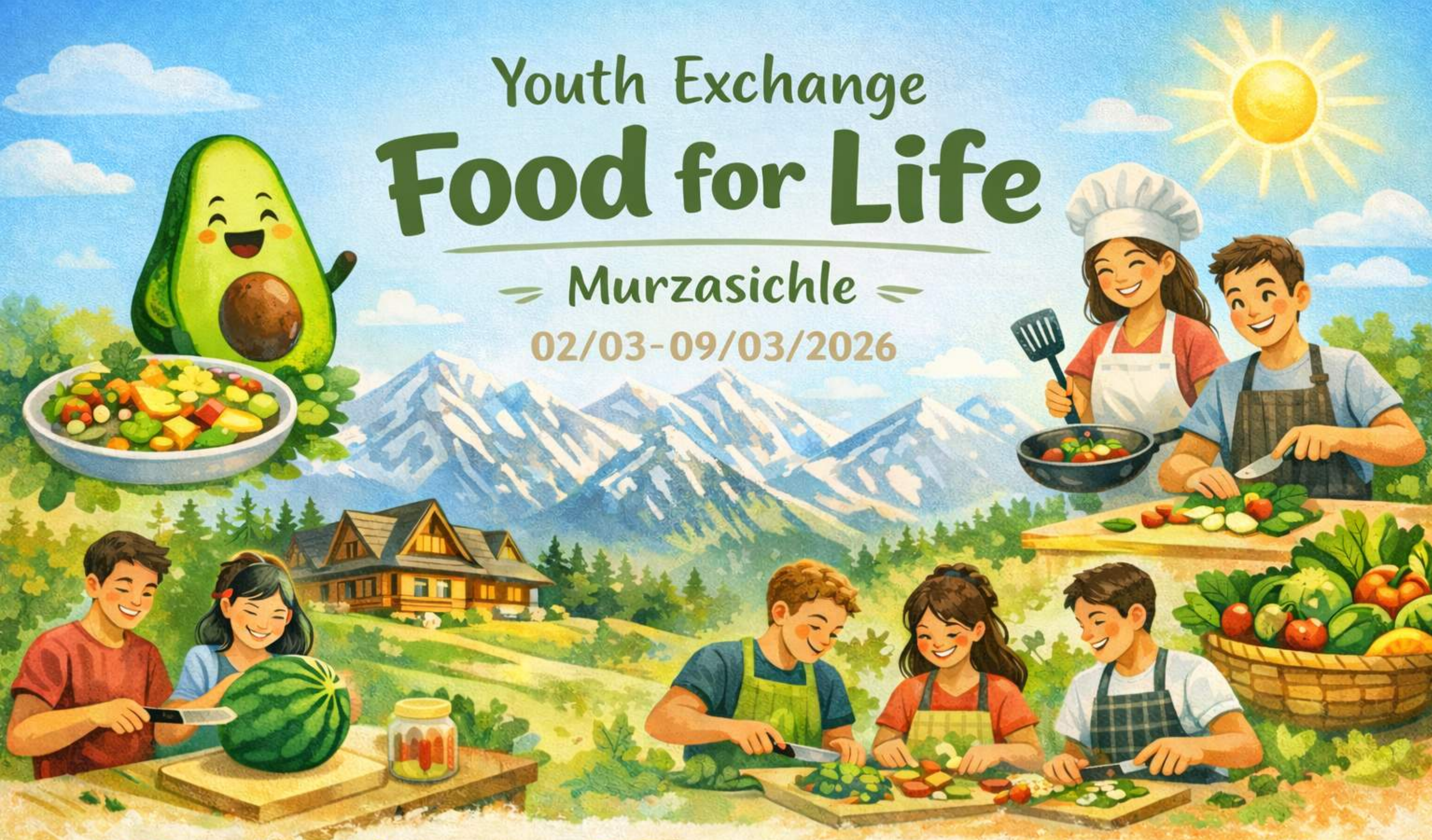


Youth Exchange Food for Life

— Murzasichle —

02/03-09/03/2026



Healthy
Living



Veggie &
Vegan Cooking



Eco-Friendly
Choices



Co-funded by
the European Union



The Venue

Holiday House "U Wójciaka"

Budzowa 25a, Murzasichle

Dom Wczasowy "U Wójciaka" is a very peaceful and well kept family-owned facility, surrounded by nature and a beautiful view of the Tatra mountains.

Murzasichle is a quiet and peaceful area near Zakopane, only 6 km from Krupówki. Participants will be divided into rooms according to their gender. Each room has a bathroom, towels will be provided.

<https://uwojciaka.pl/galeria>



About the Project



This Youth Exchange project focuses on healthy lifestyle choices, with special attention to vegetarian and vegan nutrition. The activity will take place in Murzasichle, surrounded by the Tatra Mountains, offering a calm and inspiring environment that supports well-being, learning, and group integration.

The exchange is addressed to vegetarians, vegans, and young people who are interested in becoming vegetarian or vegan, as well as those who want to learn more about healthy and conscious lifestyle choices.

All meals provided during the entire Youth Exchange will be vegetarian or vegan, ensuring coherence between the project topic and daily practice

During the exchange, participants will explore what a healthy lifestyle means in everyday life. The programme combines theoretical sessions with hands-on practical activities, using non-formal education methods adapted to the age of participants. Topics will include balanced nutrition, reading food labels, ethical and environmental aspects of food choices, physical and mental well-being, and building healthy habits that can be continued after the project.

A key part of the programme will be two full days of practical workshops. During these days, participants will: learn fruit and vegetable carving, developing creativity, patience, and teamwork, prepare vegetarian and vegan meals together, from simple dishes to more creative recipes, work in international teams, sharing ideas, tastes, and cultural food traditions.

Cooking sessions will be fully participatory – young people will plan menus, prepare ingredients, cook together, and reflect on the process. These activities aim to show that healthy, plant-based food can be tasty, accessible, and enjoyable.

Learn more about [Erasmus+ Youthpass certificate](#) and the [Eight Key Competences of lifelong learning](#).



Main Aims of the Project

The project aims to:

- Raise awareness of healthy and plant-based lifestyles among young people,
- Develop practical life skills related to nutrition and cooking,
- Support social inclusion and intercultural learning,
- Strengthen self-confidence, cooperation, and responsibility among participants.

As a final result of the project, **participants will co-create a Toolkit** collecting key knowledge, practical tips, simple recipes, and creative ideas developed during the exchange. The Toolkit will support participants in sharing the project outcomes with their peers, families, and local communities.

By the end of the exchange, participants will leave with new knowledge, practical skills, and motivation to make healthier choices in their daily lives and to pass on what they have learned after returning home.



Our Tasks:

Before the Youth Exchange

- Each national team of the project will be responsible for leading one workshop that is 1 hour and 30 minutes long.
- Each national team will have a cultural evening- a great opportunity to introduce participants of the project with your country! Please bring traditional clothing, accessories. Each team is also expected to bring some traditional snacks/foods to share with others. There will also be an option to cook in the venue.

After the Youth Exchange

- Each national team has to **present their experience** in the Youth Exchange in school, NGO or local community. In this way, you will have a chance to encourage others to take part in such projects as well! Send the pictures from the presentation together with a description to the project's WhatsApp chat.
- Each participant must publish **individual articles about the project** in their native language on the page of the sending organization. We will be working on the articles on the last day of the Youth Exchange

The travel reimbursement will be done only after the travel documents are in order and the tasks after the Youth Exchange are completed but not earlier than we receive the transfer from the Polish National Agency. The reimbursement of travel costs will be calculated in accordance with the Erasmus+ distance calculator

Non-negotiable!!

Using, distributing or purchasing alcohol, drugs, tobacco, electronic cigarettes, energy drinks or any intoxicating substances is STRICTLY FORBIDDEN during project activities or free time both for team leaders and participants. Anyone who violates this rule won't receive 100% of travel reimbursement and the cooperation with the sending organisation will be stopped!

What to Bring



Per national team

- One signed Learning Agreement

Per each youngster

- European Health Insurance Card (EHIC)
- Private Travel Insurance (digital copy uploaded in the Google Drive)
- Printed and signed Consent for Data Protection (signed by parents)
- Printed and signed consent Form for Alcohol and Drug Use Screening (Signed by parents)
- PRINTED travel documents (where the price and purchase date are visible)
- Signed parental allowance for participation in the project

Per group leader

- Printed and signed consent for data protection
- Printed and signed consent Form for Alcohol and Drug Use Screening
- Printed travel documents (where the price and purchase date are visible)
- Private Travel Insurance (digital copy uploaded in the Google Drive)
- European Health Insurance Card
- Certificate confirming that a person has no criminal record related to offences against minors (obligatory by law to accompany minors in Poland)

Other necessities:

- Bring any medication you might need during the project;
- Personal hygiene items (shower gel, shampoo, etc.)
- Shoes for indoors (house shoes);
- Group leaders must be informed of any allergies or health problems participants have!
- One computer per national team
- Hairdryer, if necessary

