



WASTE HERO

2.-12.8.2022
/Košice, Slovakia/

**Project WASTE HERO
aims to encourage
pro-environmental and
sustainable lifestyle
behaviors in 42 Young
Europeans and their peers**



THE PROJECT WILL PROVIDE YOUTH OPPORTUNITY TO:



Raise awareness about the urgency of reducing the ecological footprint



Increase awareness of participants about the dangers of waste production



Share ideas on how to adopt a more sustainable lifestyle, and minimize their ecological footprint



Support participants to encourage their peers to reduce waste production and practice recycling,



Foster a sense of initiative among young people from participants communities



PARTICIPANTS PROFILE

The project is for young people with an interest in environmental protection.

The age of the participants is 16–30. Each national group is represented by 5 participants and one group leader older than 18.

Gender balance is one of the main priorities.

-  Slovakia– 6 participants
-  Poland– 6 participants
-  Lithuania– 6 participants
-  Greece– 6 participants
-  Romania– 6 participants
-  Italy– 6 participants
-  Spain– 6 participants



The travel costs are reimbursed up to these limits

Slovakia– 0 eur	Italy– 225 eur
Poland– 130 eur	Spain–300 eur
Lithuania– 225 eur	
Greece– 225 eur	
Romania– 225 eur	

The reimbursement is conditioned to the active participation and completion of the tasks.

We highly recommend travelling by land, using bus/train if possible. or sharing a car. Train tickets from Bratislava, Krakow, Prague, Budapest or Wien will cost you around 20–30 € you can get them easily on :

- <https://cp.hnonline.sk/vlakbus/spojenie/>
- <https://shop.regiojet.com/>
- For bus, we recommend Flixbus <https://global.flixbus.com/>

Please consult with us about your travel plan in advance and do not purchase the tickets without previous confirmation from our side.

NOTE! Please use only public transportation, economy class. Taxi costs or other transport methods different from public transportation are not eligible costs. Car sharing can be consulted.

*The limits for travel reimbursement are indicative. They have been decreased in order to encourage participants to travel by land and use public transportation. In case the real costs of their travel exceed those limits we will apply lumps sumps according to Erasmus+ guide (2020)

180 € 100–500 Km

275€ 500–1999 Km

360€ > 2000 Km



ACCOMODATION

The venue "Jahodna Resort" is situated 15km from Kosice in a quiet area. The resort is surrounded by forests ideal for walks, hikes or morning/ evening running. The Venue and project itself is more for those of you loving nature and silence, looking for digital detox and space for reflection.



The **WIFI** in the venue is available **only in the common room** where activities will be held and the connection is **rather slow**. There is no supermarket near the venue.

The project team will support you in doing your shopping in the city - however not every day. The city can be reached by public bus (1€) or taxi (5€).

All rooms have their **own separated bathroom facilities**, i.e. personal hygiene facilities (**toilet, washbasin, shower**).

Participants will have access to a **small kitchen, hob, fridge, kitchen sink, microwave, and dining area**. All meals will be served in the venue restaurant - besides several dinners in the city and barbeque night.



HOW CAN YOU GET TO VENUE?

We will do our best to pick you up at the Train station and drive you to the venue. If this won't be possible you can reach the venue by public transportation: . For the bus departures click [here](#)

PLAN THE JOURNEY

MORE SETTINGS

START Staničné námestie

DESTINATION Jahodná, chata

WHEN 2022-08-02 (Tuesday)

TIME 14:28

☒ Departure
 ☐ Arrival

SEARCH

CONNECTIONS FOUND			
Departure	Arrival	Duration	Connection
18.7.2022 16:08	18.7.2022 16:49	41 min	27 14
18.7.2022 18:07	18.7.2022 18:49	42 min	27 14
18.7.2022 20:07	18.7.2022 20:49	42 min	29 14
19.7.2022 08:07	19.7.2022 08:49	42 min	27 14
19.7.2022 12:07	19.7.2022 12:49	42 min	27 14

WHAT SHOULD YOU BRING WITH YOU?

- ✓ **Eagerness to learn, positive mood, lot of Energy!**
- ✓ Refillable bottle for water.
- ✓ Practical clothes for sunny, warm, and rainy weather.
- ✓ Comfortable shoes and jacket for outdoor activities.
- ✓ Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being.
- ✓ Brochures, and presentation materials about your organization – no need for extra luggage yet please come ready to share what you do locally.
- ✓ You will have the opportunity to present your area, culture, customs, and traditions on an intercultural night. Please consider bringing some food, drinks, songs, dances..etc.



FINANCIAL ASPECTS



WASTE HERO is funded by the Erasmus+. We have picked the quality standard accommodation and meals in a way so we are comfortable offering these to our friends and family. However, the focus of this event is strictly educational. We are not organizing a wellness stay in 5* hotel. 3 Meals per day, refreshments, accommodation, and intensive learning activities are covered. Please do not worry we will not let you starve in the forest. Yet we are not magicians either please let us know about your dietary needs so you can find us prepared.



COVID-19 MEASUREMENTS AND INSURANCE

From 6th April 2022 onwards, all restrictions on travel to the Slovakia are lifted, which means there is no obligation to:

- present COVID certificates when crossing the border;
- test for SARS-CoV-2;
- undergo the so-called entry quarantine.

We strongly recommend that the participants be fully vaccinated. In case of a change in COVID-19 measurement, we commit to communicating them with you profoundly 2 weeks prior to the project.

The hosting organization does not cover travel and health insurance. European Health Card is mandatory. Each participant shall have valid health insurance and should have travel insurance during participation in the training course. Please consider purchasing also additional COVID-19 travel insurance.

THE HOST ORGANIZATION



Youthfully Yours SK (Slovakia)

✉ project@youthfullyyours.sk

☎ +45 50 26 34 19

f [YOUTHFULLY YOURS SK](https://www.facebook.com/youthfullyyours.sk)

PARTNER ORGANISATIONS



Fundacja Ornament
Poland



ASOCIATIA GEYC
Romania



ASOCIACION BRUJULA
INTERCULTURAL
Spain



ASOCIACIJA TAVO
EUROPA
Lithuania



ASSOCIAZIONE
DI PROMOZIONE
SOCIALE KORA
Italy



YOUTHFULLY YOURS GR
Greece