



Youth Exchange “Disconnect to Connect”

Slow down, unplug, and
rediscover real-life connections

Płaczewo (Szymanka), Poland
13-22 June 2026

What is this project about?

We live in a world where we are constantly connected - to our phones, social media, and digital content. But how often are we truly connected to ourselves, other people, and the world around us?

“Disconnect to Connect” is a youth exchange that invites you to slow down, unplug, and rediscover real-life connections.

During this project, we will:

- take a break from constant screen use
- explore different hobbies and interests
- build meaningful friendships
- experience intercultural exchange in a natural and relaxed environment



What will we do?

The programme is based on non-formal education, meaning learning through experience, interaction and participation.

Participants will:

- take part in creative workshops (art, expression, group activities)
- explore different hobbies and interests shared by participants
- engage in sports and outdoor activities that support teamwork and communication
- join intercultural evenings, sharing music, traditions and food

Participants will co-create the programme, bringing their own ideas, passions and talents.

Each national group will carry out: icebreakers, energisers, workshops related to the theme of the project, intercultural evening.

Who are we looking for?

Young people aged 15-17 who:

- are curious and open-minded
- want to meet people from other cultures
- are ready to try new things
- are interested in exploring art, hobbies, sports or well-being
- are willing to try to change phone habits

You don't need perfect English - just curiosity and willingness to try is enough!

We also invite people with disabilities to participate in the project – we encourage you to contact us in case of any doubts regarding accessibility, special needs, and more.



Accommodation

Szymanka

<https://szymanka.pl/>

Płaczewo, Pomeranian Voivodeship, Poland

The exchange will take place in Szymanka (Płaczewo), a peaceful place surrounded by nature, perfect to slow down, relax and reconnect.

Participants will stay in 3–4 person rooms with shared bathrooms.

Venue is not fully adapted to the needs of people with disabilities. Common spaces and room with bathroom on the ground floor are accessible. Please contact us to discuss your individual needs.

There is Dąbrze Lake less than 4 km away. The nearest small local shop is 2 km from the venue.

Please note that three dogs live on the property and roam freely around the house, except in guests' rooms. For the comfort of participants with allergies or fear of dogs, we respectfully ask you to take this into consideration, as we can reduce the amount of time you spend with them, but there will always be some interaction.

Wi-Fi is available in the venue both in the rooms and common space. There is also a projector and speaker available in common space.

Smoking is forbidden in the venue.

A kitchen is available for participants only for preparations of intercultural evenings. However, participants have access to a kettle, a microwave and fridges all the time.

SSM Grunwaldzka

<http://ssm.gda.pl/ssm-grunwaldzka.php>

Last night participants will spend in SSM Grunwaldzka in Gdańsk.

Participants will be accommodated in rooms for 4 people with shared bathroom.

Szymanka

<https://szymanka.pl/>



Szymanka
Placzewo 1, 84-251, Poland
4.8 ★ (154) ⓘ





How to get to Poland?

By plane

The nearest airport is Gdańsk Lech Wałęsa Airport.

Other commonly used airports:

- Warsaw Chopin Airport
- Warsaw Modlin Airport

By train

There are many international train connections to Poland. For example, you can travel directly to Gdynia from Berlin or Prague.

There are also direct connections to cities such as Warsaw, Kraków, or Katowice from Vienna (Austria), Budapest, Esztergom (Hungary), Bratislava and Štúrovo (Slovakia), Munich and Leipzig (Germany), Olomouc, Ostrava and Břeclav (Czechia), as well as Vilnius (Lithuania).

To search for available connections, please visit the Polish railway website: <https://rozklad-pkp.pl/en>.

By bus

You can also get to Poland by bus, for example, by Flixbus or other international lines. The buses reach Warsaw, Gdańsk and Gdynia. If you get to Warsaw by Flixbus, it is best to get off in the Center ("Warszawa Centrum") and from there walk (about 500 m) to the Central Station ("Dworzec Centralny" Station). If you get off at a different stop you will need to take public transportation to the Central Station ("Dworzec Centralny" Station) or Eastern Station ("Dworzec Wschodni" Station).

Travelling from Gdańsk Lech Wałęsa Airport to Gdynia

Catch a train to Gdynia city center ("Gdynia Główna" Station) from the platform situated in front of the airport. You can buy tickets on the platform or from the conductor in the train. A one-way ticket costs 11 PLN. The trip will take around 30 minutes. You can also take the train that goes to "Gdańsk Wrzeszcz" Station, get off at this station and change to an SKM train going in the direction of Gdynia, Reda, Rumia, Wejherowo or Lębork and get off at the "Gdynia Główna" station. The trip will take about an hour. To search for connection and buy the tickets, you can use: <https://koleo.pl/en>

Travelling from Warsaw Chopin airport or Modlin airport to Gdynia

When you land at Chopin Airport use the directions on their website to get to one of stations in Warsaw: "Warszawa Zachodnia", "Warszawa Wschodnia" or "Warszawa Centralna":

<https://www.lotnisko-chopina.pl/en/public-transport.html>

When you land at Modlin Airport use the directions on their website to get to one of the stations in Warsaw: "Warszawa Zachodnia", "Warszawa Wschodnia" or "Warszawa Centralna": <https://en.modlinairport.pl/page/train>. From Modlin you can also go straight to Gdynia, but not every train stops there.

From one of these 3 stations you can take a direct train to Gdynia ("Gdynia Główna" Station). You can buy tickets online or at the station before the train departs. If you want to buy a ticket earlier, consider taking more time to catch the train - the bus or other previous means of transport may be delayed. When buying a ticket, also pay attention to the type of train. Trains leave for Gdynia every 1 - 2 hours or so. They all go to Gdynia in about 2.5 - 4 hours, but they differ significantly in price. TLK and IC trains are the cheapest (ticket prices starting at about 50 PLN), EIC and EIP trains are more expensive (prices start at about 130 PLN).

<https://www.intercity.pl/en/>



Travelling from Gdańsk Dworzec Autobusowy to Gdynia

If you arrived in Gdańsk Główny ("Dworzec Autobusowy" - Bus station) by bus (e.g. Flixbus) then go down to the tunnel under the tracks and there find the platform from which SKM trains depart in the direction of Gdynia. You can take a train to Lębork, Wejherowo, Gdynia, Rumia. Get off at the stop "Gdynia Główna" Station. The ticket will cost about 11 PLN. The trip to Gdynia will take about 35 minutes. To search for connection and buy the tickets, you can use: <https://koleo.pl/en>

- Trains from Warsaw airports might cost from 15 EUR to 40 EUR. It depends on the class of trains. In Poland there are TLK trains – older and cheaper ones, IC trains – middle class, EIP – express premium trains that are the most expensive.
- There are available discounts for groups.
- Remember to check the time of your arrival to Warsaw airports, at night it might be difficult to get to Gdynia from Warsaw.
- Google Maps is usually working well in Poland. Other useful websites to find connections are <https://www.intercity.pl/en/>, <https://koleo.pl/en> and JakDojadę (app)



Travel information

Arrival: 13 June at 17:30 (time to be confirmed)

- Meeting point: ul. św. Piotra 21/4, 81-347 Gdynia (15 minutes on foot from Gdynia Główna station)
- A coach to Szymanka will be provided.

Departure: 22 June

- Check out: 10:00

Reimbursement

Travel costs will be reimbursed after the exchange and completing the participant report. Participants will be reimbursed to a certain amount and provided that the participant provides all relevant and original documentation/proof of the travel costs. Participants will be reimbursed for their travel expenses from their place of origin to Gdynia, Poland and back.

After calculating the distance band between the participant's home city/town to the Venue (put Tadzino, as Płaczewo is not showing up in the tool) using the tool below, the participant will be reimbursed for their travel costs as following:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Distance	Standard travel	Green travel
10-99 km	28 EUR	56 EUR
100-499 km	211 EUR	285 EUR
500-1999 km	309 EUR	417 EUR
2000-2999 km	395 EUR	535 EUR

Reimbursement will only be possible if all travel documentation is received from the participants, including the receipts/invoices of airplane tickets (proof of payment), all boarding passes (proof of travel) and any other bus or train tickets and/or taxi receipts.

Travel reimbursement (if possible) will be made by bank transfer.

We kindly ask each sending organization to issue one invoice with all the costs of all their participants.

Safety & Safeguarding

The safety and well-being of all participants is our top priority. As this youth exchange involves underage participants, special attention is given to creating a safe, supportive and well-supervised environment throughout the entire project.

Supervision

Participants will be accompanied at all times by experienced group leaders from their own countries as well as by the hosting organisation team.

Each national group will travel with at least one adult group leader, who will be responsible for the well-being and support of the participants from their country.

The hosting team will be present throughout the programme and available 24/7 in case of emergencies or any participant needs.

Code of Conduct

All participants are expected to:

- treat others with respect
- avoid any form of bullying, discrimination or harassment
- follow the instructions of group leaders and organisers
- respect quiet hours and shared spaces

Any behaviour that threatens the safety or well-being of others will be addressed immediately by the organisers and group leaders.

Alcohol, Smoking and Substances

As this project involves minors:

- alcohol consumption is strictly forbidden
- smoking and vaping are not allowed
- any use of illegal substances will result in immediate intervention and possible removal from the project

Health and Well-being

Participants should inform organisers in advance (through specially prepared participant form) about:

- allergies
- medical conditions
- dietary requirements
- special needs

Basic first aid supplies will be available at the venue, and the organisers will support participants in case medical assistance is needed.

Emergency Contact

Before the exchange, organisers will collect emergency contact details for all participants.

Parents or guardians will be able to contact the group leader of their child's national group, who will stay in direct communication with the hosting organisation if necessary.

Useful information

Please bring with you:

- Student ID (useful for public transport discounts)
- Sports clothes (for indoor and outdoor activities)
- Clothes and shoes that can get dirty
- Consent to processing of a child's personal data in the form of image and Information on data processing

Currency in Poland

Currency in Poland is Polish Złoty - PLN.

You can exchange money in "Kantor" exchange offices in Gdynia city centre. However, in Poland you can pay by card in 95% of shops, restaurants, trains.

Ready to disconnect... and truly connect?

Join us for an unforgettable experience of intercultural immersion, discovering new hobbies, building genuine connections, and sharing moments of laughter.

Centrum Współpracy Młodzieży

<https://cwm.org.pl/>

Contact person:

Karolina Praska-Wenderlich karolina.praska-wenderlich@cwm.org.pl

