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**YOUTH EXCHANGE**

# **HEALTHY HABITS FOR HEALTHY LIFE**

**24 March – 3 April 2025**  
**Orlicke mountains, Czechia**



# PROJECT TOPIC

The Healthy Habits for a Healthy Life project aims promote healthy lifestyle through non-formal education. Our aim is to provide young people with information and habits to promote both their physical and mental health, which is very important in today's hectic times.

Sport and movement in general will be a very important tool of the project. We have prepared a number of sport and movement activities, but participants will also be encouraged to create their own initiatives (yoga classes, morning warm-ups, dance lessons, etc.).

The programme will also consist of expert lecture on mental health and guided meditation sessions, as well as trips to nature and nearby city of Hradec Králové.

The specific timetable will be shared with the selected participants prior to the exchange.

# VENUE – Orlické mountains, Czech Republic

The Orlické Mountains are a mountain range located in northeastern Bohemia near the border with Poland. The region is a popular tourist destination offering opportunities for hiking, cycling, etc.



The Orlické Mountains welcome you with a breathtaking landscape of gently rolling hills, lush beech forests and protected natural areas



# ACCOMMODATION

Participants will stay in a newly reconstructed lodge or cabins in rooms of 2–4 participants, divided by gender.

- **IMPORTANT: PLEASE BRING YOUR OWN TOWELS**

## Sport facilities:

- volleyball court
- table tennis
- pool
- nature for hikes:)

## Common spaces:

- dining room
- session room
- campfire





# Venue specifics

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There are rooms of 2-4 people. Participants will stay either in the main building or in cabins. All rooms are newly reconstructed and fully heated. Participants will be mixed with other national groups.



Private bathroom with warm water and a toilet is available in each room or for cabins share one in 2 or 3.



All food will be provided in the venue. Participants will receive 3 full meals per day and snacks and/or fruit during coffee breaks



Website of the venue



Wifi will be provided in the whole area



The restaurant in the building can serve as shop for some additional snacks or refreshments. We advice to bring cash.











# PARTICIPANTS

No expertise is required to participate in the project. We are looking for young people, who are interested in the topic and open-minded for something new. The project is suitable for young people who haven't participated in Erasmus+ before.

We are looking for **6 participants** (18+) and **1 experienced leader\*** from each partner country.

The countries involved are: **Czechia, Lithuania, Slovakia, North Macedonia, Turkey and Romania.**

# COSTS

Attendance, travel, food (3 meals per day + coffee break refreshments) and accommodation are fully covered by the Erasmus+ programme.

\*experienced = has already participated in an Erasmus+ youth exchange before



# TRAVEL TO CZECH REPUBLIC

The travel expenses are fully covered by the Erasmus+ programme in accordance to Erasmus+ distance bands. The distance is counted by the Erasmus+ by the distance calculator. If possible, **green travel** is preferred.

If you are selected as a participant, please wait for instructions from your sending organization (from your country\*). **Please DO NOT purchase any tickets without prior consultation with the project organisers as unapproved tickets might not be reimbursed.**

Part of the travel arrangement will be a private bus which will take participants from Hradec Králové to the venue on the arrival day and back on the departure day (schedule on the next slide). For this bus, 30 EUR will be deducted from the participants' travel budgets.

## TRAVEL DAYS

arrival day: **24th of March 2024**

departure day: **3rd of April 2025**

\*for both Czech and Slovak participants, the travel will be consulted directly by the organization Mladoevropani



# TRAVEL TO THE VENUE

Because the venue is not approachable by public transportation, participants will travel altogether by a **private bus** from the city of **Hradec Králové**. To Hradec Králové, there is many train or bus connections from **Prague** or **Vienna**. When travelling from Prague, for trains **Prague Main train station** is recommended, for buses the **Florenc bus station**. When travelling by train, you might have to switch in **Pardubice**.

The best tool for both finding connections and buying tickets is **IDOS.cz**, please use it, your life will be easier:) If the tickets cannot be bought on IDOS, you can buy it either on the station or for train tickets use **CD.cz**. Please contact the organizers if you're lost or helpless and desperate, contacts are at the end of this infopack:)

**IMPORTANT INFO:** The bus from Hradec Králové will leave on the **arrival day (24 March) at 18:00**, plan your trip accordingly so you can **MAKE IT IN TIME**. There is no second bus. On departure day, the bus will leave at 10:00

**IMPORTANT INFO n.2:** In order to receive the reimbursement, participants are required to either send all tickets electronically to [info@mladoevropani.eu](mailto:info@mladoevropani.eu) (one e-mail per national group at the end of the week) or give the originals to the organizers. If your tickets are physical, **KEEP ALL ORIGINALS**.



# APPLICATION FORM

- The selection process is done by sending organization.
- Final application form will be shared with the chosen participants.





**We're looking forward  
to meeting you!**

**yours,**



**Mladoevropani | Young Europeans**

**mladoevropani.eu**

**info@mladoevropani.eu**

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**please contact us on WhatsApp :)**



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