



Erasmus+



# **INFOPACK FOR PARTICIPANTS**

## **Where? When? What?**

**Project name:** Find Your Way

**Topic:** Mental health

**Date:** 25.8.- 2.9. 2017

**Location:** Vrchlabí, Czech Republic

**Countries involved:** Croatia, Czech Republic, Poland,  
Romania, Slovenia

**Participants:** 4 people 15-17 years old + 1 leader 18+



# Background of the Project

There is no shame admitting that you don't feel all right - physically but also, sometimes even more importantly, mentally. We express our positive emotions but are trying to hide the negative one. Why ignore them, when our mental health is very important for our happy life? We all know the pressure in school or at home. Sometimes we would just love to escape and stopped thinking about the stress constantly surrounding us. In our organization, we have realized, that it is really hard to find a way how to truly relax and let the stress to go away. Each of us is different thus there is no one recipe how to leave our minds rest. Let's join us in the Czech Republic on our youth exchange and hopefully we can find a way how to grow our mental health together!



## What to Expect

This project is meant for people without any experience with Erasmus+ youth exchanges, so do not worry guys! All of us will be on the same starting line. We really appreciate that you have the courage to participate in our project and we will do our best to meet your expectations. Erasmus+ will pay for our accommodation, food and travel costs (please contact your leader for further details). Every day there will be a schedule of our activities. For now, you can look at a tentative schedule.

## SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	
A R R I V A L	Breakfast								
	Teambuilding I	Building of Trust	Introduction to the topic	On the stage I	Surprise Workshop	Debrief of the previous day	Follow up	D E P A R T U R E	
	Coffee Break								
	Teambuilding II	Name Games	Expert Block	On the stage II	Surprise Workshop	Outcome realization I	Evaluation I		
	Lunch Break								
	What is E+ ?	Passion Walk I	Exchange of skills	Free time	Surprise Workshop	Outcome realization II	Evaluation II		
Coffee Break									
Meeting each other	About this project	Passion Walk 2	Free time	Free time	Surprise Workshop	Presentation of the outcomes	Final say		
Dinner									
Welcoming Party	Intercultural night	Desk-board games championship	Dance show	Bonfire	Movie night	Pyjama party	Farewell party		



# Our Venue



Venue is a place where the project will take place. It will be our home for this one amazing week. It is in the north of Czech Republic with beautiful nature and peaceful environment. We hope you will like it there!



## Transport

It is important to get to **PRAGUE**. Travel expenses will be reimbursed on the basis of the cheapest tickets available and depend on the travel distance, according to the rules of the Erasmus+. Each country has a limit how much a participant can spend on the tickets. In the table on the right, you can find what is your limit for both ways together.

Country	EUR
Croatia	275
Czech Republic	180
Poland	275
Romania	275
Slovenia	275





# What to Bring

We have a general tip what to bring to this project! Don't forget a **towel and things for a shower, comfortable clothes** (during the project we can wear sweat pants like at home), **slippers, shoes for walking** in nature, **warm clothes** for the evenings and **raincoats**. Furthermore, be ready for **pajama** party - the funnier pajama the better! We will practice yoga, bring a **pad** which you can comfortably lie on. **Water bottles** will come in handy as well! We will work on computers as well. Please, make sure that each national group will have at least one **laptop**. In case you have a **camera**, do not hesitate to bring it. **Selfie stick** is a great thing as well!



## Contact



In case of any questions, please contact your sending organisation. If you want, you can also directly approach us via e-mail [eliska@brnoforyou.cz](mailto:eliska@brnoforyou.cz). If you have a Facebook account, please join us in FB group "**YE Find Your Way 25.8.-2.9. Czech Republic**". We will share there all important information and it is the place where you can easily meet the others before the project.

Let's make this YE the  
project of the summer '17  
together!