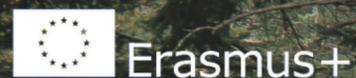


Find your inside - outside



YOUTH EXCHANGE

27TH SEPT - 4TH OCT 2021

OCHOZ U BRNA, CZECH REPUBLIC



Partner organizations



Denmark
applicant



North Macedonia



The Netherlands



Croatia

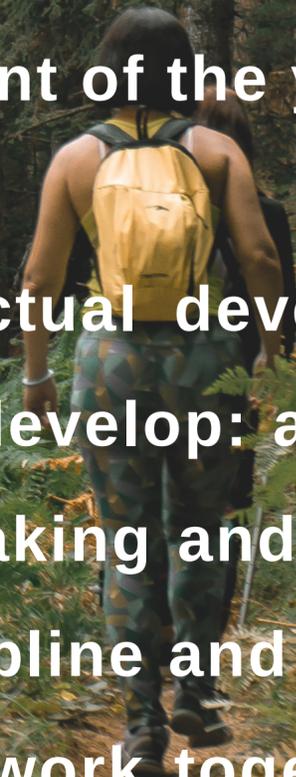


Czech Republic

Why this project?

The main aim of the youth exchange is to raise the awareness among the young people about the importance of outdoor activities and the health benefits they have, to encourage and to initiate intercultural dialogue through outdoor activities and use the outdoor methodology for self-development of the youth.

Outdoor activities support emotional, behavioral and intellectual development. Studies have shown that youth who learn outdoors activities develop: a sense of self - independence, confidence, focus, creativity, decision-making and problem-solving skills, empathy towards others, motor skills, self-discipline and initiative. It also allows them to develop social skills, as they learn to work together with their friends and peers.



Why this project?

The project consists of 3 main activities:
1 training course for youth workers and
2 youth exchanges.

The training course Find your inside outside took place from 12-20 June in North Macedonia as the participants of the training course will be the trainers on the youth exchange.

The main aim of the training course was to train the youth workers from the partner organizations to develop, organize and facilitate outdoor programs for personal development, team development, coaching of youth, gain new skills and methodology for increasing physical and mental health.

This infopack is for the second youth exchange in Czech Republic!

The youth exchange

27TH SEPT - 4TH OCT 2021

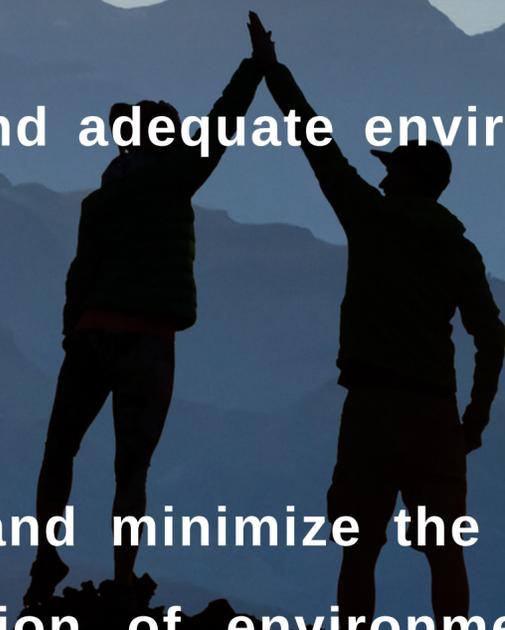
OCHOZ U BRNA, CZECH REPUBLIC



The youth exchange

Main skills and abilities that will be developed on this youth exchange :

Main skills:

- Technical skills (there is a range of different outdoor skills relevant to outdoor adventure education)
 - making fire
 - making knots
 - Safety skills (skills that are needed to maintain a safe and adequate environment for the activities such as)
 - first aid
 - navigation
 - Environmental skills (skills that are needed to prevent and minimize the damage to the natural environment posed by activities and introduction of environmentally friendly practices)
 - setting up campsites
 - collecting garbage
- 
- The background of the slide features a sunset over a mountain range. In the foreground, the silhouettes of two people are visible on a rocky peak, high-fiving each other. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon.

The youth exchange

- Flexible leadership style (Skills needed to lead a group safely and responsibly)
 - quick reaction and plan changes in case of unexpected situation
 - adapting to the needs of the participants
 - dividing roles in the group
- Intercultural skills
 - Introducing your culture
 - learning about different cultures
 - raising awareness and accepting the difference
 - having tolerance



Profile of participants

The youth exchange itself will gather young people from 5 countries North Macedonia, Netherlands, Denmark, Croatia and Czech Republic and will take place in Ochoz u Brna from 27th September to 4th October.

We are inviting all young people who are motivated to learn with outdoor methodology and who feels enthusiastic about nature and outdoor activities.

Experience in outdoors methodology is welcomed but not required to participate, however English will be the working language, so it will be a requirement to join this project, together with the willingness to actively participate in the youth exchange.

To apply for this youth exchange fill out the following application form:

<https://forms.gle/PwM5oCBS4pKuRxkcA>

Accommodation

Kapráluv mlýn is located in the Czech Republic near the city of Brno.

The remote standing property is placed in the Moravian karst just few minutes walk from outstanding natural phenomena: caves, insurgences and resurgances, wetlands, steppe grasslands and plant-rich forests. Due to karst morphology many habitats can be found close to each other. Říčka stream is running just few metres from the centre. This is an Eden of every keen naturalist. 4 hectares of land belong to the property.

If you want to check out more information about the accommodation and surroundings follow the link:
[http://www.kapraluvmlyn.cz/?fbclid=IwAR1j-KEECBAYIrx8Os98SEWNx_jXr293hETyfRwb8GsNdwDcYVmK0YhUa-](http://www.kapraluvmlyn.cz/?fbclid=IwAR1j-KEECBAYIrx8Os98SEWNx_jXr293hETyfRwb8GsNdwDcYVmK0YhUa-4)

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Travel and Safety

The safety of the participants is our ultimate priority for this project. Having into consideration that the COVID - 19 pandemic is still ongoing, we will require the ONE OF the following documents/tests from ALL OF THE PARTICIPANTS in order to join the youth exchange:

- proof of vaccination,
- proof of recovery from Covid-19 (COVID -19 antibody presence test), done no later than 2 weeks before the travel.
- or a negative PCR test (or rapid PCR test) done no later than 2 days before travel.

PLEASE NOTE THAT THE PROJECT WAS APPLIED BEFORE THE PANDEMIC AND WE DO NOT HAVE THE TEST COSTS CALCULATED IN OUR BUDGET SO THEY HAVE TO BE THE CONTRIBUTION OF THE PARTICIPANTS.

Travel and Safety

Kaprálův mlýn is located in the Czech Republic near the city of Brno. 150 km from Vienna and Bratislava, 230 km from Prague. Brno has got excellent transport connection by train, highways and there is an international airport as well. It takes 30 minutes to get from the Brno downtown to Kaprálův mlýn by public transport together with 15 minutes walk down to the valley.



Travel and Safety

How to find your flight tickets?

You must start looking for tickets to the closest airports to the venue. We recommend <https://www.kiwi.com/us/> as a good flight search website. Airports in order of preference: Prague, Bratislava or Budapest airport.

Transport to Brno from nearby airports

Vienna:

- There is a direct connection by bus from Vienna airport to Brno bus station. Buses are operated by Regiojet company: <https://www.regiojet.com>
- There is also possibility to travel by train from Vienna airport to Brno. You have to change the train at Vienna, Main station. The connection can be planned at the website of Austrian railways: <https://www.oebb.at/en/> The starting point is called in German "Flughafen Wien Bahnhof" and the destination is called "Brno hl.n". The station where the train needs to be changed is called "Wien Hbf".
- You can also travel by mini-bus with Gepard express: <https://www.gepard.com>

Travel and Safety

Bratislava:

- If you are gonna travel by train, you need to first take a public transport bus number 61 from the airport to Bratislava, main station ("Bratislava, hlavná stanica").
- You can travel to Brno by train from Bratislava either with company Regiojet or with České dráhy (Czech Railways).
- Find your train on the websites of these companies: <https://www.regiojet.com> or <https://www.cd.cz/en/default.htm> .
- There is also possibility to travel by bus. From the airport, the best way to get to the bus station is by combining bus number 61 to the stop called Zimný štadión stop, from where we will continue by trolleybus number 205 to the bus station. Find your bus connection with company Regiojet or Flixbus on these websites: <https://www.regiojet.com> or <https://www.flixbus.com>

Prague:

- The easiest way how to get directly from Prague airport to Brno is by bus operated by the company Regiojet. Find your connection on: <https://www.regiojet.com> .
- You can also choose to travel by train. There is a public transport bus line called Airport Express which will get you to the main train station in Prague ("Praha, hl.n."). This bus line operates at regular 30-minute intervals. Find more about this bus line here: <https://www.cd.cz/en/dalsi-sluzby/navazna-doprava/-27548/>
- From the main train station choose either train to Brno ("Brno, hl.n. ") operated by company Regiojet or České dráhy (Czech Railways). · Find your train on the websites of these companies: <https://www.regiojet.com> or <https://www.cd.cz/en/default.htm>

Travel and Safety

Arriving to Czech Republic:

Croatia and North Macedonia - are amongst countries with a low risk of infection.

Before traveling to the Czech Republic, passengers from these countries must fill in an arrival form, and a confirmation of its completion must be submitted at the border control upon request. Please print in a hard copy of this confirmation to prevent possible complications.

Arrival form - <https://plf.uzis.cz/>

Before entering the territory or no later than 5 days after entering the territory of the Czech Republic, undergo a test to determine the presence of SARS-CoV-2. Self-insulation is not required until the test results. Test before entering the country means an antigen test not older than 48 hours or a PCR rapid test not older than 72 hours..

People who have been vaccinated with the last dose of covid-19 vaccine more than 14 days before the arrival to Czech Republic are exempted from the obligation to undergo testing. However, proof of vaccination in English must be provided (European certificate).

Travel and Safety

Arriving to Czech Republic:

Netherlands and Denmark - are amongst countries with a high risk of infection

Before traveling to the Czech Republic, passengers from these countries must fill in an arrival form, and a confirmation of its completion must be submitted at the border control upon request. Please print in a hard copy of this confirmation to prevent possible complications.

Arrival form - <https://plf.uzis.cz/>

Before starting a trip to the Czech Republic by public transport (especially by plane, train, bus), passengers must have a written confirmation from the health service provider of a negative antigen test (max. 48 hours from collection) or a written confirmation from an accredited laboratory of a negative PCR rapid test. (max. 72 hours from collection). Carriers will not allow passengers who have not submitted the SARS-CoV-2 test and the arrival form.

After entering the territory of the Czech Republic, the passenger will first undergo an RT-PCR test to determine the presence of SARS-CoV-2 virus, but not earlier than 5 days upon arrival and no longer than 14 days upon arrival. Self-isolation is required until the result of the RT-PCR test for SARS-CoV-2.

Travel and Safety

In the case of a trip to the Czech Republic by individual transport, it is not necessary to have the test result before the start of the trip, but it is obligatory to undergo the RT-PCR test after entering the Czech Republic, but not earlier than 5 days upon arrival and no longer than 14 days upon arrival. Self-isolation is required until the result of the RT-PCR test. People who have been vaccinated with the last dose of covid-19 vaccine more than 14 days before the arrival to Czech Republic are exempted from the obligation to undergo testing. However, proof of vaccination in English must be provided (European certificate).

PLEASE NOTE THAT THESE REGULATIONS ARE SUBJECT TO CHANGE. WE WILL KEEP YOU INFORMED ABOUT ANY CHANGES REGARDING TRAVEL AND ENTRY TO THE CZECH REPUBLIC BEFORE THE START OF YOUR JOURNEY!

Travel and Safety

- Open jaws tickets (arrival to a city and departure from another city) are to avoid if possible
- if possible, try to buy return tickets (not one way with one airline and the other way with another way) = less emails to send = less calculations to do
- Stop over itineraries (to spend a day or lots of hours in another city on the way) are to avoid
- Options will not be reimbursed: travel insurance, luggage insurance, discount club, seat selection, meals on board, flexibility option (possibility to change the date), fast track, on time guarantee
- Checked luggage per Group only will be accepted (20 or 23kg). If you don't need a checked luggage, do not buy it
- Multi-city tickets are to avoid

Warning: do not buy any tickets (flight, bus or train) before telling us the price (luggage included), city of departure, city of arrival, the airline/company and the dates of travel. And please wait for our answer. If we don't answer it doesn't mean that you can buy the tickets (wait for our answer). If you buy a flight ticket without an approval, you may not be reimbursed or be reimbursed partially (for example we will reimburse you only the cost of the cheapest flight)

Travel and Safety

REIMBURSEMENT

The organizers will reimburse your travel costs from your home city to the venue of the project and and back. The reimbursement of travel costs will only be done upon Full attendance in the youth exchange program and presentation of the original tickets.

By the Erasmus + calculations these are the maximum travel cost we can reimburse:

COUNTRY	TRAVEL COST PER PARTICIPANT
Czech Republic	0 euros
North Macedonia	275 euros
The Netherlands	275 euros
Croatia	180 euros
Denmark	275 euros

Any costs above these represents your own contribution. Please keep all your original tickets!

Your accommodation and food will be fully paid by the project budget. All participants are required to purchase health insurance. Reimbursement will be done by BANK after receiving all original travel document by post to the leader or organizational account in EURO.

Note: Transfers by Taxi will not be refunded

What to bring

- **Bring your own water bottle and coffee cup**
- **Comfortable hiking shoes and clothes**
- **Clothing appropriate for 3 seasons (wind and rain can be expected)**
- **Sleeping bag and inflatable mattress for the camping night**
- **Backpack for the hike(30l+)**
- **Toiletries and any medicine**
- **Funky clothes for carnival night**
- **Cultural stuff to represent your country at the intercultural evening**
- **Travel insurance and your European Health Card Optional**
- **Pocket knife**
- **Headlight**
- **Stuff for free time**

Contact

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