



Erasmus+

This project is funded by the European Union.

ACTIVE **IMAGINATION** FOR **WELLBEING** AND MENTAL **HEALTH**

Erasmus+ youth exchange

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Discover. Connect. Grow.



Arrival: 15. 6. 2026

Departure: 22. 6. 2026

Venue: Statek u Pepíka, Rašov, Czech Republic

Coordinator: [Mladiinfo ČR, z.s.](#)

Contact: Veronika Pokorná

projekty@mladiinfo.cz

This project is funded by Erasmus+ program and the participant has covered accomodation, travel, food, facilitators and program



WHAT DOES "YOUTH EXCHANGE" MEAN?

You can think of a Youth Exchange as an **educational international summer camp**, where young people and facilitators from **different countries** come together and communicate **in English**.

The programme is based on **non-formal education**. This means we do not use traditional methods like textbooks or lectures. Instead, you will learn through **interactive** workshops, **group** activities, and hands-on **experience** in a fun and engaging way.

Youth Exchanges are **participatory** by nature. **Active involvement** is expected from all participants, taking into account your individual abilities and comfort level.

At the end of the project, you will receive a **Youthpass certificate**, which recognises and validates the skills and knowledge you have gained during the exchange.

The overall atmosphere is **informal, open, and friendly**.

TOPIC

Active Imagination & Wellbeing & Mental Health

Active imagination = creative exploration of your inner world (visualization, role-play, imagination)

Helps:

- understand yourself better
- cope with stress, anxiety, and self-doubt

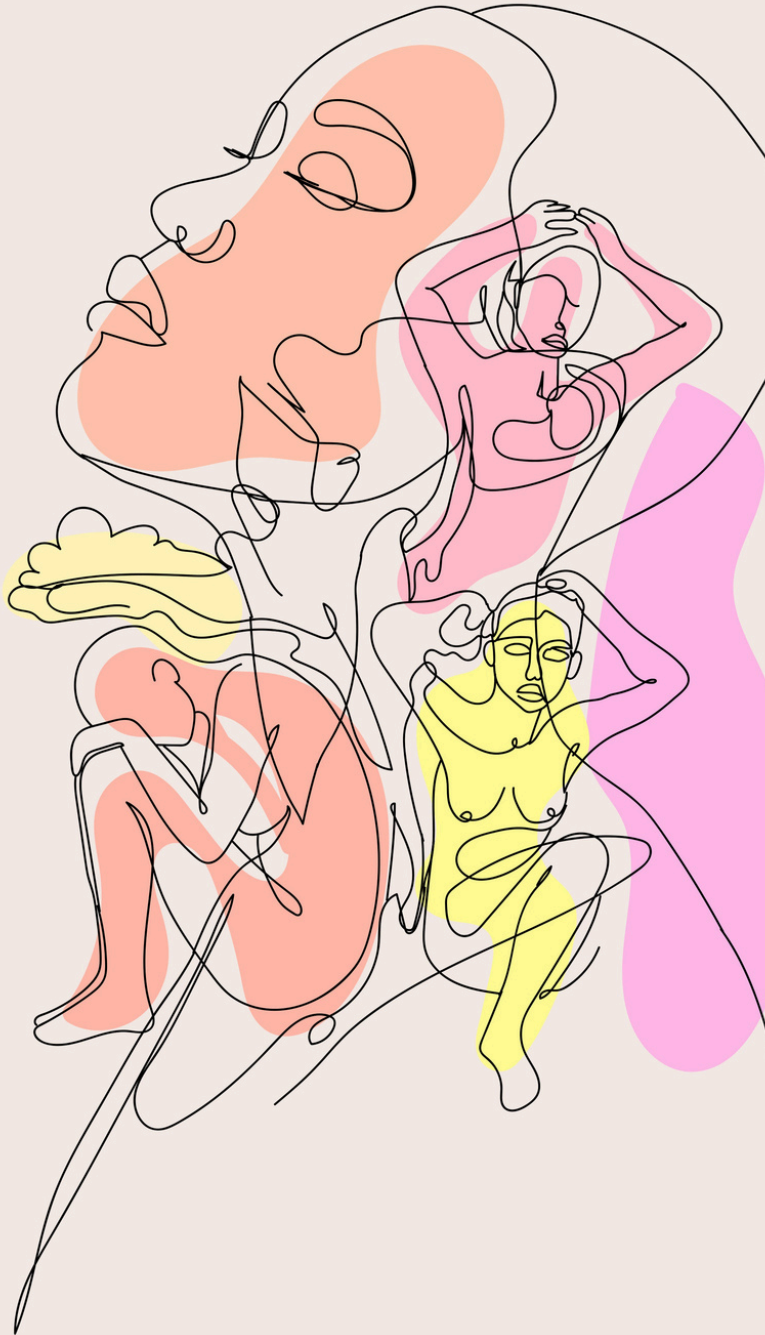
Supports:

- self-awareness & identity
- confidence & emotional skills
- creativity and problem-solving

Project goal:

- improve wellbeing through self-discovery
- introduce active imagination as a tool for personal growth

Activities indoor & outdoor





WHO CAN JOIN?

Join if you are:

- 18 - 30 years old
- motivated, active, ready to take part in the program from the first to the last day
- able to basicly communicate in English
- **interested in the topic of the project**
- **citizen of: Czech Republic, Bulgaria, Italy, Greece, Lithuania**

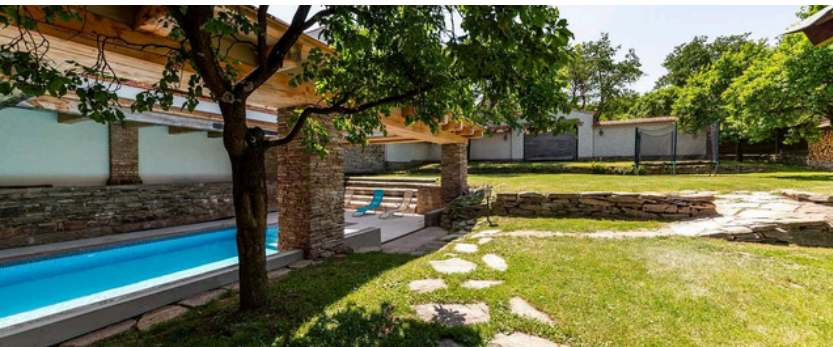


We welcome participants with fewer opportunities (e.g. financial or social obstacles, unemployed, living in remote areas, etc.) Feel free to contact us in case of having any doubts or questions!

ACCOMODATION

Project will take place in the cozy cottage in the countryside of village Rašov approximately 30 kilometres from Brno.

- Statek u Pepíka, Rašov, **Czech Republic**
- Shared rooms 2 - 3 persons with shared or private bathroom
- 3 meals/day and coffee breaks will be provided
- Websites: <https://www.statekupepika.cz/>
- There is a small grocery store in the village to buy basic items



TRAVEL

STEP 1: Arrive in Brno

Participants need to arrange travel from their country **to Brno** either by bus, train, plane or own car. We encourage you to prefer a green travel and also look for cheaper travel options (so we can save more money for the programme, accomodation and food for you all)

Bus/Train: to Brno (Bus station Brno, hotel Grand / Bus station ÚAN Zvonařka / Main train station)

Plane:

- to Vienna (mostly the cheapest option) - from airport in Vienna take a direct bus to Brno or take a train to the city center and come with another train from Vienna main train station to Brno main station
- to Brno - take public bus from the Brno airport to the main train station
- to Prague - take a public bus to the main train station or a bus station Florenc, from there you take a direct train/bus to Brno

TRAVEL

STEP 2: Arrive in Tišnov

<https://mapy.com/cs/turisticka?source=muni&id=5843&x=16.4233851&y=49.3470531&z=11>

Take a **train from Brno** (main train station) **to Tišnov** (main train station). It goes approximately every 15 minutes and it takes about 30 - 40 minutes to get there.

Train websites: <https://shorturl.at/G1Wpk>

The earliest arrivals to Tišnov will be on 15. 6. at 4pm !!!

STEP 3: Arrive in Rašov

We will pick you up in Tišnov main train station and bring you to the venue by car.

If coming with an own car, come directly to the venue.

STEP 4: Going home

We will take you by car to Tišnov and from there you travel on your own.

Travel time: morning 22. 6. (leave venue before 10am).

TRAVEL

IMPORTANT !!!

It is necessary for participants to have **travel and health insurance** (not covered by project).

Before buying any travel tickets you need to **send it to your sending organization** (in your country) **for approval**. Without that it may not be approved!

The travel cost will be **reimbursed after the project** based on original tickets - so keep them!

ERASMUS+ Calculator

Travel budget is based on your distance from the venue:

10 - 99km: 28 EUR (if using green travel 56 EUR)

100 - 499km: 211 EUR (if using green travel 285 EUR)

500 - 1999km: 309 EUR (if using green travel 417 EUR)

1999+: 395 EUR

WHAT TO BRING

Insurance- European Health Insurance card and travel insurance – this is compulsory! We also encourage you to arrange a liability insurance. **We do not provide and are not liable for any incidents or damages!**

Travel Tickets- Keep all original tickets, boarding passes and invoices as without them we cannot reimburse the travel costs.

Medication- Bring any personal medication you may need (basic medicine will be available).

Clothing- Your personal things, sport and comfortable clothes, warm clothes for the evenings, swimwear, raincoat, sunny clothing for warm days, towel, indoor shoes, comfortable shoes for staying in nature and for trips, sunscreen, backpack, reusable water bottle etc.

National Evening- Traditional snacks, drinks, food and information about your country/organization (video, music, dance, flag, habits, quiz, etc.) for about 15 minutes.

Good spirit and positive attitude!



MEET OUR TEAM



VERONIKA POKORNÁ

Hi everyone! I'm Veronika, free soul, sport, music and travel enthusiast and the person behind this project.

I've studied social pedagogy and have been more actively involved in youth work since 2021, coordinating Erasmus+ projects, volunteering programmes abroad, and various local and international initiatives.

I'm really looking forward to meeting you all.



ERIK ŠEJNA

Hi, I'm Erik, I'm a passionate skateboarder and a fan of stories. I work as an Assistant Professor at the Faculty of Health Sciences at Palacký University Olomouc, focusing on youth anxiety and education. I'm also interested in analytical psychotherapy and personal growth. I've been involved in youth work and camps since childhood and have participated in several volunteering projects abroad. I look forward to meeting you all!



LUCIE MORAVCOVÁ

Hi all! As a youth worker, I am passionate about international cooperation, personal development and creating new meaningful, creative learning experiences for (not only) young people. I have designed and facilitated several non-formal education projects and organized various events both in the Czech Republic and abroad. In this project, I will mainly state as a logistical support.



FILL IN THE REGISTRATION
FORM HERE

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We are looking forward to YOU !!!



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