

Outdoor for health

YOUTH EXCHANGE



JULY 6 - 12, 2025



Měděnec, Czechia



Participating partners:
CZ, FI, LV, PL, LT

MISSION: IMPOSSIBLE

(JUST KIDDING, TOTALLY POSSIBLE!)



TAKE CARE OF YOUR PLANET!

How can you play your part in creating a greener, cleaner Earth?



TAKE A SILENT TIME IN THE WOODS!

Steal away for a hush-hush retreat in the woods and feel the energy!



TAKE A STROLL FOR YOUR BODY&SOUL!

Join us on an adventure through Kadaň's stunning scenery and give your health a high-five!



TAKE A LOOK AROUND!

Bonding shenanigans, cultural mashups, and chasing those EU Youth dreams!



PARTICIPANT'S PROFILE:

age: 14 - 17 yo

language: english

open minded

communicative

team spirit



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Měděnec

Welcome to Měděnec, a charming little spot in the Chomutov district of the Ústí nad Labem region! With a cozy population of just 145 folks, most hanging out in the village itself, this place is nestled in the Ore Mountains at a lofty 845 meters up. Born way back in the early 1500s, Měděnec earned its town badge in 1588. How's that for a slice of history with a mountain view?

In this charming town, history whispers from every corner! You've got the chapel perched on Mount Mědník, the enchanting Church of the Nativity of the Virgin Mary, the grand Statue of the Holy Trinity, and the ancient mines on Mount Mědník, all ready to take you on a time-traveling adventure!



Cuisine



We have an exciting mission just for you! Dive into the survey to help us create a delicious weekly menu tailored to your desires and needs. Get ready for a flavorful ride through the wonders of Czech cuisine! Expect to encounter saucy delights with dill, pickles, or paprika, fluffy dumplings, savory risottos, soul-warming soups like tomato, potato, or good ol' broth, and let's not forget some ham-tastic pasta! The culinary possibilities are endless, and we're pretty sure your taste buds will be over the moon!



Essentials



Jump into comfortable or sports clothes, don't forget basic hygiene and towel. Whatever else you're bringing, some repellent and sunscreen certainly won't hurt!



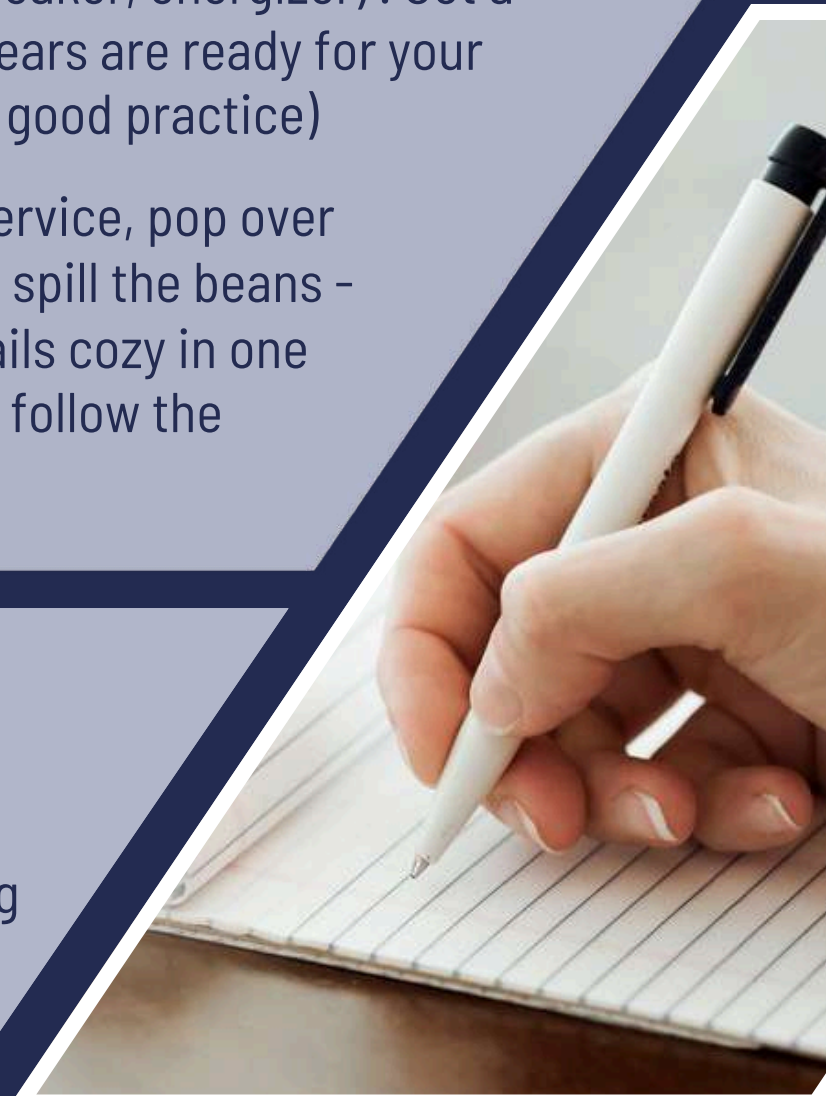
Remember to toss in your sunshine and a dash of fun—grab a game or a nifty idea to crank up the excitement! (icebreaker, energizer). Got a treasure to share? All ears are ready for your brilliance! (helpful tip, good practice)



For some top-notch service, pop over to this [FORM \(link\)](#) and spill the beans - we'll keep all your details cozy in one spot and safe! Please, follow the instructions.



Even with free Wi-Fi buzzing around like bees, the signals play hide and seek, nudging us to savor some quality me-time!



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PRACTICALITIES



Let's sort out travel plans tailored to everyone's peculiarities! Our comfy crash pads will be snuggle-ready after 4:00 PM on Sunday, July 6th. Just remember to spread your wings and fly by 10:00 AM on Saturday, July 12th!



Insurance Tip: European Health Insurance Card (EHIC). You gotta have insurance to join the fun! It is your responsibility to make sure you have insurance.



Hop on the eco-friendly train of green travel, if it's a bit possible! Let's ditch those gas-guzzlers and embrace buses, trains, or even carpooling for the win. Remember to snag the budget-friendly ticket (2nd class or economy) for the event on the set dates and times. Let's roll!



To get your cash back, gather up all your travel evidence - receipts, boarding passes, and tickets. Keep them safe and send them over as PDFs, not screenshots. Your reimbursement will glide into your bank account post-adventure fun!



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JOIN NOW WITH TAVO EUROPA!

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>