

## YOUTH EXCHANGE

# MIND MATTERS

- **FOCUSES ON MENTAL HEALTH AND PERSONAL DEVELOPMENT.**
  - **INCLUDES WORKSHOPS TO IMPROVE WELL-BEING.**
  - **OFFERS NATURE WALKS TO ENHANCE RELAXATION AND WELL-BEING.**
  - **AIMS TO CREATE A SUPPORTIVE COMMUNITY.**
  - **STRENGTHENS RELATIONSHIPS AMONG PARTICIPANTS.**
- **8.9.-16.9.2025 TRAVEL DAYS INCLUDED**
  - **Krušnohorský poutník, Kovářská Czech republic**

**Call for participants:**

**Age: 18 - 25 yo  
Language: English  
communicative  
open minded**

# KRUŠNOHORSKÝ POUTNÍK KOVÁŘSKÁ

**KOVÁŘSKÁ IS A SMALL TOWN LOCATED IN THE ÚSTÍ NAD LABEM REGION OF THE CZECH REPUBLIC, NESTLED IN THE ORE MOUNTAINS. THE TOWN HAS A BUS AND TRAIN STOP CALLED -KOVÁŘSKÁ. THAT WILL BE YOUR FINAL DESTINATION, WHERE WE WILL PICK YOU UP.**

**THE COTTAGE THAT WE ARE GONNA STAY IN IS COZY AND NEXT TO A FOREST, IT HAS A LOT OF NATURE AND AMAZING VIEWS ON MOUNTAINS AND OTHER HILLS AROUND**



# ABOUT THE EXCHANGE

- **OUR YOUTH EXCHANGE PROGRAM BRINGS TOGETHER YOUNG PEOPLE FROM DIFFERENT COUNTRIES TO RAISE HEALTH AWARENESS AND PROMOTE A HEALTHY LIFESTYLE.**
- **PARTICIPANTS WILL ENGAGE IN WORKSHOPS, DISCUSSIONS, AND ACTIVITIES, GAINING VALUABLE SKILLS AND TOOLS TO IMPROVE WELL-BEING AND LIVE BALANCED LIVES.**
- **EACH COUNTRY WILL SEND 5 PARTICIPANTS AND 1 LEADER (18+), AND WE SEEK OPEN-MINDED INDIVIDUALS WHO ARE EAGER TO SHARE AND LEARN**
- **MAKE SURE TO WEAR COMFORTABLE OR SPORTS CLOTHES, AND DON'T FORGET YOUR BASIC HYGIENE ITEMS.**
- **PACK COMFORTABLE SPORTS SHOES, AS WE'LL BE DOING ACTIVITIES IN THE FOREST. AND WHATEVER ELSE YOU BRING, REPELLENT AND SUNSCREEN WILL DEFINITELY COME IN HANDY!**
- **DON'T FORGET TO BRING YOUR ENERGY AND A DASH OF FUN - PERHAPS A GAME OR IDEA TO KICKSTART THE EXCITEMENT! IF YOU HAVE A HELPFUL TIP OR PRACTICE TO SHARE**



# ESSENTIALS

**LET'S TACKLE TRAVEL ARRANGEMENTS BASED ON EVERYONE'S QUIRKS, BUT HEY AFTER 2:00 PM ON MONDAY, SEPTEMBER 8TH. OH, AND MAKE SURE TO FLUTTER AWAY BY 11:00 AM ON TUESDAY, SEPTEMBER 16TH! THE EARLIEST BUS DEPARTS AT 4:36 AM, WITH 7 MORE BUSES AVAILABLE UNTIL 11:00 AM.**

**YOU'LL NEED INSURANCE TO JOIN THE FUN! MAKE SURE TO GET YOUR EHIC OR OTHER APPROPRIATE COVERAGE.**



**Co-funded by the  
European Union**

**OPT FOR ECO-FRIENDLY TRAVEL WHENEVER POSSIBLE. LET'S AVOID GAS-GUZZLERS AND CHOOSE BUSES, TRAINS, OR CARPOOLING INSTEAD. BE SURE TO PURCHASE A BUDGET-FRIENDLY TICKET (2ND CLASS OR ECONOMY) FOR THE EVENT ON THE SPECIFIED DATES AND TIMES. 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!**

# CONTACTS

## PROJECT COORDINATOR IN LITHUANIA



**JULIJA STANIULYTE:**

---

**JULIJA@TAVO-EUROPA.EU**

---



Co-funded by the  
European Union



YOUTH  
CENTER  
RADKA



# JOIN NOW WITH TAVO EUROPA!

**Explorer Pass 2025** 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>**

