

BETWEEN THOUGHTS

youth exchange



18+

7 -18/9 2026

KOVÁŘSKÁ

TOPIC

MENTAL HEALTH SELF-DISCOVERY

SETTING BOUNDARIES

MINDFULNESS AND SELF-AWARENESS

CREATIVITY AND SELF- EXPRESSION

PROJECT *info*

DEVELOP YOUR MENTAL WELL-BEING



VENUE

Krušnohorský Poutník is a cozy retreat in the mountain village of Kovářská, nestled in the peaceful landscape of the Ore Mountains in northwest Bohemia. It offers an inspiring environment that connects nature, well-being, and essential facilities, naturally supporting focus, creativity, and relaxation, while creating a harmonious space for personal growth, communal gatherings, and a deeper experience of your stay.

TOPIC

The program focuses on mental health and deeper self-discovery. It provides participants with a space to understand their own emotions, needs, and inner resources, strengthen psychological resilience, and develop a healthy relationship with themselves. It also includes stress management, support for inner balance, and practical tools for daily mental well-being.

Creativity and self-expression are used as means of communication and personal growth. The program offers opportunities for art, movement, writing, and other creative forms as a way to express identity and emotions. At the same time, it supports the development of healthy habits through small, realistic changes in daily life and explores the possibilities of applying creativity in future professional paths.

PROJECT *info*



HOUSING & FOOD

Guests will be accommodated in shared rooms at the cozy mountain retreat Krušnohorský Poutník in the village of Kovářská. During the stay, regular meals are provided, including breakfast, lunch, and dinner, prepared in a homely style. Any special dietary requirements can be arranged upon prior agreement.

WHAT TO BRING

Comfortable clothing for indoor and outdoor activities. Layers suitable for the weather (August can be warm, but evenings may be cooler).

Raincoat or lightweight waterproof clothing. Comfortable walking shoes. Towel, reusable water bottle, sun protection (hat/cap, sunscreen, sunglasses).

GENERAL INFO

Before participation, you must have valid insurance (European Health Insurance Card - EHIC).

If possible, use environmentally friendly transportation. Prefer buses, trains, or carpooling, and purchase an affordable ticket for your trip to the event (2nd class or economy class).

Gather all travel documents (receipts, boarding passes, tickets) and submit them in PDF format for reimbursement purposes.

Contact Us!



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Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the most suitable and motivated participants to all of our projects.

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