

# ROOTS AND TRAILS

## *youth exchange*



14-17

14 -28/8 2026

PNĚTLUKY

### TOPIC

RELATIONSHIP WITH NATURE  
ENVIRONMENTAL AWARENESS  
OUTDOOR AND SURVIVAL SKILLS  
SLOWING DOWN AND RELAXATION  
MENTAL WELL-BEING  
RECONNECTING WITH SELF AND  
SURROUNDINGS  
BASIC FIRST AID  
RESPONDING TO EVERYDAY AND  
EMERGENCY SITUATIONS IN THE FIELD

# PROJECT *info*

## DEVELOP YOUR MENTAL WELL-BEING



### VENUE

Pnětluky is a peaceful village set in the picturesque landscape of northwest Bohemia. It offers a pleasant natural environment along with practical facilities, creating ideal conditions for relaxation, creative gatherings, and group activities.

The project will take place in a comfortable local facility in Pnětluky, providing shared accommodation, spaces for communal meetings, and conditions for creative work, reflection, and interactive workshops. Participants will have the opportunity to explore the surrounding countryside, walk along local paths, and enjoy the calm, inspiring atmosphere, which naturally supports personal development, creativity, and the building of new connections.

### TOPIC

The program focuses on the human relationship with nature, environmental awareness, and practical skills for staying and basic survival in natural conditions. It helps participants slow down, unwind from the pace of daily life, strengthen mental well-being, and restore a natural connection with themselves and their surroundings. The program also includes developing basic first aid skills and the ability to respond to everyday and emergency situations in the field.

# PROJECT *info*



## HOUSING & FOOD

Participants will be accommodated in shared cabins at the pleasant natural setting of the campsite in Pnětluky. Full-day meals will be provided during the stay - breakfast, lunch, and dinner - prepared in a simple, homely style. Individual 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

You must have insurance (European Health Insurance Card - EHIC) before participating. Use eco-friendly transportation when possible. Choose buses, trains, or carpooling, and book a budget-friendly ticket (2nd class or economy) for the event. Collect all travel documents (receipts, boarding passes, tickets) and submit them as PDFs for reimbursement.

# Contact Us!



**Project Coordinator in Lithuania**

Austeja Amankaviciute

[austejai@tavo-europa.eu](mailto:austejai@tavo-europa.eu)



Co-funded by  
the European Union



# Join with Tavo Europa

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.

**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>**