LET´S DO IT

Youth exchange
INFOPACK

Trenčín, Slovakia

8.-14.11.2026



TAVOEUROPA

Co-funded by the European Union

fénix



Dear participants

We are glad that you are interested in our international Erasmus+ project LET'S DO IT!
In this INFOPACK, you will find all the important information about the project, including its objectives, activities, programme, practical arrangements and participation details.
Please read the entire INFOPACK carefully before the project and make sure you are familiar with the information provided. If you have any questions or need further clarification, feel free to contact us. We will be happy to help you and support you throughout the preparation for the project.
We look forward to meeting you and creating an inspiring international learning experience together!

8 –14 November 2026

Trenčín - Kubrica,
chata Trubarka, Slovakia

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Coordinating organisatin and host



Detská organizácia FÉNIX, o. z. is a Slovak non-governmental, non-profit organisation working with children and young people across Slovakia. Established in 1991, FÉNIX has more than 35 years of experience in youth work, non-formal education, volunteering and youth participation.

DO FÉNIX is an Erasmus+ accredited organisation with extensive experience in international youth projects and cooperation. Non-formal education, volunteering, youth participation and international cooperation are important parts of its work.
The organisation creates opportunities for young people to develop their skills, express their opinions, take initiative and actively participate in their communities. DO FÉNIX supports young people in becoming active and responsible members of society and provides space for learning, sharing experiences and developing new ideas.

Participating countries: Slovakia, Lithuania, Czech Republic and Hungary. The Youth Exchange will bring together young people from four European countries. Each national group will consist of 4 participants aged 13–17 and 1 group leader aged 24+.

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About project

LET'S DO IT! is a Youth Exchange bringing together young people from different countries to explore current challenges affecting young people today. Through non-formal education, discussions, teamwork and creative activities, participants will explore four topics: Young People Under Pressure, Digital Wellbeing, Generation AI and the Importance of Volunteering.

The project aims to raise awareness of the challenges young people face, strengthen critical thinking and communication skills, promote active participation and volunteering, and encourage the responsible use of digital technologies and artificial intelligence. Participants will share their experiences, develop practical ideas and learn from each other in an international environment.

A key part of the project will be the preparation and organisation of a Youth Conference, giving participants the opportunity to put their skills into practice, present the results of their work and actively contribute to discussions with other young people.

ACTIVE PARTICIPATION AND PARTICIPANTS' CONTRIBUTION

Participants and leaders are expected to take an active role throughout the Youth Exchange, including the preparation and implementation of workshops, games and activities. They are also expected to contribute to daily tasks, media activities, and the creation of photos and videos for project promotion, as well as actively participate in the Youth Conference and its preparation.

Sneak peak of our programme

- Explore four topics that affect young people today through workshops, discussions and team activities.
- Share ideas, experiences and solutions with young people from different countries.
- Prepare and take part in a real Youth Conference.
- Enjoy cultural evenings, fun activities and time to make new friends.

Homework

Please be ready to prepare an evening programme where you present your country, culture, traditions, food or your organisation.
Be creative – there are no limits!
Prepare at least three energisers or icebreakers that your group can teach to the others.
You should also prepare one short activity related to the topics of the Youth Exchange: Young People Under Pressure, Digital Wellbeing, Generation AI, or the Importance of Volunteering.

Arrivals and departures

Arrival: Participants are expected to arrive on 8 November 2026, preferably by 5:00 PM. Dinner will be served at 6:00 PM.
Departure: Participants will depart on 14 November 2026 by 10:00 AM, after breakfast.

What to pack

Warm clothes, a waterproof jacket, sturdy shoes for nature walks, slippers, a towel, personal hygiene items, medication if needed, and a reusable water bottle.
Bring a smart-casual outfit for the Youth Conference and traditional snacks from your country to share during the Intercultural Evening.
Feel free to bring games, musical instruments, or materials to present your country and organisation. If possible, bring at least one laptop per national team.
Check the weather forecast for Trenčín before travelling.

Insurance

Every foreign participant must have travel insurance. The insurance must be concluded in your country and have the necessary documents and proof of payment. We will have paramedic providing basic first aid available at the resort for the whole time.
Bring originals of your travel and insurance documents.

About the venue

Trenčín is a historic city in western Slovakia, known for its rich cultural heritage, vibrant atmosphere and the iconic Trenčín Castle. In 2026, Trenčín is the European Capital of Culture, making it an inspiring place for an international youth project.

Accommodation:

Accommodation will be provided at Chata Trubárka in shared 3-bed rooms, each with a private bathroom and toilet. Bed linen and towels will be provided.
Breakfast, morning snack, lunch, afternoon snack and dinner will be provided during the Youth Exchange.

The venue is surrounded by nature, offering a great environment for outdoor activities, walks and informal learning.
https://sdu.sk/b4G

Travel and reimbursment

This project is funded by the **Erasmus+ Programme**, reimbursement will be provided according to it´s rules. In case that you exceed the amount of travel costs within the programme, you will have to cover the difference. Please try to consider using green options of travelling (train, bus, carpool). Travel expenses will be reimbursed after the YE, when DO FÉNIX receives all the original tickets together with filled reimbursement form. **Keep the originals of all travel documents and tickets. In the case of a private carrier, the invoice and all other documents are important for billing.**

Distance

Travel expenses will be reimbursed according to the Erasmus+ distance bands using Erasmus+distance calculator:



Young People Under Pressure

How do young people experience the pressure they face today? What challenges affect their mental health, relationships and sense of belonging? We are looking for personal experiences, different perspectives, examples of good practice and ideas for solutions.

Possible topics include loneliness, online communities, pressure to succeed and be perfect, identity and belonging, and the appeal of radical or extreme views.



Generation AI

How is artificial intelligence changing young people's lives? How can they navigate the flood of information and distinguish between facts and manipulation? We are looking for experiences, opinions, research, projects and practical solutions related to the digital world.

Possible topics include AI in everyday life, deepfakes and misinformation, influencers and algorithms, media and information literacy, and the future of education and work in the age of AI.

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Digital Wellbeing

How does the digital world affect the health, relationships and everyday lives of young people? We are looking for contributions that explore both the benefits and risks of the online environment and offer ideas for a healthier digital lifestyle.

Possible topics include social media and mental wellbeing, body image and self-confidence, sleep and stress, healthy habits and physical activity, hence setting healthy digital boundaries.



The Importance of Volunteering

How can volunteering and civic engagement contribute to a better life for young people and their communities? We are looking for contributions that show the positive impact of activism, volunteering and youth participation in public life.

Possible topics include volunteering and mental wellbeing, building communities and relationships, young people as changemakers, civic participation and engagement, and preventing burnout while helping others.

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SEE YOU SOON!

We are looking forward to welcoming you to LET'S DO IT! in Trenčín! Get ready for new experiences, interesting discussions, teamwork, fun activities and meeting young people from different countries.

Bring your ideas, curiosity and positive energy – and let's create something meaningful together!



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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



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Contact Us!

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