

07/04/2023 - 16/04/2023

# FANTASTIC FUTURE

SEČ, CZECH REPUBLIC



E<sup>29</sup>



Erasmus+

# WHO ARE WE?

FOUR LINKS is a non-profit, non governmental organization located in the Brno, Czech Republic.

Our organization consist of people who are highly motivated and dedicated to the promotion of active lifestyle as the main key leading to the healthy and quality life.

We employ informal and nonformal teaching as well as learning methods to broaden the outlook of young people and increase their involvement regarding to their choices on healthier lifestyle, active sports, outdoor activities such as mountaineering, hiking, camping and many others



## OUR GOALS

To promote the importance of the healthy lifestyle and high physical activity by implementing various non-formal learning methods providing youth with necessary theoretical knowledge and introducing both practical and healthy habits.



## ACTIVITIES

FOUR LINKS has wide experience in youth mobility, nonformal education, outdoor activities, sports, healthy lifestyle, cultural gaps, volunteering opportunities for youth, entrepreneurship, globalization and international relations.

# WHEN & WHERE



## LOCATION

Seč, Czech Republic



## DATES

Activity dates: 08/04/2023- 15/04/2023

Travel days: 07/04/2023 and 16/04/2023



## LANGUAGE

The project and its sessions are going to be held completely in English.



## MORE INFORMATION

Join our Discord Server to meet us and find more info: [bit.ly/e29discord](https://bit.ly/e29discord)



## PARTICIPANTS

You can meet people from countries such as Czech Republic, Hungary, Romania, and Slovakia. There will be 12 participant and 2 group leaders per country.



## CONTACT

If you have any questions, don't hesitate to contact us by e-mail: [kincso@e29.eu](mailto:kincso@e29.eu)

# Travel plan

**CZECHIA**

**HUNGARY**

**ROMANIA**

**SLOVAKIA**

## **Possible Itineraries**

CZ, HU, SK, RO participants will travel by bus or train to the accommodation

The itinerary will be discussed closely with group leaders depending on the departure locations. The same applies for the return.

## **IMPORTANT INFORMATION**

**If your travel plan includes buying your own tickets, we will reimburse the costs once the project is over.**

**Before buying or booking any travel ticket please consult with us and obtain our written approval so you make sure you will be reimbursed.**

**It is very important that you keep proof and receipts of every transport cost you have. We strongly advise you to purchase electronic tickets, if possible.**

**For electronic ticket/receipt/invoice, the document has to be delivered in PDF format. Screenshots or forwarded emails are not accepted.**

**Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.**

**In order to receive a reimbursement, you have to provide us all the tickets, invoices, boarding passes, itinerary you have, maximum 10 days after the project is over.**

# FANTASTIC FUTURE

ARE YOU MOTIVATED TO REDUCE STEREOTYPES ABOUT YOUTH LIVING IN RURAL AREAS?

WANT TO SHARE YOUR EXPERIENCE WITH INTEGRATION INTO DIFFERENT COMMUNITIES?

WOULD LIKE TO LEARN ABOUT OPPORTUNITIES TO DEVELOP PERSONALLY AND PROFESSIONALLY?

**If you are interested in these questions, and would like to discuss it with participants from all around europe, this mobility is for you!**



# PROJECT SCHEDULE

## DAY 1

Getting to know each other, team building exercises

## DAY 2

Discovering Erasmus

## DAY 3

Discussion on solutions to combat existing stereotypes

## DAY 4

Pros and cons of rural life

## DAY 5

Boost creativity, management skills

## DAY 6

Critical thinking, empathy

## DAY 7

Free learning

## DAY 8

Summarizing learning outcomes

## DAY 9

Final evaluation

## DAY 10

Saying goodbye

# Accommodation and venue



Kempy na Seči,  
Czech Republic



**A recreational facility at the Seč water reservoir in the landscape area of the Iron Mountains.**

**Rooms are located in the newly built canadian log cabins. Each cabin has 2-3 rooms with their own bathrooms. Rooms and cabins will be arranged by gender.**



**Breakfast, lunch and dinner will be served at the same location every day.**

**Please be prepared, that the dishes (traditional Czech recepies) might differ from you are accustomed to.**



## What should I pack?

Pack clothes based on weather, check the forecast before leaving. Bring comfortable clothes for indoor and outdoor activities. Pack slippers and towels.



## Keep all your tickets

Remember to provide us with every boarding pass and train or bus ticket, so we can reimburse you the costs once the project is over.



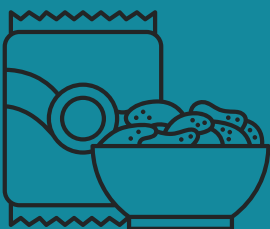
## Health Insurance

Participants are required by Erasmus+ Program to have a European Health Card. It's recommended to get travel insurance during the project.



## Diets and allergies

Inform us as soon as possible if you have any diet, health restrictions or any other special request.



## Intercultural nights

Each team should bring some national product to share during Gastronomical Night. No alcoholic beverages allowed.



# WHAT TO EXPECT?

## NON-FORMAL EDUCATION

All our methods are non-formal. That means you will learn by playing and trying. No boring lectures.

## INTERCULTURAL DIALOGUE

You will learn about different cultures from partner countries. And taste their food!

## NETWORKING

With 48 participants you will meet a lot of different people, from different countries.

## TRAVEL

You will have a chance to explore a little, but lovely town of Czech Republic

## CHECK THE VIDEO

Click [HERE](#) to see the video of our last youth exchange in Czech Republic