

Interconnecting Our Wellbeing



20.06.-26.06.2022



What is the project about?

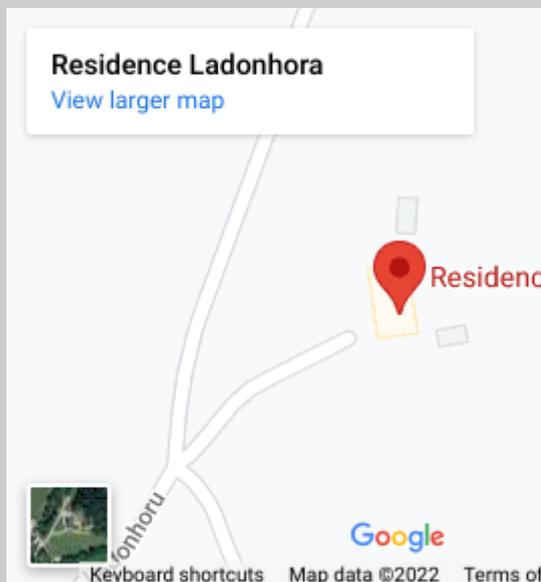
- During this exchange we want to explore together in an international environment different ways to feel good.
- Through outdoor activities, arts, sports and food we will learn how different things can affect us and our wellbeing.

What are the requirements for participants?

- You are a young person between the age of 17 and 21.
- You are allowed to travel within the EU.
- You have a conversational level of English.
- You are motivated and excited to meet and connect with people from different countries and backgrounds.
- You are interested to learn and explore more about wellbeing.

Where is the exchange taking place?

- The youth exchange takes place in a cottage in the Kysuce region in the north of Slovakia. We are staying close to a village in a house that we have for ourselves in the middle of nature. There is a big outdoor area and a small swimming pool and we are not close to any big cities.
- We have three meals a day: breakfast and dinner we make ourselves and lunch we order from a catering service.
- We have shared rooms and every room has its own bathroom. Since we are the only people staying in the accomodation we need to take care of our own and the common spaces.



What can you expect from the exchange?

- meet many motivated people from different countries and make new friends
- explore what wellbeing can mean and be for different people
- talking and discussing about wellbeing, feeling good and mental health
- fun activities related to art, sport, nature and socializing
- many outdoor activities (hiking, walking, sports)
- for everyone who wants to try it: morning yoga

Who are the partner organisations?

- KERIC - European youth center in Cadca, Slovakia
- Link - Italian Youth Organisation
- AJP - Youth Association in Peniche, Portugal
- Youth Development and Enterprise Association, Turkey

What do you need to bring?

- weather appropriate clothing (June in Slovakia has an average temperature between 12°C at night and around 25° or more during the day. It might be really sunny and it might rain.)
- sport shoes and sporty, comfortable clothes for hiking, yoga and other sport activities
- swimwear
- slippers for inside the house
- the accommodation provides bedsheets and one small towel for everyone, so you might want to bring another towel
- important documents like Visa, ID and/ or passport
- you can bring your music instrument
- something from your country for cultural night (talk to your group about this!)

Other information

- The accommodation is not very accessible, because of the outdoor area and stairs that lead to most rooms. Physical activities like hiking, walking and other outdoor activities are a big part of the exchange.
- Please be sure to let us know about any health issues, dietary restrictions and other special needs beforehand.
- Covid-19 restrictions may change depending on the country you are in, so make sure to look them up beforehand!