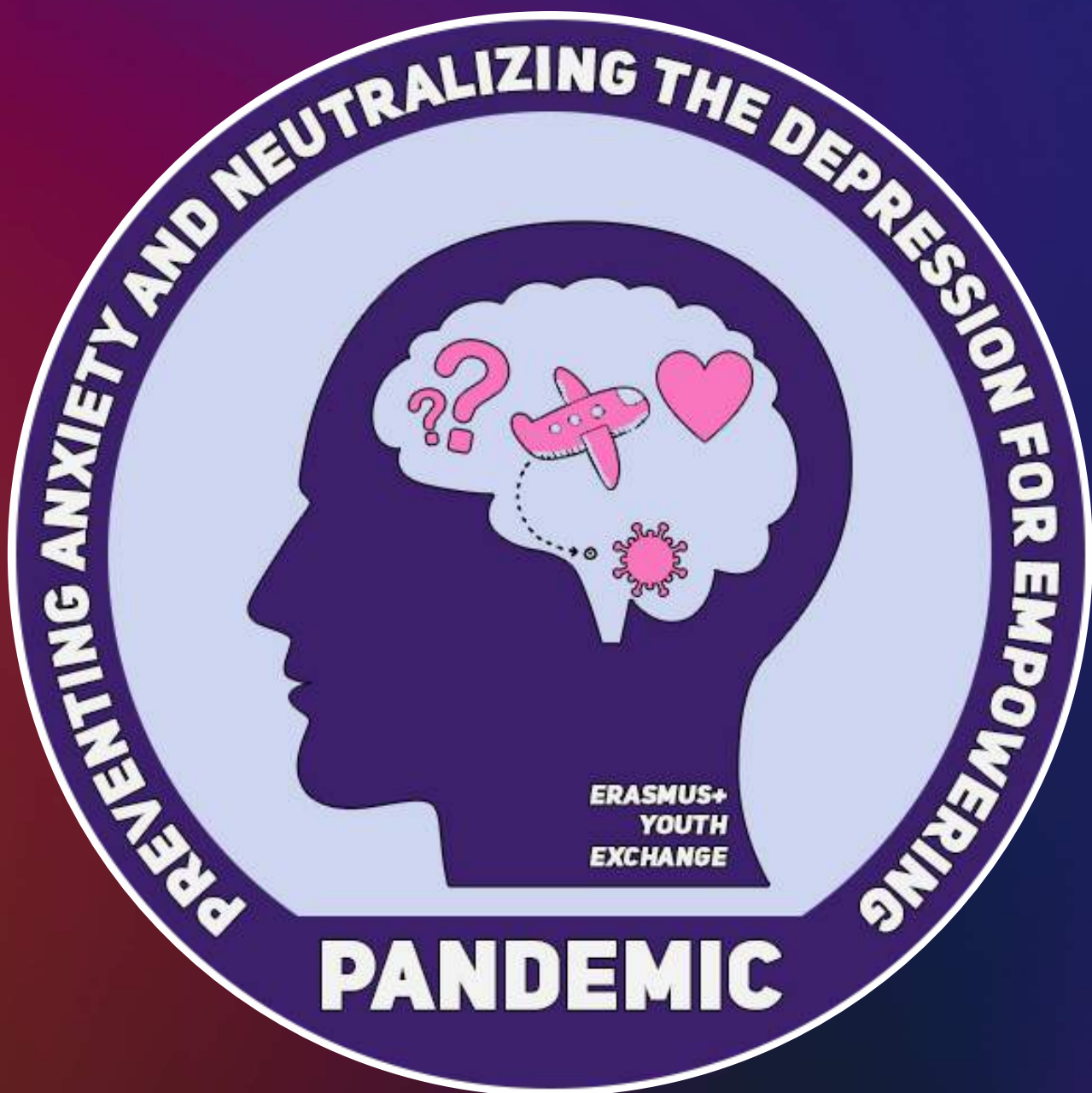




# Erasmus+ Youth Exchange

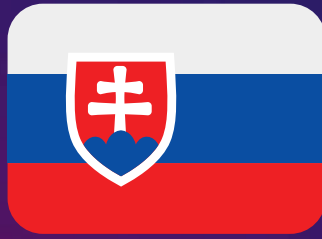


18–26 February 2022

Banská Belá,  
Slovakia

@tatrayerouthgroup  
Tatra Youth Group

# PARTNER ORGANISATIONS



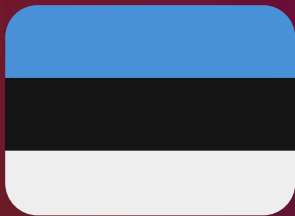
Tatra Youth Group  
Slovakia



MOVE to Be You  
Austria



Youth Eurasia  
Turkey



Seiklejate Vennaskond  
Estonia



Asociatia Scout Society  
Romania



Pozitiva Samobor  
Croatia



Asociacion Cultural  
Y Deportiva Lahoya  
Spain



# WELCOME !

We congratulate you for being one of the 36 participants who will participate in PANDEMIC Erasmus+ Youth Exchange project that will take place in Banská Štiavnica, Slovakia between 18–26 February 2022.

We want you to have a great experience and we prepared this infopack with all the details you need to know before the project.

We look forward to meeting you all there! :)

## WHAT IS THE PROJECT ABOUT ?

The project is aiming to improve participants knowledge, skills and competences on **stress management** to cope with current pandemic challenges.

They will learn various **mindfulness** and **wellbeing techniques** through non formal education and experience good practices to use it in their local communities.

They will have the competence to **avoid anxiety** towards new normal dynamics and also practical equipment to be **positive change makers** in their local communities with this tools.



# WHO WE ARE?



**Tatra Youth Group** consists from motivated and experienced young people in Erasmus+ who aim to spread the knowledge across the society in Slovakia and Europe. The group has been formed from proactive students of Comenius University in Slovakia who want to make positive changes.

The members of Tatra Youth Group have strong network with European NGOs, since they have been working in the youth field both national and international level long time, in the framework of Erasmus+ but also in local volunteering level.

Key stuff of the group has certification by IUVENTA, Slovakian National Agency in the field of Project Management in Youth Work.

[www.tatrayouth.org](http://www.tatrayouth.org)



# PROJECT OVERVIEW

<b>Name of the project</b>	PANDEMIC YOUTH EXCHANGE (P)reventing (A)nxiety and (N)eutralizing the (D)epression for (E)mpowering (M)indful (C)ommunities
<b>Project Type</b>	Youth Exchange (KA152)
<b>Dates of main activity</b>	19-25 February 2022
<b>Travel days</b>	Arrival day : 18th of Feb Departure day: 26th of Feb  19-25 Feb activity days
<b>Project venue</b>	Banská Belá , Slovakia
<b>Participants</b>	4 participant+ 1 leader per country between 18 and 26 years old for team leaders no age limit
<b>Participating countries</b>	Austria, Croatia, Turkey, Romania, Slovakia, Spain, Estonia



# CONTENT OF ACTIVITIES



Name games	Your Place On Earth
Ice breaking activities	Learning on Stress Management
Erasmus+	Connection With Nature
Youthpass	Experiencing Self-Compassion
Team Work: Critical Uncertainties	Meditation with Trees
Reflections	Mindfulness Exercises
Impact and Effort Matrix	Film making
Leaders Meetings	Group Evaluations
Preparation of Magazine	Empathy Map
Creating Mandala	Problem Definition
Hiking in Nature	My Community with Mindfulness?
Local Activity	Future Collaborations



# REIMBURSEMENTS

## Travel Budget:

- Slovakia 20 €
- Romania 275 €
- Spain 275 €
- Austria 180 €
- Estonia 275 €
- Croatia 180 €
- Turkey 275 €



Travel expenses will be reimbursed up to the limit written above.

Note: Please ask for our confirmation before you buy your tickets.

Participants are expected to check-in at project venue on 18 February 2021 until 18:00 (Arrival day) and check-out until 12 am from the venue on 26 February 2021 (departure day).

The project starts with dinner on 18 February, ends after breakfast on 26 February.



# PARTICIPANTS' PROFILE

- Each country group must keep a gender balance for participants.
- Participant must be interested in the topic of the project
- Participant must be ready to be fully involved in the project dissemination activities during and after the mobility
- Participant must be ready to fulfill a pre-departure TASK if there will be such

The following tasks should be done after returning home:

- sending return tickets and boarding passes both by email (photo of return tickets and boarding passes) and post to the organizer address.
- making a news about the Project outputs and publishing it in a web site or facebook group or any page or media and sending links to us.
- completing mobility tool questionnaire
- Participants must have citizenship or residence permit of the sending country. No age limit for leaders (+18)





# THE PROJECT VENUE



Vilabela is located in a small village named *Banská Belá*, not far from historic town Banská Štiavnica. As its name suggests, it is a beautiful place, **calm and magical**, full of surprises and secrets to discovering them. And when you get tired of discovering, you can relax in the **sauna, wellness**, play with animals or simply be and inhale the magic of this unique place.

For more info and photos lets check: [www.vilabela.sk](http://www.vilabela.sk) . There is booked breakfast, lunch, dinner and coffee break refreshers in the hostel restaurant that offer great level of Slovak **traditional meals**. If you have some special needs for food (vegetarian, celiac, some allergies, etc.), inform us about it as soon as it is possible.



# UNESCO HERITAGE



**WE RECOMMEND TO WATCH THIS:**

[https://www.youtube.com/watch?v=adLi1U1bh8k&ab\\_channel=JanSurVideo](https://www.youtube.com/watch?v=adLi1U1bh8k&ab_channel=JanSurVideo)

Banská Štiavnica is one of the most beautiful and historically most interesting places in Slovakia. In December 1993, Banská Štiavnica received the highest international recognition, when the town, together with the technical monuments in the area, was inscribed on the **UNESCO World Cultural and Natural Heritage List**.

Over the centuries, the old medieval mining centre grew into a town with Renaissance palaces, 16th-century churches, elegant squares and castles. The urban centre blends into the surrounding landscape, which contains vital relics of the mining and metallurgical activities of the past.



# HOW TO GET THE VENUE

The easiest way for you will be when you arrive to our capital city Bratislava, you will catch the train to **Zvolen**. From 'Zvolen' there are direct buses every hour to Banská Belá until 19:00.

You can check the schedule from "Zvolen,,AS" to 'Banská Belá' here by clicking "HĽADAŤ" and search for more connections by clicking "Neskoršie spojenie":

<https://cp.hnonline.sk/vlakbusmhd/spojenie/>



The bus will leave you at 'Dinas Banská Belá'. From there you need to walk 10 mins to the venue Vila Bela.

<https://goo.gl/maps/SAppQL44ghYw2qLB9>



# ACCOMMODATION

Participants will be accommodated in rooms with 3,4 or 6 beds. No mixed genders. There will be shared bathrooms for smaller rooms and private baths for the bigger ones.

Bedsheets and towels will be available at the venue.

Wellness services (sauna and jacuzzi) available for **30€ per hour**. Possibility to rent by groups.



# REIMBURSEMENTS

- During the mobility all expenses such as accommodation, catering, training etc will be free of charge , 100% covered by programme. Outside of mobility dates participants are responsible from their own expenses.
- You should keep all physical and digital documents and deliver it to the project coordinators (boarding passes, tickets, invoices, receipts etc).
- Each participant will fill and sign the reimbursement form upon their arrival where they report the cost items of their travels.
- Each leader will fill 'national team report' where they report total expense of their national group.
- The reimbursement payments will be operated to the leader's or sending organisations account.
- Real cost of travel will be reimbursed up to Erasmus+ rules for each participant country and Erasmus+ distance calculator.
- The active participation to the all project sessions is necessary.



# What should you bring?



All the documents related your travel (boarding passes, tickets etc).

A valid passport/ ID; Residence Permit.

Warm clothes... the february in Slovakia will be pretty cold, possibly snowy. Please, check the weather before you leave and pack;

Medicines if you use any or basic usage ones;

Preparation for your cultural night: foods, drinks, dances, good energy and curiosities.



# COORDINATORS

If you have any questions  
don't hesitate to contact us!

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