

JOURNEY TO YOURSELF

youth exchange

KOVÁŘSKÁ



13 - 17 YEARS

08 - 15/7 2026

**5 PARTICIPANTS +
YOUTHLEADER**

TOPIC

**CYBERBULLYING, ADDICTION
AND BEAUTY STANDARDS,
GENDER EQUALITY AND
GENDER IDENTITY, FIGHTING
DISCRIMINATION AND
RACISM, STORYTELLING AND
SHARING PERSONAL STORIES**

PROJECT *info*

IMPROVE YOUR
EMOTIONAL AND
PHYSICAL QUALITY OF LIFE



VENUE

Kovářská is a small village located in the scenic Ore Mountains (Krušné hory) in the northwestern part of the Czech Republic. It offers a peaceful and natural environment, perfect for creative workshops, team activities, and relaxation.

The project will take place at Krušnohorský Poutník, a comfortable accommodation and activity center surrounded by forests and hills. The center provides shared rooms, meeting spaces, and facilities for arts and cultural activities. Participants will have the opportunity to enjoy the beautiful nature, explore local trails, and experience the calm and inspiring atmosphere of the mountains.

TOPIC

The aim of the project is to foster self-expression, empathy, intercultural understanding, and personal wellbeing, inspiring young people to discover their strengths and use art as a meaningful way to reflect on their experiences and emotions.

The program emphasizes mental wellbeing and personal health, offering a supportive and safe space for creativity and self-expression. Through workshops, teamwork, and artistic activities, participants will connect their own experiences with those of young people from different countries. Participants will explore, create, and share experiences through art, music, film, theatre, and storytelling. The project focuses on themes such as cultural heritage and identity, cyberbullying, addictions, and pressures related to appearance and beauty standards.

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HOUSING & MEALS

Participants will stay in shared rooms in comfortable accommodation in Kovářská. They will be provided with three meals a day - breakfast, lunch, and dinner, consisting of simple, traditional Czech food. Special dietary requirements can be accommodated if notified in advance.

WHAT TO BRING

Comfortable clothes for indoor and outdoor activities. Weather-appropriate layers (it can be warm in July, but evenings may be cooler). Rain jacket or light waterproof clothing. Comfortable shoes for walking. Towel, reusable water bottle, sun protection (hat, 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.