



INTERNATIONAL YOUTH EXCHANGE

"Learn about yourself and the others and make the society better"

FROM THE 15TH UNTIL THE 22ND OF JUNE
PEOPLE FROM 17 TO 23 YEARS OLD



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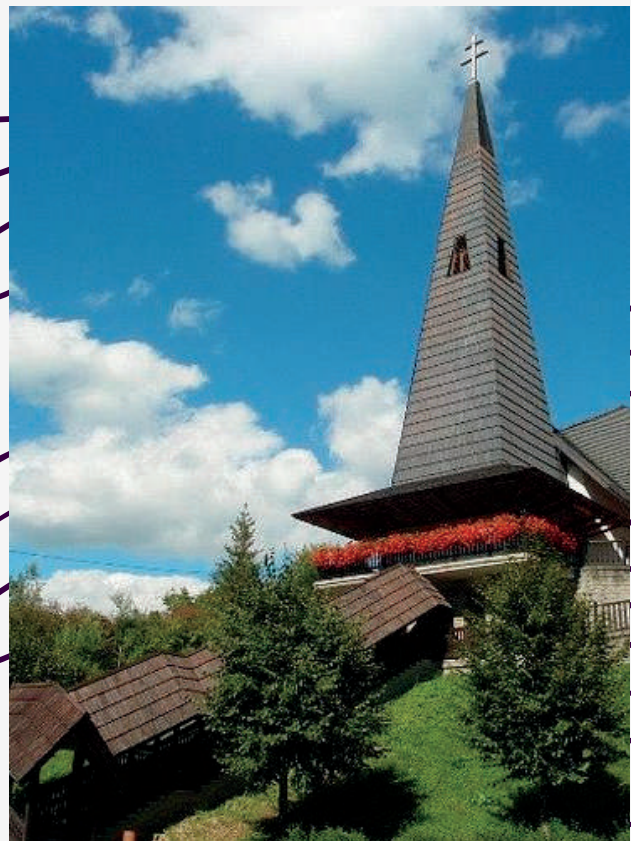
Keric_cadca

VISIT SLOVAKIA



Keric organization is based in the center of Čadca, a small town with a population of about 30,000 inhabitants.

Čadca is situated in the north of Slovakia, near the border with the Czech Republic and Poland. Čadca is the main town of a region called Kysuce, which is known for its beautiful countryside, with lovely mountains and excellent opportunities for skiing, hiking, sailing, and mountain bikes trips.



The climate is mild, but with cold winters and a lot of snow. The summers are usually hot with a lot of sunshine. The centre of the town is organized in such a way that all important facilities are within walking distance.

There is a good train connection with other bigger towns, as well as with Poland and the Czech Republic. The Youth exchange will be organized in a cottage in Dolný Vadičov. We'll take you there from Keric on the 15th when activities will start and bring you back on the 22nd of June.



1. Our project

Global Emotional Learning is a 7 days Youth Exchange project which will be held in Kysucké Nové Mesto in Slovakia and will gather 40 participants from 4 countries – Slovakia, Latvia, Portugal and Italy to work on the impact of emotions, developing understanding and self-awareness, and promoting emotional well-being, fostering compassionate and resilient leaders in an interconnected world.

2. Summary

Welcome to our youth exchange program focused on global emotional learning! This program brings young people from different parts of the world together to understand how emotions affect our lives and societies. Through fun activities, group discussions and interactive workshops, we'll learn how to be more understanding, aware of ourselves and emotionally intelligent.

We'll explore a wide range of emotions that shape our experiences, develop effective communication skills, and find ways to promote emotional well-being in ourselves and others. Our goal is to foster a global perspective, where participants can understand, respect, and unite with one another while raising awareness.

Together, we'll become caring and strong leaders in our interconnected world. Join us on this amazing journey of self-discovery, make lifelong friends, and discover the power of emotions for personal growth and positive change.

3. Project's outcomes



During this youth exchange, you will be learning how to help people, about the world and how you can make it better. You'll be taught about different cultures and the importance of treating everyone fairly. This global approach will also show you how to think critically, understand others' feelings, and get involved in making positive changes in your communities and the world.



Through the emotional learning part, you'll acquire knowledge, skills, and you'll understand about emotions and how they influence our thoughts, behaviors, and relationships. It will also help you to develop your emotional intelligence, which is crucial for personal growth, well-being, and successful interpersonal interactions.



One of the objectives is also for you to get new skills such as cooperating with people, learning how to speak in front of a public, getting involved in an international environment... All of these will enable you to create strategies for regulating emotions, expressing them appropriately, and building positive relationships based on empathy and understanding.



Then.... what would be a youth exchange without meeting and discovering new cultures ? During this time, you will meet new people from different countries and create unique memories. Plus, you'll be improving your English while having the time of your life.

3. Activities

All the activities will be done through the methods of non-formal education through ice-breaking, team-building activities, mind-mapping, creative workshops, open discussions, Youthpass presentation, and intercultural evenings.

To really get the most out of the youth exchange, we will always start early! After socializing in the night, we'll start in the morning with breakfast, strong coffee and some energizers! We'll do many things related to our topic. Of course, we'll leave free time for you to relax around the cottage. In the evenings, we'll have cultural nights (each country has to prepare for that), which will be followed by further socializing and having fun.

4. Arrival and departures

- You will arrive on the 15th of June and meet all the other participants in Keric, in Cadca. Once everybody will be gathered, a private bus will take us to the accommodation in Dolný Vadičov.
- You will leave on the 22nd of June, according to your transportations.
- To know all the ways to get to Čadca, go to the page 11 !

5. Day trip

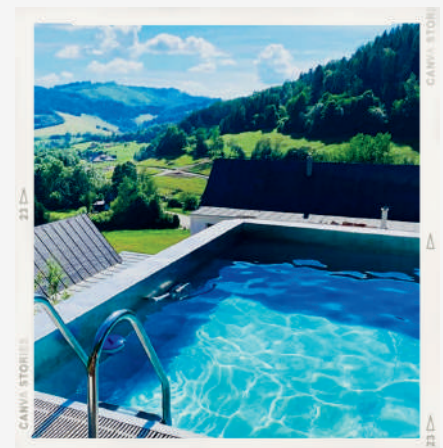
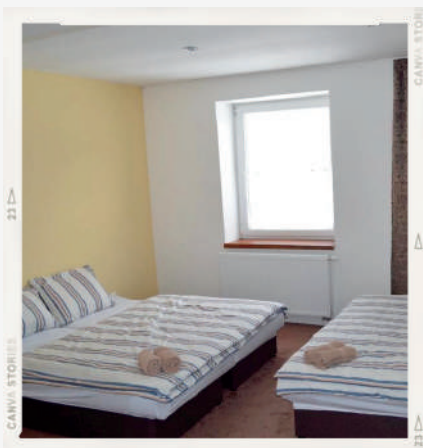
Through this youth exchange, you will discover the beautiful nature of Kysuce Region, during a day trip organized by the leaders. You will be up to take part in some local activities and will get to know your partners better. To know what kind of clothes to bring, go to the page 8 !

6. Programme

	Morning	Lunch	Afternoon	Evening	
THU	Arrival				
FRI	Breakfast Getting to know each other + rules	Lunch + free time	Youthpass and Erasmus + Free time	Dinner Cultural evening	Emotional
SAT	Breakfast Learning about emotional intelligence	Lunch + free time	Introspection time through arts Free time	Dinner Cultural evening	
SUN	Breakfast World cafe	Lunch + free time	Youth goals and time world scale Free time	Dinner Cultural evening	
MON	Day trip				Global
TUR	Breakfast How to create an event ?	Lunch + free time	Chair game Time for working on the event	Dinner Cultural evening	Learning
WED	Breakfast Theater Presentations	Lunch + free time	Buddy walk Final evaluation Receiving Youthpass	Goodbye party	Conclusion
THU	Departure				

7. Accommodation

- **Venue :** Cottage in Dolný Vadičov
- **Notice:** You'll be sharing a room with 5 people approximately.
- **About rooms:** the participants will be accommodated in mixed groups, to facilitate the getting to know each other process and intercultural learning.
- The cottage provides bedsheets.



8. Travel and reimbursements

Accommodation, food and materials are 100% funded by the Erasmus+ Programme. This includes everything, except for travel costs. It's highly recommended to start buying travelling tickets early.

We will reimburse the travel expenses by bank transfer to partner organization accounts after the exchange. In order to make the reimbursement, it is compulsory that you deliver all the necessary documents to us. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

For plane travel, the documents that we need are:

1. E-ticket;
2. Proof of payment or receipt;
3. Boarding passes.

COUNTRIES	BUDGET
ITALY	275 euros
LATVIA	275 euros
PORTUGAL	360 euros

9. The weather




The weather in June is usually warm or hot but can be crazy too, and it can change on the very same day. Temperatures really vary from the early morning and late evening to the rest of the day. The best is to check weather forecast on [web](#).

10. What to bring

- ☐ Hiking and normal shoes. Slippers for inside would be perfect !
- ☐ Swimming equipment (swimsuit, sunglasses, sun cream, etc...!)
- ☐ Warm and comfy clothes for the night and outdoors activities
- ☐ Good waterproof jacket for the forest
- ☐ Backpack for visits.
- ☐ Towels and shower products. (*This is not a hotel, so you have to bring everything except the bedsheets.*)
- ☐ Some food and drinks to present your country during cultural evenings.

9. How to prepare

We really wish that every group of participants come to our project well-prepared and ready for activities. There will be some things to do:

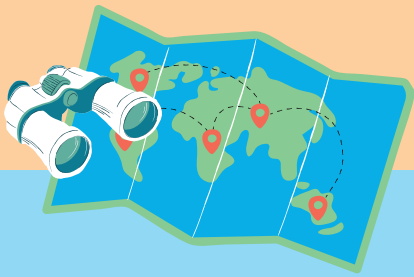
- **Most important** : don't forget to buy tickets to Slovakia for 15th of June for arrival and 22nd of June for departure. Also, bring your travel documents to us (printed electronic tickets, original tickets, invoices as well) – during the project we will have office hour and will collect all this documentation, so we need ALL your tickets and documents which prove the amount you paid (otherwise we will be incapable to make travel cost reimbursements). So please have an extra copy of your travel documents, so you would be able to leave one of them to us. 
- **Health insurance** : Health insurance is also highly recommended for you, there is an opportunity to receive European Health Insurance Card in most countries which is valid in all EU, it is very flexible, and you don't have to pay for it – please use it. 
- **WhatsApp group** : We will create it for you and add you as soon as selection process will be over. It will be called Youth exchange "Global Emotional Learning". There we will upload all further practical information relevant to the project. 
- **Intercultural evening** : During intercultural evening we expect from each group to present: their main traditions and culture, to lead some game / dance / activity, and to bring some of their traditional meals or drinks.
- **Team building games or energizers** : If you know any great game or activity, which gets people together and helps to feel team spirit or refill yourself with energy – please share it. We will be happy to involve participants into the programme as much as possible.
- **Bring good spirit, joy and happiness!**

How to get to Čadca ?

1

Firstly, to get to Čadca you must know how to pronounce the word, it should be something like CHATSA (starts like Chelsea).

3



The ticket is bought from the beginning until the end, you can change trains during travel with the same ticket.

Bus tickets for long-distance buses are bought by the driver of the bus. Bus tickets for public transport are bought at a small kiosk or a ticket machine at the bus stop.



2



In Slovakia, train tickets are bought at the train station or online.

4

Please get off at the main train station in Čadca. There will be a sign saying Čadca - Hlavná Stanica. There are two train stations in Čadca and the slower trains also stop at the smaller one (Čadca Mesto).

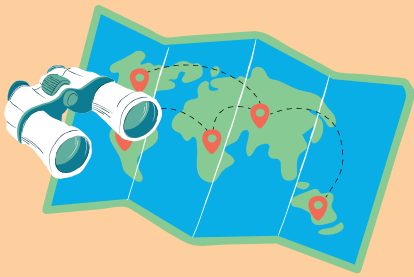


PLEASE REMEMBER TO KEEP ALL YOUR TICKETS FROM THE TRAIN AND THE BUS AND BOARDING PASSES FROM THE PLANE. OTHERWISE, WE CANNOT REIMBURSE YOUR TRAVEL COSTS.

From Bratislava

1

From Bratislava airport you will take bus number 61 which goes to the train station (HLAVNA STANICA) - it is the last stop of the bus.



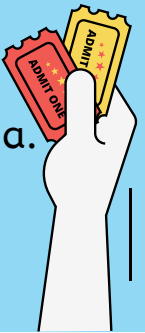
3

If you arrive in Bratislava city, we recommend you buy a ticket for €0.90 (60 minutes during the week or 90 minutes during the weekend) or take an Uber to go to the train station (HLAVNA STANICA).



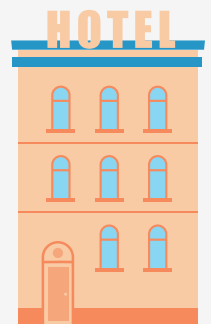
2

Then, you buy a ticket to Čadca at the railway station. The price of the ticket is approximately €10. There are no usually direct trains to Čadca, you would need to change trains in Žilina.



4

If you are staying in Bratislava overnight, the hostel we recommend in Bratislava is <http://www.possonium.sk/> It is near the train station and the price is approx. 14 euros per person per night.



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From Vienna

1

From the airport in Vienna, you can take a bus directly from Vienna airport to Bratislava bus station. The bus stop is just in front of the airport. The buses are operated by <https://www.slovaklines.sk/sk/>.

(The way is > Viedeň/Letisko to Autobusová stanica Nivy/Bratislava).

2



They run approximately every hour and the price is around €8. The journey takes approximately 60 minutes. We recommend buying a ticket online when you land in Vienna airport, and you know which bus you can take.

3



From the bus station, you can take the trolley bus 210 from the bus station to the HLAVNA STANICA train station and then take a train. Ticket for the train you will buy at the train station, and you buy a ticket to Čadca. You will change train in Žilina, but you can use same ticket.



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From Žilina

The train station and the bus station are within walking distance from each other. We suggest travel to Čadca by train. The tickets cost around €1,50. The journey takes around 45 minutes. We have to train stations in Čadca, go out from the train on stop Čadca hlaná stanica (no Čadca - mesto)



From Prague

The airport in Prague provides information on public transport from the airport to the train station at this website, <http://www.pragueairport.co.uk/>.

The journey from Prague takes approximately 5 hours, and there are direct trains to Čadca every two hours.



DOWNLOAD
THE APPS



TIMETABLE OF ALL TRAINS :

<https://cp.hnonline.sk/en/vlak/spojenie/>