



## YOUTH EXCHANGE

Your gateway to the European Union

---

# E - YOU 2

IT IS UP  
TO YOU!



With the support of the  
Erasmus+ Programme  
of the European Union

• **mladi!info.**  
[www.mladiinfo.cz](http://www.mladiinfo.cz)



**YOUR GATEWAY TO THE EUROPEAN UNION**

# **INTRODUCTION**

**LOOKING FOR A FUN WAY TO LEARN MORE ABOUT THE EU AND THE POSSIBILITIES IT BRINGS? WHERE ELSE THEN IN A COUNTRY THAT HELDS THE PRESIDENCY OF THE COUNCIL OF THE EUROPEAN UNION IN 2022?**

**NO MORE SEARCHING! THE RIGHT PROJECT  
IN THE RIGHT COUNTRY IS WAITING FOR YOU!**

**JOIN OTHER 29 YOUNG PEOPLE FROM 4 EUROPEAN COUNTRIES  
AND LEARN MORE ABOUT HOW EU WORKS, HOW TO BE  
INVOLVED AND EVEN HOW TO GET A JOB IN BRUSSELS!**

**Arrival: 05/09/2022**

**Departure: 11/09/2022**



**Venue: town Náměšť nad Oslavou, Czech Republic**

**Countries: Czech Republic, Romania, Slovenia, Poland**

**Responsible organization: Mladiinfo ČR, z.s.**

**Contact: Eliška Motyčková**

**kancelar@mladiinfo.cz**

**www.mladiinfo.cz**

# WHAT & WHY IS IT A YOUTH EXCHANGE?

THIS PROJECT IS FUNDED BY **ERASMUS+ AND IS DESIGNED AS A YOUTH EXCHANGE**. YOU CAN IMAGINE IT AS "A SUMMER CAMP", WHERE ARE 30 INTERNATIONAL PARTICIPANTS AND LANGUAGE OF INSTRUCTIONS IS ENGLISH.

THE PARTICIPANTS COME TOGETHER IN NATIONAL TEAMS, ONE OF THEM IS AN OFFICIAL LEADER OF THE GROUP. ALL PARTICIPANTS MEET (AT LEAST ONLINE) BEFORE TRAVELLING. THEY ARE ALSO IN TOUCH WITH THEIR NATIONAL SENDING ORGANIZATION (SEE THE LAST PAGE OF THIS INFOPACK).

EVERYTHING IS BASED ON A NON-FORMAL EDUCATION, IT MEANS THAT WE WILL NOT USE BOOKS LIKE AT SCHOOL, BUT WE WILL LEARN IN A FUN WAY THROUGH WORKSHOPS, GAMES, SIMULATIONS AND STUDY VISITS. THIS KIND OF PROJECT IS PARTICIPATORY, YOU HAVE TO BE ACTIVE AND GET INVOLVED (BASED ON YOUR PERSONAL ABILITIES OF COURSE). AFTER THE PROJECT FINISHES, YOU WILL GET A CERTIFICATE CALLED YOUTH PASS, THAT PROVES WHAT YOU HAVE LEARNED DURING THE PROJECT.

THE ATMOSPHERE IS VERY FRIENDLY, DO NOT EXPECT SOME SCHOOL SEMINARS OR CONFERENCE.

**AND WHY IS IT CALLED A YOUTH EXCHANGE**, IF YOU DON'T REALLY PHYSICALLY EXCHANGE WITH OTHER PEOPLE, YOU JUST ALL GATHER AT ONE VENUE?

THE WORD "EXCHANGE" STANDS FOR THE PARTICIPATORY APPROACH OF THE PARTICIPANTS. THERE IS NO PERSON (TRAINER, LECTURER) WHO DELIVERES ALL THE WORKSHOP. **ALL OF THE NATIONAL TEAMS PARTICIPATE AND PREPARE SOME ACTIVITIES FOR OTHERS.**



# WHAT WILL YOU LEARN



- **How do the EU institutions work**
- **What is their agenda and purpose**



- **How to get involved**
- **What opportunities you benefit from**



- **How to get internship in Brussels**
- **How to apply for a job in an EU institution**



# WHO CAN JOIN



- **18-30 years old (leaders 18+ with no upper limit)**
- **Resident in the Czech Republic, Romania, Slovenia or Poland**
- **Can at least basically communicate in English (no high level is required, don't worry)**
- **Can participate in the WHOLE duration of the project (no late arrivals or early departures are possible)**
- **Is willing to help to prepare the project in advance with cooperation with his/ her team**







# HOW TO APPLY

**TO APPLY FOR THE PROJECT FILL THIS  
QUESTIONNAIRE.**



Apply Now



# **WHAT TO BRING**



- **TOWEL AND TOILETRIES**
  - **RAINWEAR - IT MIGHT BE RAINING (UMBRELLA, JACKET ETC.)**
  - **INDOOR SHOES = SLIPPERS!!! (EXAMPLE) MUST HAVE! :)**
  - **COMFY CLOTHES THAT YOU CAN WEAR DURING THE WORKSHOPS (FEEL FREE TO BE CASUAL)**
  - **LAPTOP AND CAMERA (IF YOU HAVE AND CAN BRING)**
  - **EHIC CARD, INSURANCE**
  - **SOME SNACKS AND FOOD TYPICAL FOR YOUR COUNTRY (PLEASE COORDINATE WITH THE REST OF YOUR TEAM)**
  - **FLAG OF YOUR COUNTRY AND ORGANIZATION (IF YOU HAVE) - 1 PER TEAM**
  - **SMALL BACKPACK IN CASE OF A TRIP**
  - **REUSABLE WATER BOTTLE - IT IS USUAL TO DRINK TAP WATER IN THE CZECH REPUBLIC**
  - **MEDICAMENTS THAT YOU USUALLY NEED**
- ... MORE SPECIFIC ITEMS CAN BE ADDED LATER BASED ON THE ACTIVITIES**



THE PROJECT VENUE IS LOCATED NEAR A SMALL TOWN CALLED **NÁMĚŠŤ NAD OSLAVOU**, APPROXIMATELY 40 KM FROM BRNO. THE VENUE IS CALLED VELKOPOLSKÝ MLÝN. YOU CAN CHECK OUT [THEIR WEBISTE HERE](#).

THE PARTICIPANTS WILL BE ACCOMMODATED IN SHARED ROOMS (FEMALES AND MALES SEPARATELY) WITH SHARED SHOWERS IN THE CORRIDORS.

THE VENUE IS LOCATED IN THE MIDDLE OF A CHARMING NATURE, WITH AN INDOOR AND OUTDOOR FIREPLACE ABOUT **2,5KM FAR FROM A LITTLE TOWN**, WHERE YOU CAN FIND BASIC FACILITIES AND SHOPS.



FOOD WILL BE SERVED 3 TIMES A DAY (BREAKFAST, LUNCH, DINNER). DURING THE MORNING AND AFTERNOON BREAKS, SMALL REFRESHMENTS WILL BE AVAILABLE AS WELL. WE CAN PROVIDE **VEGETARIAN FOOD** IF REQUIRED. THE DINNER WILL BE PROBABLY ONLY VEGETARIAN.





# TRAVEL



**EACH PARTICIPANT WILL TRAVEL IN NATIONAL TEAMS TO TOWN NÁMĚŠŤ NAD OSLAVOU, FROM THERE YOU WILL RECEIVE FURTHER INSTRUCTIONS LATER ON.**

**WE RECOMMEND TO FLY TO VIENNA (AT), TAKE A BUS/TRAIN TO BRNO AND THEN BUS/TRAIN TO THE VENUE. YOU CAN FIND THE CONNECTION HERE. FLYING TO PRAGUE (CZ) OR BRATISLAVA (SK) IS ALSO POSSIBLE.**

**EVERY PARTICIPANT HAS DIFFERENT BUDGET FOR THE TRAVEL, BASED ON THE DISTANCE:**

**10-99 KM = €20  
100-499 KM = €180  
500+ KM = €275**

**THE DISTANCE IS CALCULATED ONLY VIA ERASMUS+ CALCULATOR, NOT EG. GOOGLE MAPS. THE FINANCIAL AMOUNTS ARE ALREADY CALCULATED FOR BOTH WAYS TOGETHER. IF YOU WOULD LIKE TO HAVE YOUR TICKETS TO BE REIMBURSED, YOU HAVE TO TRAVEL FROM THE COUNTRY OF YOUR PERMANENT RESIDENCE AND ALSO RETURN THERE.**

**THE TRAVEL COSTS WILL BE REIMBURSED AFTER THE PROJECT ENDS (TAKES UP TO 2 MONTHS). ALL DOCUMENTS MUST BE PRESENTED IN ORIGINALS.**

**WHAT CAN BE INCLUDED IN REIMBURSEMENT?**

**TRAVEL TICKETS ✓  
STORNO INSURANCE ✓  
HEALTH INSURANCE FOR ABROAD ✗  
COVID TESTS - SPECIFIED RIGHT BEFORE THE PROJECT ✓**

**HEALTH INSURANCE FOR ABROAD IS PAID BY THE PARTICIPANTS AND WILL NOT BE REIMBURSED, THANK YOU FOR YOUR UNDERSTANDING.**

# INSURANCE

**EVERY PARTICIPANT IS REQUIRED TO BRING HIS EHIC CARD (EUROPEAN HEALTH INSURANCE CARD).**

**ALSO, EVERY PARTICIPANT WILL BE REQUIRED TO PURCHASE TRAVEL INSURANCE THAT INCLUDES MEDICAL EXPENSES INSURANCE VALID IN THE CZECH REPUBLIC. THE EHIC CARD DOESN'T COVER EVERYTHING RELATED TO MEDICAL EXPENSES ABROAD AND THUS THE ADDITIONAL INSURANCE FOR ABROAD IS REQUIRED. THE INSURANCE PACKAGE MUST INCLUDE REPATRIATION, THAT COULD BE NEEDED IN CASE OF COVID-19 ILLNESS OR E.G. BROKEN LEG.**

**INFORM YOURSELF AT YOUR REGULAR HEALTH INSURANCE PROVIDER IF THEY PROVIDE SUCH INSURANCE FOR ABROAD OR VISIT THE WEBPAGE OF ANY OTHER PRIVATE PROVIDER (E.G. AXA, GENERALI, ALLIANZ, ...).**

**MLADIINFO ČR WILL NOT REIMBURSE THE COSTS OF THIS ADDITIONAL INSURANCE. ON THE OTHER HAND, MLADIINFO ČR IS NOT ASKING FOR ANY FINANCIAL CONTRIBUTION OR FEE.**





# ENTRY & COVID-19

**As an organization responsible for the safety of the participants and the project team, we decided to design following rules that apply to everyone who wants to participate in the project.**

**At the moment (July 2022), the situation is uncertain. So far, we do not require you to undergo PCR test prior to arrival, but it may change, please keep it in mind. We also do not require vaccination at this moment, but it might change depending on the current rules imposed by the Czech government.**

**We understand, that you might hesitate to join the project and purchase tickets because of the uncertainty related to the current situation. Before applying for the project, we would like to answer FAQ and clear out possible risks and their solutions related to the Covid-19 pandemic, especially the ones connected to your finances invested in the project.**

**Here are a few possible scenarios that we drafted:**





1

### **The project gets canceled**

If the project gets canceled due to the Covid-19 pandemic then the participant is required to cancel his flight (bus, train) and ask for possible monetary refund or voucher. If the participant received a confirmation from the airlines that he is not eligible for any refund (not even voucher), then Mladiinfo ČR might reimburse the tickets. If the participant will be eligible to only some amount of refund (e.g. decreased by cancellation fee, etc.), then Mladiinfo ČR might reimburse the participant only to the remaining amount. Mladiinfo ČR will need an approval of the Czech NA to make any reimbursements.

2

### **The flight/ bus/ train is canceled due to national travel restrictions**

If the participant's home country will declare e.g. a state of emergency and will close the borders, the tickets will get automatically canceled or the participant is required by law to cancel them himself. In this case, the participant is entitled to a full refund for his ticket by the airlines. Mladiinfo ČR will not assist with claiming such refunds and it will be up to the participant to communicate with the airlines. The right to travel reimbursement by Erasmus+ cannot be applied.

3

### **The participant is infected by Covid-19 and cannot travel to the project or is in home (state) quarantine)**

The reimbursement of the flight ticket is not guaranteed by Mladiinfo ČR. If the tickets are already purchased then the participant has to communicate with the airline on his own and ask for a possible refund resulting from flight cancellation.

4

### **The participants needs to get tested for covid-19 during the project**

If the participants needs to get tested for covid.19 without having any serious symptoms, the participants has to pay for this medical test on his own. The EHIC card does not cover this medical test. It is up to the participant to try to find a travel insurance package that would cover this covid-19 test.

If the participants will show relevant symptoms of covid-19, a local hygienic authority will be contacted. If they will recommend taking action (e.g. hospital transport where covid-19 test will be performed) than the covid-19 test should be for free thanks to using EHIC card.

5

### **Purchase of protective equipment**

Mladiinfo ČR will have prepared basic protective equipment in case of an emergency (disinfectants, face masks, thermometer). Every participant is required to also bring his own face masks FFP2 in a sufficient amount.

6

### **In all scenerios, we kindly ask you to obey the rules and recommendations declared by the governments and by the project team of Mladiinfo ČR.**

**The above mentioned scenerios are only possible drafted situations, the reality can differ depending on the specific situations of each participant. Mladiinfo ČR is obliged to discuss everything with the Czech National Agency, who is the main authority.**

# MEET OUR TEAM

## Eliška



**ELIŠKA IS ONE OF THE MAIN PROJECT COORDINATORS IN MLADIINFO. SHE WENT TO A YOUTH EXCHANGE AS A PARTICIPANT 6 YEARS AGO AND SINCE THEN SHE ENJOYS ORGANIZING SUCH PROJECTS AND ALSO FACILITATE THE ACTIVITIES. AND WHY THIS TOPIC? HER HIGH SCHOOL AND ALSO PARTIALLY UNIVERSITY WAS FOCUSED ON THE EU PROBLEMATIC, IN THE PAST SHE ALSO CONSIDERED WORKING IN BRUSSELS FOR THE EUROPEAN COMMISSION. AS A CITIZEN OF A CENTRAL EUROPEAN COUNTRY, SHE REALIZES HOW IMPORTANT THE EUROPEAN UNION IS AND HOW CRUCIAL CIVIC ENGAGEMENT (ESPECIALLY OF YOUNG PEOPLE) AT THIS LEVEL IS.**

## Veronika

**VERONIKA IS HELPING WITH COORDINATING PROJECTS IN MLADIINFO ČR. SHE HAS PARTICIPATED IN VARIOUS INTERNATIONAL PROJECTS IN PAST FEW YEARS AND, EXCEPT ACTIVE PARTICIPATION, SHE HAS ALSO GOT A CHANCE TO EXPERIENCE ORGANIZING SOME OF THEM IN THE CZECH REPUBLIC OR ABROAD. IN THIS KINDS OF PROJECTS, SHE SEES IT AS IMPORTANT TO DEAL WITH A SEEMINGLY BASIC TOPICS AS THE EUROPEAN UNION MIGHT FOR SOMEONE BE. BUT ESPECIALLY TODAY, WHEN WE ARE PERHAPS MORE INFLUENCED BY ITS INSTITUTIONS AND DECISIONS THAN WE EVEN ADMIT, IT IS IMPORTANT TO HAVE AN INSIGHT INTO SUCH AREAS.**



## Andrej



**THE FUN ONE. ANDREJ WILL BE HELPING WITH EVERYTHING IMPORTANT, MAKING YOU BREAKFAST, DRIVING THE CAR, MAKING SURE THE COFFEE MACHINE IS FRIENDLY AND WORKING. YOU CAN LEARN A LOT FROM HIM AS WELL, HE VERY GOOD IN FACILITATING PROJECT FOCUSED ON MINDFULNESS. ANDREJ IS NATURALLY CURIOUS KID EXPLORING THE UNIVERSAL MAGIC OF LIFE ON HIS TRAVELS AROUND THE WORLD AND IN DIFFERENT ROLES IN MULTI-CULTI EDUCATIONAL YOUTH PROJECTS AND INITIATIVES. HIS MAIN PASSION AND MISSION IS EXPERIMENTING WITH DIFFERENT METHODS AND TOOLS AND TRYING TO BRING "MIND-FOOL" AND PLAYFUL APPROACH INTO YOUTH WORK THROUGH NATURE, MINDFULNESS AND MOVEMENT BASED ACTIVITIES.**

# ORGANIZATIONS INVOLVED



**CZECH REPUBLIC**  
**MLADIINFO ČR, Z.S.**  
**WWW.MLADIINFO.CZ**  
**KANCELAR@MLADIINFO.CZ**

**•mladi!nfo•**  
**www.mladiinfo.cz**



**ROMANIA**  
**CIVIC ORIENTATION AND SOCIAL INTEGRATION**  
**WWW.COSIROMANIA.COM**  
**ASOCIATIA COSI@GMAIL.COM**



**SLOVENIA**  
**MC IDRIJA**  
**WWW.MCIDRIJA.SI**  
**INFO@MCIDRIJA.SI**



**POLAND**  
**IDEA FOR LIFE**  
**WWW.FACEBOOK.COM/IDEA4LIFEPL**  
**IDEA4LIFEPL@GMAIL.COM**



**Erasmus+**

*This project is funded by the European Union.*



This project is unofficially organized in the honor of the Czech EU Presidency 2022.