

DISCOVERING THE WORLD OF LOCAL VOLUNTEERING.



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Erasmus+ Youth Exchange
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WAIT. WHAT? WHY?

A 10-day Erasmus+ project in a yurt camp near Prague, which brought together young people from Czechia, Slovakia, Lithuania, Italy, Hungary, and Slovenia.

The goal was to show young people that volunteering can be enjoyable, allow them to gain first-hand experience, and help them create an action plan for continuing volunteering back home.

Volunteering is a way to turn compassion
into real support for the community.

We do not always know where to start
or which area is the right fit for us.
This project created space for exploration,
trying new things, and finding motivation.

A photograph of two volunteers working in a field of tall grass and weeds. One person in the foreground is using a long-handled tool to pull weeds. Another person is visible in the background, also working. A white trailer is parked on the right side of the field. The background is filled with trees under a clear blue sky.

IS
VOLUNTEERING
FUN?

WE THINK IT IS.

During the project we had meaningful discussions about the world of volunteering, followed by four days of real volunteering in different places. We also worked on creating action plans to continue our efforts after returning home.

Life in the sustainable eco-camp added another valuable layer to the experience, with shared cooking, common responsibilities, alcohol-free and plant-based meals. All of this helped us build respect, cooperation, and consideration within our multicultural group.



BUILDING A COMMUNITY.

The project took place in the Yurt Camp
– a natural area near Čimelice.

Participants stayed in yurts,
shared a common kitchen,
and learned about sustainable ways of living.



WAIT.
WHO?



ELIŠKA UHLÍŘOVÁ

facilitator, teacher, and NVC enthusiast

MICHAL FILÍPEK

facilitator and chef focused on sustainability



Volunteering is accessible to everyone, and the project helped us develop teamwork, planning, and communication skills.

We built friendships, sparked new ideas, and left motivated to get involved in local activities at home.

WHAT NOW?

**WE DID
ALL OF IT.**



HAKIM.

“The cultural nights were the most meaningful part of my experience, bringing us together through laughter, stories, dances, and traditions. From Slovenia’s storytelling and Lithuania’s fire night, to the magic of Ukraine’s forest tradition and Italy’s playful games with midnight pasta, each evening showed the beauty of different cultures. What made them truly special was the sense of unity. Despite our differences, we became one big family, and I will cherish these memories forever.”

CULTURAL NIGHTS.

GRETA.



“The upcycling activity in Písek Sladovna gallery was a fulfilling experience. After a tour and a reflective game, I learned how to make bags from leftover posters, which are later used in the gallery’s souvenir shop.”

“What surprised me most was how fun, practical, and creative the process was. The bags turned out useful, aesthetic, and pleasant to receive.”

UPCYCLING. REFLECTION.

RANA.



“One of the most memorable activities was our 10 km hike from the Jurt Camp, where we cleaned the trail while walking, picking up bottles, wrappers, and random items along the way. A fun card game helped us connect with new people through laughter, stories, and even deep conversations, all while enjoying breathtaking views of forests, landscapes, and villages. Our destination, a fairy-tale-like castle by a river, was the perfect place to rest, explore, and chat. The experience was peaceful, refreshing, and meaningful—combining care for nature, friendship, and the joy of being in such a beautiful place.”

TRASH PICKING.

JAD.



For the Italian cultural night, I wanted to share a piece of my childhood by playing my favorite game, guardie e ladri (cops and robbers). I hoped everyone could feel like a child again - curious, playful, and free. With my team, we also came up with a few journaling questions like "What brought me joy as a child?" and "How can I show love to my inner child?"

When we finally played, there was so much laughter, running, and hiding that for a moment, it felt like we were all children again, simply enjoying the moment.

GUARDIE E LADRI.

PALMIRA.



“If I had to choose one favorite activity, it would be day 3, when we hiked to Orlík. I spontaneously joined the running team and completed 10 km, realizing that limits exist only in the mind—with the support of Tommy, Shafqat, and Eva. The breathtaking views of the river, castle, and parks, along with our small act of picking up trash, made the experience unforgettable.”

“That day sparked my love for running, which became a habit at the camp, helping me connect with nature, stay present, and build friendships.”

HIKING AND RUNNING.

NATÁLIA.



“My favorite part of the project was connecting with the beautiful people involved.

Meeting others from different countries and cultures gave me new perspectives, deepened my understanding, and expanded my boundaries. Whether it was small talk at breakfast, long conversations, or simply observing, every interaction had meaning.”

“I am forever grateful to these people, who supported me in ways they don’t even realize, at a time when I needed it the most.”

LATE NIGHT TALKING. CONNECTION.

ESZTER.



“On the ninth day we explored our values and strengths through self-discovery activities. Narrowing down my personal values gave me clarity about what truly matters, while reflecting on past achievements helped me recognize the skills that empower me.”

“These exercises were meaningful and will guide my personal growth and sense of purpose.”

VALUES AND STRENGTHS.

TOMMY.



“I chose active listening as my favorite activity because each time I practiced it, I learned something new.”

“We shared personal stories while others listened and summarized, which gave me fresh perspectives and strengthened my listening skills.

Overall, it was a very nurturing and insightful experience!”

ACTIVE LISTENING.

ZUZANA.



“The first tear I shed in a long time came at the start of the project, painting my self-portrait by the lake—a moment that felt like a fresh start. Inspired, I created a workshop where participants painted portraits of each other while discussing perception and prejudice.”

“The activity encouraged slowing down, observing, and experimenting, and I feel it fully achieved its purpose.”

PAINTING WORKSHOP.





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