

Youth Exchanges for ALL Slovakia

Organised by NIVAM - National Institute for Education and Youth
Slovak National Agency (SK02) and the SALTO-YOUTH Inclusion &
Diversity resource centre

5.-9. October 2026
Bratislava, Slovakia



Erasmus+
Enriching lives, opening minds.

INFO PACK FOR SELECTED PARTICIPANTS

Dear participant,

We are looking forward to welcoming you on the training course “Youth Exchanges for ALL” in Bratislava (www.salto-youth.net/youthexchangesforall/), coordinated by SALTO Inclusion & Diversity and hosted by the Slovak National Agency (for youth and sport).

Thank you for reading this info pack, which provides essential information about the training, travel arrangements, venue, preparation and other practical details.



ABOUT THE TRAINING COURSE (A QUICK REMINDER)

This training is especially designed for NEWCOMERS to Erasmus+ Youth who are directly working with young people from disadvantaged backgrounds.

In only 3 working days, we will show you the possibilities Erasmus+ Youth Exchanges have to offer for young people from disadvantaged backgrounds e.g. those from minority backgrounds, with additional needs, with socio-economic difficulties, discriminated groups, those in difficult situations, with limited opportunities...

This course will give you a concrete taste of what is possible, bring you in contact with other inclusion youth organisations, show you what funding is available specifically for youth inclusion projects and walk you step-by-step through the process in case you would like to give it a try.

The 'Youth Exchanges for ALL' is not based on a 'one-way information-flow' it requires pro-active participation from you. We hope that this information will help you to prepare for an adventurous, challenging and inspiring course!

This training course will be in 'international' English. No need to be perfect, but be open to communicate as good and as a bad as you can. We welcome funny language mistakes 😊

- You can find the draft programme of the training [HERE](#) (just click on [HERE](#)).

During this training course, you might find new partners, but as this is not the focus of the course, it will largely depend on your initiative during the breaks, mealtimes and free time.

JOIN THE ONLINE INTRO SESSION (18 OCTOBER AT 12H NOON CET)



We invite you to participate in an online intro onboarding meeting (in Zoom) to get to know each other and give you already some basic information and preparation tasks. That way, we can make most of the 3 days we have together.

Use this link to access the Zoom meeting (download Zoom or open the link in a browser).

Here's the link to participate:

<https://us02web.zoom.us/j/88355543095?pwd=0cVSuejsF3zK5yHY4XjJk7BlN5tlTb.1>

If you are not able to participate in this important meeting, please let the trainers Mara Arvai mara.arvai@yopa.hu and Vitalii Volodchenko vildaycom@gmail.com know.

See you online soon!

VENUE/PLACE

Our event will be held in Bratislava at the [Clarion Congress Hotel](#) located in Bratislava city centre, address:
Zabotova street 2, Stare Mesto, Bratislava, 811 04



We would like to start the course with getting to know each other and common dinner and welcome session at **17h on Monday, 5 October 2026**, so **please make sure you have transport that arrives early enough.**

How to get there:

1. You can get there from Airport Bratislava

At the Airport get on the bus number 61. The name of bus stop is "Letisko". Get off at the stop "Main train station (Hlavná stanica)". The journey takes about 30 minutes. You have to buy 30 minute ticket valid for all zones (it costs 1,10 Eur). From bus stop "Main train station" it takes 3 minutes walk to the hotel.

2. You can get there from the main bus station

From bus station NIVY you can get on the bus number 21, direction to Devinska Nova Ves (name of the bus stop is "Autobusová stanica") and get off on the bus stop "Pod stanicou" (third stop). From bus stop "Pod stanicou" it takes 2 minutes walk to the hotel.

How to get there:

3. You can get there from Vienna airport /Schwechat.

The best way how to come to Bratislava from Vienna airport is to take a bus. Buses to Bratislava are leaving every half hour and you can take buses from this three companies: **Slovak lines, Flix bus, Regio jet**. Please get off at the station called "**autobusová stanica**" - **Bus main station**. Once you are at the bus station, you can follow the instructions given in recommendation number two.

4. You can get there from Central railway station

The hotel is located very close to the main train station, about 3 minutes on foot.

5. How to buy tickets

Tickets for the municipal transport can be purchased in red ticket machines right next to the platforms at the bus station (debit cards accepted).



What to bring?

Organisation information

During the training course, everyone will get the opportunity to present their own organisation in a visual way, through an interactive activity. Please be aware that there will be no time within the organised programme of the training course to present your organisation in front of the whole group, or to show videos. Do, however, bring relevant materials about your (youth) organisation and its activities, this can be posters, flyers/leaflets, photos, etc. that can stay in the working room in 'exhibition style'.

Cultural Coffee breaks

We invite you to bring some typical sweet or savoury snack from your country/region to share with others during one of the coffee breaks during the course. Be mindful of people who might have allergies or are vegan. Please bring something that doesn't require preparation or cooling. We won't have the possibility to heat, cook or cool your snacks.

Dress code

We recommend wearing casual and comfortable clothing for the indoor sessions at the hotel, formal attire is not necessary. To fully enjoy the outdoor activities at the end of the day, we suggest bringing comfortable footwear and a reusable bottle of water to stay hydrated.

ACCOMMODATION & PRACTICALITIES

1. Accommodation and food

Accommodation and food will be provided by the Slovak National Agency. All participants will be accommodated in single rooms. There will be breakfast, lunch and dinner served daily. On the arrival day, we only serve dinner starting at 19:00 and on the departure day only breakfast will be served. If you have declared a special diet or allergies in the confirmation form, we will organise food that suits your diet. Please fill the confirmation form as soon as possible and mention any needs and your (most likely) travel details = <http://onlineform.salto-youth.net/2235>

2. Official Currency

The official currency of Slovakia is the euro (€), abbreviated as **EUR**.

Credit and Debit Cards: Commonly accepted in shops, restaurants, hotels, and other businesses. Visa and Mastercard are widely recognized, while American Express may be less commonly accepted.

Contactless Payments: Increasingly popular, with many places accepting contactless cards and mobile payments.

Currency exchange rate: Exchange Services: Available at banks, currency exchange offices, airports, and some hotels.

Exchange Rates: Typically better at banks and official exchange offices compared to airports and hotels.

ATMs: Often offer competitive exchange rates compared to currency exchange services.

3. Weather in Bratislava

Autumn weather in Slovakia during early October is typically variable. Daytime temperatures usually range between 8°C and 15°C, while mornings and evenings are noticeably cooler, often dropping to 3°C to 6°C. Morning fog and occasional rainfall are common, though pleasant sunny days ("Indian summer") are still possible.

4. Electricity

Standard voltage in Slovakia is 230 V (range 220–240 V), with a two-pin Europlug socket (types C and F). Please bring the appropriate adapters or chargers if necessary.

5. Accessibility and sustainability

Our activities are accessible to people with different abilities. If you need a support person, accessible room and transport or other kind of support, we will discuss the needs and possibilities with you. Please tell us about your individual needs beforehand in the confirmation form (or via email to tony@salto-youth.net) so we can support you in your participation.

We also respect the diets and food allergies of all participants. We avoid giveaways or useless printed materials to respect our environment. We encourage everyone taking part to travel and act as green as possible during the event. You can also bring your own water bottle to refill.

6. Safe space

In this training, we follow the principles of a safer space. We strive to ensure that everyone is met as their own self and that no one has to fear discrimination or harassment. We want you to respect the same principle.

7. Phone and internet (data)

There will be free WiFi available in our hotel and working rooms.

YOUR TEAM

- **Tony Geudens (tony@salto-youth.net), SALTO Inclusion & Diversity**

Tony has been working for SALTO ID for more than 20 years. He has been coordinating training course for different inclusion target groups and has written some of the SALTO inclusion publications.

You can contact him for all participant and course questions.

- **Miroslav Vítek (miroslav.vitek@nivam.sk) and Natália Nemcová, National Institute for Education and Youth, Slovak NA for Erasmus+**

Miro works as project officer in charge of KA1 youth projects and KA1 sports projects. Natalia

He is the contact person during the training for all practicalities and info on youth exchanges.

Natália is in charge of TCA activities and their coordination.

- **Mara Arvai (mara.arvai@yopa.hu) - trainer**

Mara has been working as a youth worker, trainer, and expert assessor in the field of youth within Erasmus+ programme and European Solidarity Corps for more than 20 years. She is a member of the Council of Europe trainers' pool and the Youthpass Advisory Group of the European Commission. Mara has a broad experience in implementing youth exchanges with special focus on inclusion and diversity. She is passionate about human rights, intercultural learning and empowerment and active participation of young people with fewer opportunities. Her mission is to give any kind of support for young people till the moment they do not need her anymore.

- **Vitalii Volodchenko (vildaycom@gmail.com) - trainer**

Vitalii has been working as a youth worker, project coordinator and trainer in the field of youth within the Erasmus+ programme and the European Solidarity Corps for more than 10 years. He is an expert in non-formal education, with a specialised focus on inclusion, competence development, wellbeing and outdoor & sports activities. Vitalii is a board member of the International Youth Work Trainers Guild and several pools of trainers. He truly believes in the potential of young people and coaches them on how to bring their youth exchange ideas into reality.

You can contact them for info about the training programme.

This course has been made possible through the support of the European Commission, the national agencies of Erasmus+/Solidarity Corps and in particular SALTO Inclusion & Diversity. Hosted and co-funded by the Slovak National Agency for the field of youth and sport.

**Looking forward to
seeing you in Bratislava!**

