

ERASMUS+ TRAINING COURSE

AUGUST 2026, CZECHIA

INFOPACK

**THE ART OF
WELLBEING**





•mladi!info•
www.mladiinfo.cz

BASIC INFO

DATES: 1. - 9. 8. 2026

The the first and last days are for travel, the program will run from 2. to 8. 8. 2026.

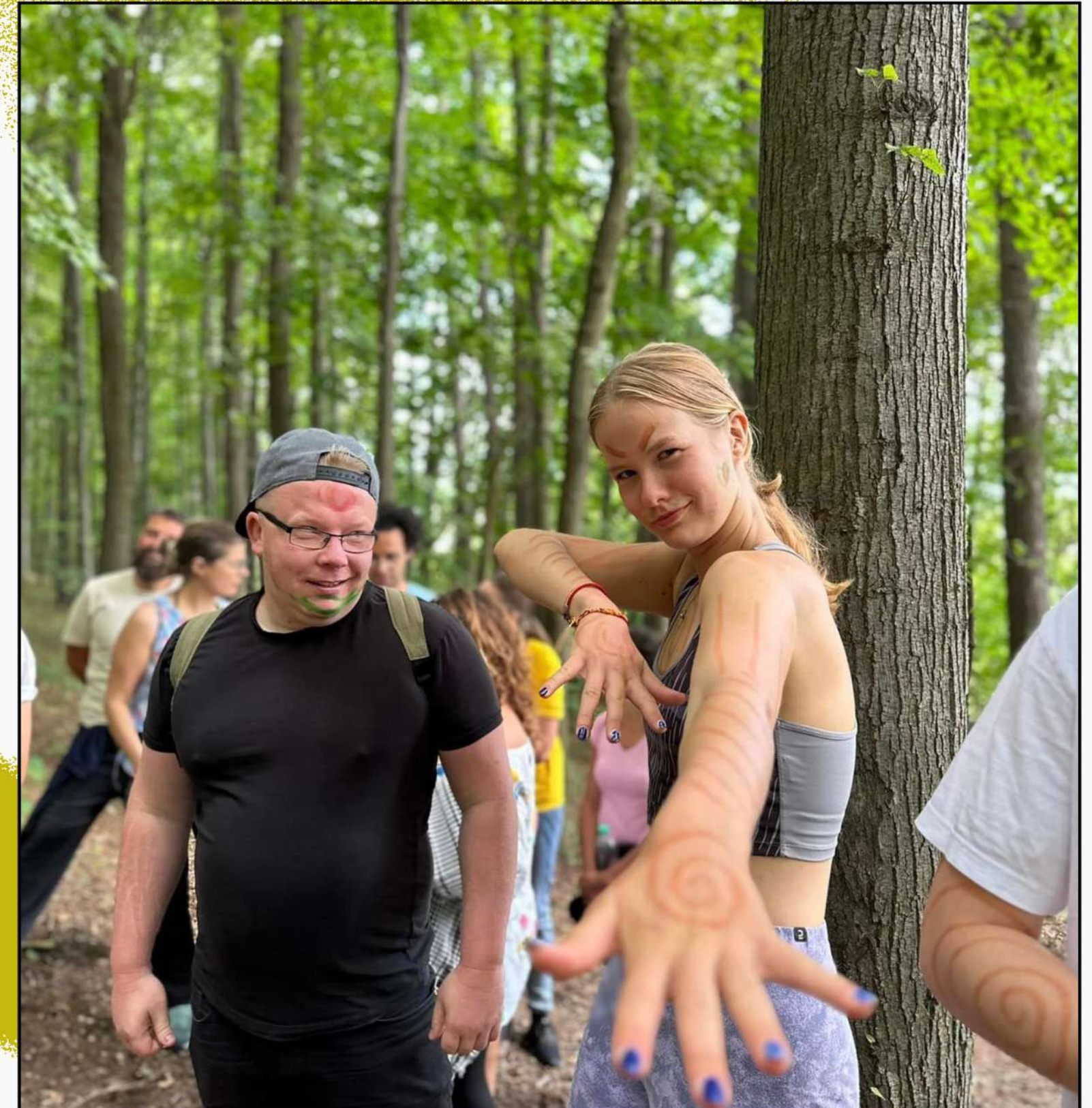
TOPIC: REST & WELLBEING

TARGET GROUP: YOUTH WORKERS 18+

residents of Czechia, Ukraine, North Macedonia, Lithuania, Greece, Austria and Slovenia

FREE OF CHARGE

thanks to Erasmus+ Programme funding



NATURE &
OUTDOOR

MOVEMENT &
CREATIVITY

SELF-
REFLECTION

WELLNESS &
MEDITATION

TRAINING CONTENT

It is easy to be busy, but it is hard to be well rested and enjoy what really matters in life.

During the training, we will look at rest and self-care from different points of view. The training will include theoretical information and mostly practical and experiential activities.

During the training you will experience

- _ spending a lot of time **outdoors** in meadows, forests, and by the water
- _ both **team and individual** activities focused on various types of rest and self-care
- _ movement, photography and other art techniques
- _ relaxation in **nature**
- _ space for **self-reflection** and personal development
- _ time for discussions **sharing and inspiration**
- _ evenings by the campfire
- _ hike with sleeping in nature (see the next page)
- _ how to use self-care techniques in youth work and much more...

SLEEPING OUTDOORS

Part of the programme will include a trip with the opportunity to sleep one night outdoors in nature.

From our experience, spending several days outside is a unique way to experience nature throughout the whole day and night and to feel more connected to it. We would like to offer the participants the chance to have this experience as well.

The length and difficulty of the trip will be adapted to the physical abilities of the participants. In order to sleep outdoors, you will need:

- _ a **sleeping bag** (night temperatures will be around 10°C)
- _ a **sleeping mat**
- _ a **backpack** large enough to carry your sleeping bag.

We kindly ask participants to bring these items with them to the training. If you do not have your own equipment, we encourage you to borrow it from friends if possible :) We can also provide the equipment for a limited number of participants.

All other equipment needed for the trip will be provided by us.

The activity is suitable even for participants with **no previous experience** of staying or sleeping outdoors in nature.

Sleeping outdoors in Czech nature is both **safe and legal**.



FOR WHOM

CONDITIONS OF PARTICIPATION:

_age 18+

_residence in one of these countries: Czechia, Ukraine, North Macedonia, Lithuania, Greece, Austria or Slovenia

_working with youth as a professional or volunteer, or studying in this field

TO ENJOY THE TRAINING YOU SHOULD:

_be ready to spend most of the program **outdoors**

_actively participate in the prepared programs and activities

_be able to understand and communicate **in English**

We welcome participants with any disadvantages or individual needs. If you want to ask whether the training is suitable for you, contact Marketa at marketa@mladiinfo.cz



FOR WHOM NOT

THE TRAINING IS NOT SUITABLE FOR YOU IF YOU ARE LOOKING FOR:

BIG CITY LIFE

The training takes place in an eco-centre in the small village of Oldřichov v Hájích, **in the middle of nowhere**. There will be no city trips or sightseeing in the programme. Participants will only have the opportunity to visit the city of Liberec during a half-day free time.

AN OPPORTUNITY TO GET DRUNK

We like fun and parties, but without alcohol (see the next page).

PLACE TO SOLVE YOUR MENTAL HEALTH ISSUES

During the training, we will learn different activities that can help support mental well-being in a **preventive way**. We welcome participants who face different mental health issues and are working on them. However, the training is not a replacement for professional psychological or psychiatric care.



NO ALCOHOL & ILLEGAL DRUGS ON THE TRAINING

ALCOHOL-FREE

During previous training courses, we unfortunately had to deal with situations where intoxicated participants disturbed other participants, staff members, and people living near the venue during the night. Some participants also left shared spaces untidy and were unable to fully take part in the programme the following morning — and sometimes even for the rest of the day.

We believe that **good-quality sleep** is an important part of wellbeing, and we want to make sure that everyone at the training has the opportunity to rest properly and feel comfortable.

For this reason, this year's training will be an **alcohol-free event**. We would like to invite you to join us in this challenge so that together we can create an environment where everyone feels safe.

FACILITATORS

MARKETA

coordination
& nature
marketa@mladiinfo.cz



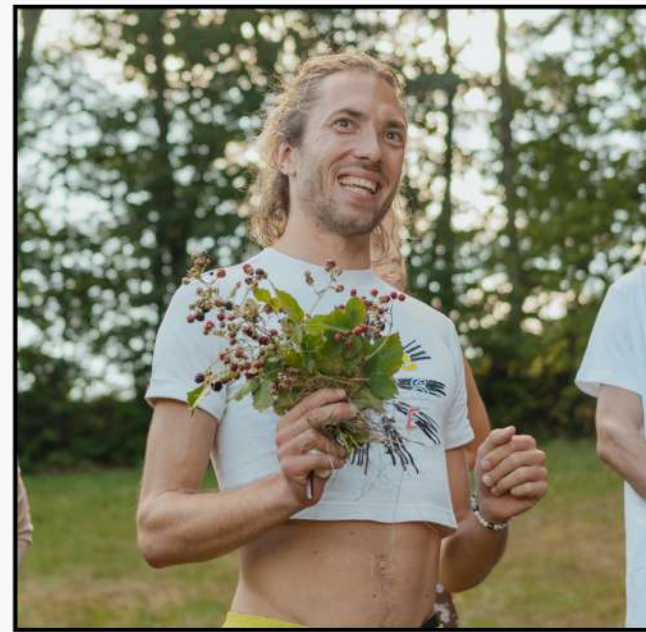
ESTER

mindfulness
& meditation



ADAM

movement
& happiness



ADELA

outdoor
& art



ZUZANNA

photography
& the beautiful



THE VENUE

The training will take place at the **Střevlák Ecocenter** in the village of Oldřichov v Hájích.

This is a small village about 120 km north of Prague, near the Polish border, in the beautiful nature of the Jizera Mountains. There are **no amenities** near the accommodation. The nearest small shop and pub are about 1,5 km away, so be prepared to spend a week "in the middle of nowhere."

In the dormitory, men and women will sleep separately, with a maximum of 5 people per room. Each room has its own bathroom. There will be a small kitchenette available.

At the venue, meals will be provided five times a day, along with drinks, coffee, and tea available throughout the day. We are ready to accommodate individual dietary needs of participants (diets, vegetarianism, etc.).



TRAVEL

Participants are requested to find connection to the venue. Arrival at the venue on 1. 8. 2026 is possible after 15:00. The first meal will be **dinner at 19:00**.

The nearest train station is called **Mnisek u Liberce**. The venue is located 1,3 km from this train station. Please be ready to **walk** this distance and take suitable luggage.

Trains run every hour from the city of Liberec. For searching connections in the Czech Republic, we recommend using the website idos.cz.

Every participant has different budget for the travel, based on the distance:

_ 0-99 km = €28

_ 100-499 km = €211

_ 500-1999 km = €309

_ 2000+ km = €395

The distance is calculated via [Erasmus+ calculator](#). The financial amounts are calculated for both ways together. The travel costs will be reimbursed **after the training ends** based on original tickets sent by post.

At your own expense, you can stay in the Czech Republic for up to two extra days before or after the training.



GREEN TRAVEL

The Erasmus+ program encourages participants to use sustainable ways of travel when going to mobility projects. Green Travel includes:

- _bus
- _train
- _carpooling.

If you use one of these types of transport, the travel **budget is higher:**

- _0-99 km = €56
- _100-499 km = €285
- _500-1999 km = €417
- _2000+ km = €535.

If you want to use green travel but it is not possible to reach the venue from your home in one day, we can reimburse you for one night of accommodation on the way, up to 50 €. If you plan to use this option, please discuss your travel plan with Markéta (marketa@mladiinfo.cz) before your trip.

Each participant who uses green travel can get a refund for snacks or meals up to 15 euros on each way during the trip (don't forget to keep the receipt) :)

HIGHER BUDGET

SNACK & ACCOMMODATION ON THE WAY

WHAT TO BRING

_ **health insurance card**

(if you do not have a European Health Insurance Card, you must arrange travel insurance at your own expense for the duration of the training)

_ water bottle

_ **towel**

_ clothing for all weather conditions (temperatures can range between 10 and 30 degrees Celsius) which can get **dirty**

_ sleeping bag, mat and backpack (see page 5)

_ raincoat

_ swimming suit

_ shoes for hiking

_ sunscreen

_ insect repellent

(there are different insects around the venue, such as wasps, mosquitoes, and ticks)

_ **slippers**

_ music instrument if you can play any

_ materials on the topic of wellness and self-care if you have any

_ head lamp if you have any



HOW TO APPLY

If you want to join the training course please contact the sending organization from your home country:

- _Czech Republic - Mladiinfo CR - marketa@mladiinfo.cz
- _Lithuania - Lietuvos skeptiskas jaunimas - laurynas.kavaliauskas@gmail.com
- _Ukraine - Sparkle - sparkle.ngo.ua@gmail.com
- _North Macedonia - Trening centar za Evropsko obrazovanie - draganmechkaroski@gmail.com
- _Greece - SEA Greece - seagreece@yahoo.com
- _Slovenia - Zavod MEPI - jaka.kregar@mepi.si
- _Austria - Austrian Association for Cultural Relations - culturalrelations.at@gmail.com

Participants selected by their sending organizations are requested to fill [this application form](#).

