

POWER OF ATTENTION



SLOVAKIA

24/02 - 07/03



Erasmus+

POWER OF ATTENTION

WOULD YOU LIKE TO IMPROVE YOUR CRITICAL THINKING ABILITY?

DO YOU FEEL IT'S DIFFICULT TO CONCENTRATE?

DO DISTRACTIONS INFLUENCE YOUR WORK BUT DON'T KNOW HOW TO CUT THEM?

DO YOU WANT TO SHIFT FOCUS ON PREFERRED AREAS IN YOUR LIFE?

IF YOU FEEL CONNECTED TO THESE QUESTIONS AND WOULD LIKE TO DISCUSS IT WITH PARTICIPANTS FROM ALL AROUND EUROPE, THIS MOBILITY IS FOR YOU!

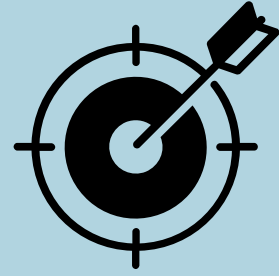


WHO ARE WE?

FOUR LINKS is a non-profit, non governmental organization located in the Brno, Czech Republic.

Our organization consist of people who are highly motivated and dedicated to the promotion of active lifestyle as the main key leading to the healthy and quality life.

We employ informal and nonformal teaching as well as learning methods to broaden the outlook of young people and increase their involvement regarding to their choices on healthier lifestyle, active sports, outdoor activities such as mountaineering, hiking, camping and many others



OUR GOALS

To promote the importance of the healthy lifestyle and high physical activity by implementing various non-formal learning methods providing youth with necessary theoretical knowledge and introducing both practical and healthy habits.



ACTIVITIES

FOUR LINKS has wide experience in youth mobility, nonformal education, outdoor activities, sports, healthy lifestyle, cultural gaps, volunteering opportunities for youth, entrepreneurship, globalization and international relations.

WHEN & WHERE



LOCATION

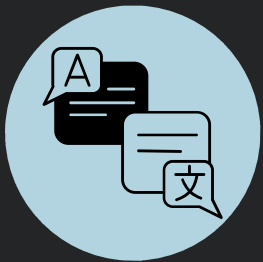
Pocuvadlo, Slovakia



DATES

Activity dates: 25/02/2023- 06/03/2023

Travel days: 24/02/2023 and 07/03/2023



LANGUAGE

The project and its sessions are going to be held completely in English.



MORE INFORMATION

Join our Discord Server to meet us and find more info: bit.ly/e29discord



PARTICIPANTS

You can meet people from countries such as Czech Republic, Hungary, Romania, and Slovakia. There will be 14 participant and 2 group leaders per country.



CONTACT

If you have any questions, don't hesitate to contact us by e-mail: kincso@e29.eu

TRAVEL PLAN

CZECHIA HUNGARY ROMANIA SLOVAKIA

Possible Itineraries

HU, SK, CZ, RO participants will travel by bus or train to the accommodation

The itinerary will be discussed closely with group leaders depending on the departure locations. The same applies for the return.

IMPORTANT INFORMATION

Travel days are 24th of February and 7th of March, 2023

If your travel plan includes buying your own tickets, we will reimburse the costs once the project is over.

Before buying or booking any travel ticket please consult with us and obtain our written approval so you make sure you will be reimbursed.

It is very important that you keep proof and receipts of every transport cost you have. We strongly advise you to purchase electronic tickets, if possible.

For electronic ticket/receipt/invoice, the document has to be delivered in PDF format. Screenshots or forwarded emails are not accepted.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

In order to receive a reimbursement, you have to provide us all the tickets, invoices, boarding passes, itinerary you have, maximum 10 days after the project is over.

PROJECT SCHEDULE



PROGRAMME

8.30	Breakfast
9.30	Session
11.00	Break
11.30	Session
13.00	Lunch break
14.30	Session
16.00	Break
16.30	Session
18.00	Dinner
20.00	Evening programme

WHAT TO EXPECT?

NON-FORMAL EDUCATION

All our methods are non-formal. That means you will learn by playing and trying. No boring lectures.

INTERCULTURAL DIALOGUE

You will learn about different cultures from partner countries. And taste their food!

NETWORKING

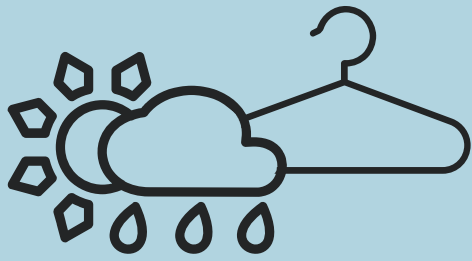
With 56 participants you will meet a lot of different people, from different countries.

TRAVEL

You will have a chance to explore a little, but lovely, city of Slovakia

CHECK THE VIDEO

Click [HERE](#) to see the video of our last youth exchange.



What should I pack?

Pack clothes based on weather, check the forecast before leaving. Bring comfortable clothes for indoor and outdoor activities. Pack slippers, towels and swimsuits.



Change money

The location is a very small village so we advice you to change some money before you arrive.



Keep all your tickets

Remember to provide us with every boarding pass and train or bus ticket, so we can reimburse you the costs once the project is over.



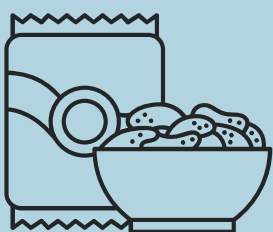
Health Insurance

Participants are required by Erasmus+ Program to have a European Health Card. It's recommended to get travel insurance during the project.



Diets and allergies

Inform us as soon as possible if you have any diet, health restrictions or any other special request.



Intercultural nights

Each team should bring some national product to share during Gastronomical Night. No alcoholic beverages allowed.

Our project will take place at Počúvadlianske jazero.

Our accomodation called Chata Lodiár. Accommodation will be arranged for 4-5 persons/room, grouped by gender. Most of the rooms have their own bathrooms.

You will be provided 3 meals/day, mostly traditional Slovakian food.

Please note that there is no grocery store nearby, so bring everything you need during the YE



There is a free Internet wireless connection available in the public area, but the speed might be very slow in comparison to your normal internet in your country.

Please be prepared that you won't get proper internet access for the whole program.