



Petrklíč help  
youth exchange



2022-2-PL01-KA220-YOU-000098102



# INTENSIVE ENERGY SAVING TRAINING

**23–29 September, 2025**

Řeka, Czech Republic



NEW EUROPE  
FOUNDATION



Spolufinancováno  
Evropskou unií

# WHAT'S THIS PROJECT ABOUT?

Join us in the beautiful Beskydy Mountains for a week-long youth exchange focused on sustainability, community engagement, and cross-cultural learning. This project brings together young people from across Europe to explore pressing environmental topics through interactive experiences, creative collaboration, and outdoor learning. Participants will build skills, share ideas, and co-create a vision for a greener future.

## Who Can Participate?

We are looking for diverse and enthusiastic young people to join us. Here's who we're inviting:

- Age: 18 to 26 years old
- Group size per country: 9 participants + 1 youth leader
- Communication: Working language is English (you don't need to be fluent—just open!)
- Backgrounds: All are welcome, especially participants with fewer opportunities or little previous international experience.



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[click here to know more about the venue](#)

## OUR HOME FOR THE WEEK: ŘEKA

Our base will be the KŠVC Juventus – Tourist Centre in Řeka, a cozy and well-equipped youth accommodation surrounded by forests and hills. This venue is perfect for unplugging from the noise of daily life and reconnecting with nature and people.



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## Useful Tips

If you are traveling by air, the most convenient destination is Katowice Airport. From there, you can take a train to Český Těšín, either via Cieszyn or Bohumín, depending on your chosen route and schedule. Once you arrive in Český Těšín, we will arrange car transportation to the venue.


Feel free to contact us if you need help planning your route—we're happy to assist!

## Travel

Participants must coordinate travel with their sending organizations.

- You may arrive up to 2 days before and depart up to 2 days after the project, but only the core project days (23–29 September) are covered.
- Please note that accommodation is provided from the evening of 23 September and is available until 12:00 PM on 29 September.
- Original travel documents (tickets, boarding passes, invoices) are required. Reimbursement will follow Erasmus+ rules based on the official distance calculator.

**Need a lift?** On request, we can arrange taxi transport from Katowice or Krakow airports directly to the venue. Please contact us in advance to coordinate and confirm the cost.

 **To ensure smooth coordination, please send your travel plans prior to the exchange.**

**GDPR:** The personal data you provide in the form will be processed by the Petrklíč help for the following purposes: project implementation, monitoring, and control. The administrator of personal data is the European Commission, Directorate General for Education, Youth, Sport and Culture, i.e., Head of Unit B4, Directorate B - Youth, Education & Erasmus+, Directorate General for Education, Youth, Sport and Culture, European Commission, B-1049 Brussels, Belgium (hereinafter: Erasmus+ Administrator). The Commission, as the Controller, outsources the processing of these data to national agencies, including the Czech National Agency, which is the Foundation for the Development of the Education System (FRSE). Therefore, we process personal data on behalf of the European Commission through an agreement signed with FRSE.





# What Should You Bring?

- Valid ID or passport
- European Health Insurance Card (or other travel insurance)
- Comfortable clothing, flipflops and shoes (indoor & outdoor)
- Towel, toiletries, reusable water bottle
- Traditional snacks or objects from your culture for intercultural evening
- Personal medication
- Good mood and openness for new experiences 😊

Optional but useful: games, power adapter (Czech plugs = EU standard)



## COSTS & REIMBURSEMENT

This project is fully funded under Erasmus+:

- ✓ Accommodation
- ✓ Meals (breakfast, lunch, dinner + breaks)
- ✓ Activities and materials
- ✓ Travel reimbursement (based on [EU distance calculator](#))

You or your organization may need to buy your tickets upfront. We will reimburse your eligible travel costs once the project concludes and you submit all original travel documents. Click [here](#) for more info.



# SCHEDULE

**23.09**

Arrivals, welcome games, get to know each other

Icebreakers, team-building,  
intro to project

**24.09**

**25 -  
28.09**

Thematic workshops, creative  
challenges, reflection circles.

Final reflections, closing  
ceremony, departures

**29.09**

**Note:** Detailed workshop information will be shared with selected participants closer to the start of the youth exchange. Stay tuned!

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# Meet the Organisers

Petrklíč help is a Czech non-profit organization focused on youth education, sustainability, and community development. We organize international exchanges, local workshops, and educational programs that empower young people to shape a greener future.



**Petr Kantor**

Chairman & Youth Facilitator



**Sampras Femi Robert**

Project Manager & Youth Facilitator



**Veronika Skorohod**

PR Manager & Youth Facilitator





**WE CAN'T WAIT TO MEET YOU HERE!**

**REGISTER HERE**



## Contact

For any questions, ideas, or support, reach out to us:

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