



GREEN TEARS

Erasmus+ youth exchange

•**mladi!info.**
www.mladiinfo.cz

Arrival: 29. 6. 2024

Departure: 6. 7. 2024

Venue: Chata Doubravka Chotěboř, Czechia

Coordinator: [Mladiinfo ČR, z.s.](#)

Contact: Eliška Němcová

(eliska.nemcova@mladiinfo.cz)

The costs of accomodation, travel, facilitators and food will be covered thanks to the Erasmus+ Program.

WHAT DOES "YOUTH EXCHANGE" MEAN?

You can imagine it as "a summer camp", where are about 30 international participants and language is English.

Everything is based on a non-formal education, it means that we will not use books like at school, but we will learn in a fun way through workshops, games and simulations. This kind of project is participatory, You have to be active and get involved (based on your personal abilities of course). After the project finishes, you will get a certificate called Youth pass, that proves what you have learned during the project.

The atmosphere is very friendly, do not expect some school seminars or conference.

WHAT IS IT ABOUT?

The youth exchange Green Tears will be about **eco-depression and mental health**.

This project is designed to:

- raise awareness and foster a deeper understanding of climate change and connected topics
- introduce ways to face challenges related to climate change, how to lead a sustainable life and be the real change





WHO CAN JOIN?

We are looking for motivated people, who are:

- 13 - 17 years old
- the group leader should be experienced (18+)
- able to basically communicate in English
- **interested in the topic of the project**

We welcome participants with fewer opportunities (e.g. financial or social obstacles, unemployed, living in remote areas, etc.). Feel free to contact us in case of having any doubts or questions!



ACCOMODATION

- Project will be hosted at **Chata Doubravka**
- 3 time meals and 2 coffee breaks will be provided
- This young exchange is strictly alcohol-free
- Gender separation in rooms

TRAVEL

Participants need to arrange their travel from their country to Chotěboř.

- Flights in Prague - take the train to Pardubice or Golčův Jeníkov, then local train or bus to Chotěboř
- Really useful tool is webpage idos.cz

Participants must have travel and health insurance (not covered by project). Buying plane, bus tickets and planning a trip, it is necessary to contact the organizers.

The travel costs will be reimbursed after the project ends based on original tickets.

TRAVEL BUDGET

Budget for traveling is based on [Distance calculator](#).

1 - 99 km -> 23 €

100 - 499 -> 180 €

500 - 1999 km -> 275 €

2000 - 2999 -> 360 €

WHAT TO BRING

- **Insurance**- European Health Insurance card and travel insurance - this is critical! We do not provide and are not liable for any incidents.
- **Travel Tickets**- Please remember to keep all original tickets, boarding passes and invoices as without them we cannot reimburse the travel costs
- **Medication**- For preventive reasons we recommend for those who have health problems to bring their own medicine.
- **Clothing**- Your personal things, sport clothes, warm clothes for the evenings, swimwear, raincoat, sunny clothing for warm days + towels
- **Comfortable shoes** for hiking trips and **sunscreen**
- **National Evenings**- Traditional snacks, drinks, food and music
- Cameras, laptops and other equipment that will make life and work easier
- Information about your country/organization (books, brochures, posters, postcards, video, presentation, music, etc.)
- **Good spirit and positive attitude!**

ABOUT US



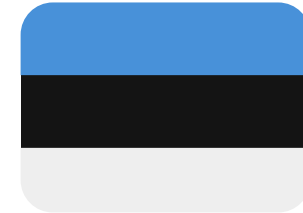
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Eliška Němcová is the coordinator of the Brno circular project and coordinator of volunteers in the Mladiinfo organization. This is not her first project. She will be the main facilitator of the project. Eliška also has experience in working with youth, as she has been working with young people since high school and got certificate in this field as well.

Adéla is a volunteer and editor-in-chief in the organization Mladiinfo CR. She has the role of facilitator and PR in the project. Adéla is a student of Environmental Studies, which deals with various topics. Adéla focuses primarily on the issue of fast and slow fashion, oceans or environmentally friendly approaches.



ORGANISATIONS

- KUNDA SOTSIAAL- JA TERVISEKESKUS MTÜ (Estonia)



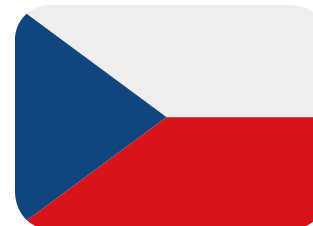
- Genclik ve Degisim Dernegi (Turkey)

- COLEGIUL NATIONAL MIHAIL SADOVEANU (Romania)



Lifeshaker - Associação (Portugal)

- Mladiinfo ČR, z.s.



HOW TO APPLY

FILL THIS APPLICATION FORM





Erasmus+

This project is funded by the European Union.