

**Youth Exchange:**

***GENERATION NEXT:***

***Empower Your Career Success!***

**Project type:** Erasmus + KA1 Mobility for young people

**Location:** Jizbice pod Blaníkem (Čechtice)

**Participating countries:** Spain, Lithuania, France, Bosnia and Herzegovina, Czech Republic, Turkey and Italy.

**Dates for the youth exchange:**

**1 – 8 July 2024**

(arrival day: 30 June, departure day: 09 July)

**4** participants from each organisation (age 16-25)

**1** group leader from each organisation (18+)

**WORKING LANGUAGE: ENGLISH**

## About us:

We are a European organisation “Youth Progress” and our mission is to provide opportunities for young people to develop and fulfill their potential.

We encourage and mediate participation of young people in non-formal education activities on local and international level and so support their personal and professional development and more active and quality life of individuals and their communities.

**For more check** [youthprogress.eu](http://youthprogress.eu)

## About the project:

The project ***Generation Next: Empower Your Career Success!*** tackles the issue of youth unemployment in Europe and defines several crucial steps that can help young people improve their position in the labour market. Therefore the project helps the young people:

- **define their potential role** in the current labour market,
- **identify their own goals** and what they need to achieve them,
- become **aware of their own values**,
- **develop skillset** that is crucial to pursue their individual goals.

Some of the crucial skills were identified based both on previous research and experience as the ability to create valuable social connections, confidence and a sense of self-worth in order to take risks and developing initiative and taking control over their situation and acting as leaders.

**The main objective** of the project is to **help the young people improve their position within the labour market** and it is going to be accomplished through specific objectives, which are:

- to discuss causes of youth unemployment and the needs of local markets and seek individual solutions for employment;
- define individual roles and goals of the young people in the current labour market situation;
- obtain and develop crucial skills of the young people to succeed in the labour market; improve the young people's ability take the leadership and initiative as well as their entrepreneurial attitude;

- raise awareness about personal development and career opportunities for young people in Europe and to strengthen networks and relationships of youth across Europe.

## **The youth exchange:**

Generation Next: Empower your career success! is a youth exchange in the Czech Republic that will be structured for the participants to achieve the objectives of the project as well as individual learning goals.

Together we will do **researches, presentations, discussions, quizzes, individual assessment and interactive creative workshops** for the participants **to define causes of youth unemployment, seek individual solutions, define individual goals and needs**. Afterwards, a set of **creative games, artistic workshops and other exercises** will be organized, which will help the participants **develop some crucial skills and competences to succeed in the labour market**. There will be sessions carried out for the participants to **introduce them to study/work/business opportunities in the EU and exchange experiences**. Last but not least, we will organize activities to help the participants **develop connections, build trust and quality team work and good relationships** in order to **build potential cross-border cooperation** for future projects. There will be several activities carried out to also **enhance tolerance among the young people, foster intercultural learning and understanding of diversity** and other cultures as well as **awareness of the common European values**.

## **The participants:**

- are ideally aged 16 to 25 years old;
- are preferably young unemployed people and those with fewer opportunities;
- have very little or no previous experience with Erasmus+ project;
- have a clear motivation to join the project, knowing how they want to use this opportunity to improve their own professional situation;
- are interested in self-improvement, artistic expression, international cooperation and intercultural dialogue.

## Do you want to be part of the project?



If the answer is yes, please **fill in the application by March 31** the latest.

## APPLICATION FORM

### Practical information:



<b>DATES and PARTICIPANTS</b>	<p><b>Youth exchange:</b></p> <p>1 – 8 July 2024</p> <p>Arrival: 30 June 2024          Departure: 9 July 2024          4 participants (16 - 25 years old) from each organization          + 1 leader from each organisation (18+).          Together <b>5 people from each country.</b></p>
<b>TIME ZONE</b>	<p>Time zone in Prague (GMT+1), Central European Standard Time</p>
<b>CURRENCY</b>	<p>Please be aware you will <b>need to exchange your money to the Czech crown (Kč / CZK).</b></p> <p>In Prague, most of the services and shops, credit cards Visa and MasterCard are accepted, but not at the project venue and there are no ATM's either. Therefore please make sure to do the exchange in Prague before coming to the venue. <b>1 euro is currently around 25 CZK.</b></p> <p>If you don't have the opportunity to exchange in your country, we can recommend <a href="#">this exchange office</a> in Prague city center – it is on the A metro line next to the Old Town square and offers very reasonable exchange rates. We do not recommend using random exchange offices in the center or central station, because you might get scammed</p>

	<p>easily. If you do not have much time to search for an exchange office in Prague, you can exchange at Prague airport as well – just be aware that the rate could be a bit higher.</p>
<p><b>WEATHER CONDITIONS</b></p> 	<p>Average temperature in Czech Republic:          July tends to be the hottest month in the Czech Republic and the temperature reaches <b>22 °C to 28 °C</b>, while it may drop to 12 - 16 °C at night.          Please check the weather forecast before you travel.</p>
<p><b>ARRIVALS/ DEPARTURES</b></p> 	<p>When booking the tickets, please make sure to be able to arrive at the venue <b>in Čechtice by 19:00 on 30th of June</b> - this means you would need to arrive in Prague <b>before 16:00</b> on that day to be able to make it without any complications, considering further connections from Prague airport/station to the project venue.          On your way back, we suggest you book your flights from <b>Prague after 12:00 on the 9th of July</b>, so that you have enough time from the venue to Prague.</p> <p><b><u>NOTE: Do not purchase any tickets before having your suggestions confirmed by the hosting organization!</u></b></p> <p>There is a <b>direct bus from Prague</b> to a village near the venue called Čechtice and another direct bus from Prague to a town called Vlašim. Nevertheless, we are still considering arranging common transport for all from a meeting point in Prague, so we will further specify the pick up arrangements as the project approaches.</p> <p><b>Tips for public transportation in Prague:</b> We recommend using this site to search for connections: <a href="https://www.dpp.cz/en">https://www.dpp.cz/en</a>. There is also an app that you can use on your phones.</p> <p>If you need to use a taxi in Prague, we recommend you download and use an <b>app, such as Uber, Bolt or Liftago.</b></p>

	<p>Please <b>keep ALL your travel tickets</b> with you, we will need them for the reimbursement.</p>
<b>APPLICATION FORM - WORKING GROUPS</b>	<p>You are expected to fill in the application with ideas on how you want to contribute to the project program – these can be your own ideas for workshops and games, but also help with social media, content creation, promotion, sustainability ambassadorship etc. On the first day of the project, we will split you into <b>“working groups”</b> based on what you put in the application and discuss goals and responsibilities for the project with each group.</p>

## FINANCIAL CONDITIONS

**Accommodation, food and all materials** at the project will be covered by the Erasmus+ programme. There is **no participation fee**.

The international travel costs are covered according to the rules of ERASMUS+. In order to get their travel costs reimbursed, the participants must participate throughout the whole youth exchange.

The travel costs are **covered up to a maximum amount** according to the travel band of the participant.

### Country Maximum Amount covered per person

Country	Max amount covered by the project/per person
FRANCE	275€
SPAIN	275€
ITALY	275€
TURKEY	275€
BOSNIA	275€
LITHUANIA	275€
CZECH REPUBLIC	23€

In case some of the participants are **not travelling from the home cities of the sending organisations**, the reimbursement will be done according to the following rates based on the distance calculator below:

100-499 km = 180 euro

500-1999 km = 275 euro

2000- 2999 km = 360 euro

3000-3999 km = 530 euro

4000-7999 km = 820 euro

Check your distance in the distance calculator:

[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

**NOTE:** This money should also cover costs for your local transport to your nearest airport and travel costs from Prague-Čechtice-Prague.

### **FURTHER RULES FOR REIMBURSEMENT:**

Participants must choose the cheapest travel option. We will only reimburse public transport costs. **No taxis will be reimbursed.**

The reimbursement will be done only for travel expenses incurred according to the following rules:

Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the **original travel receipts** – boarding passes, receipts, invoices, including e-tickets, buses, trains, shuttles to the airport, etc. We are only allowed to refund **only original tickets** (including for the return trips) once we'll receive them physically after the project.

Please note that only **receipts containing the following data** are acceptable for the reimbursement:

- name of the provider and their business information
- name of the service
- date of issue and payment
- the price + VAT

Card payment statements used instead of receipts **are NOT acceptable.**

Please, **make sure to take photos of all your used**



**tickets** as soon as you can, in case any documents get lost on the way etc.

**Electronic form of tickets** can be used as a proof for the reimbursement.

The travel costs reimbursement will be done **AFTER the youth exchange and after receiving of all the original tickets** and the costs will be reimbursed **to the bank accounts of the sending organizations**.

**Reimbursement will be done in EURO**, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EUR will be **converted** according to the exchange rate of the Czech National Bank on the day when the ticket/s were purchased, according to the rules of the European Commission.

## ACCOMMODATION



We are going to stay in a nature area of the Czech Republic near a village called Čechtice in a hotel called **Rekreační středisko Jizbice**.

The address of the venue is: **Zhoř 23, 257 65 Čechtice**  
The nearest village with shops and facilities is about 4,5 km away (Čechtice), a smaller town with more shops and an ATM is about 15 km away (Vlašim). There is a medical emergency in Benešov and Pelhřimov. We will have a car at the project for urgent cases.

The hotel complex offers one **natural swimming pool, football, handball, basketball and volleyball courts**.

There are many cultural monuments and points of interest in the surroundings, which can become the goal of a walking trip.



We will be staying at the hotel in **4-bed and 3-bed rooms**, where 2 rooms always share one bathroom. The hotel equipment is very basic – bed sheets are included and the hotel has its own wifi connection.



Please be aware that we will be alone in the hotel, and there is NO cleaning service. **So, we are collectively responsible for keeping it clean and taking care of it.** Taking shoes off when entering the building, cleaning your own rooms and bathrooms, and treating the venue well is the responsibility of each one of us.

## FOOD



The meals will be served in the same building and the program will take place in the same room. Please note that the meals served **will be very simple and locally based** (typically used Czech ingredients are usually potatoes, rice, chicken, beef, pork, milk, cheese, different pastries, tomatoes, cucumbers, etc.).

**Individual diets/allergies/other limitations** of the participants will indeed be taken into account (**so please fill this in your application**).

## HEALTH AND TRAVEL INSURANCE

There is **NO insurance provided by the organisers**. Please, purchase private insurance or, if you are an EU citizen, get it free of charge from your national social security that covers medical costs around EU member states.



## WHAT TO BRING WITH YOU

- 1) Personal **medications** – there will be a basic first aid kit available at the project, but please bring all of your own medicines with you, since it might be harder to purchase them in the area,
- 2) Your **home shoes** – we will be changing shoes every time when entering the building to maintain cleanliness indoors,
- 3) **comfortable clothes** for both indoor and outdoor activities – there are sports and other outdoor opportunities, so make sure you are equipped,
- 4) Your **towels as well as hygiene supplies** – there won't be any extra in the venue,
- 5) **Swimming suit ;)**



## INTERNATIONAL EVENING:

We will organise **several international cultural evenings** during the project – each time for 1-2 countries. Each country will be represented, so please think of a

way to present your country's traditions, food, music, language, games, quizzes, trivia etc. Each country will have about 0,5 hour. It is preferable to prepare a program that is interactive and engaging the group (you can also prepare a Powerpoint presentation but please keep it no longer than 15 minutes). Please, bring anything you find that represents your country well – **snacks, drinks, sweets, games, souvenirs, crafts, etc. and activities. Musical instruments are very welcome.** 😊 **Please get in contact with your national team to discuss this part of the program before the project.**

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Please do not hesitate to contact us in case of any questions or comments. 

***See you soon in...***



Rekreační středisko  
Jizbice pod Bláníkem

