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YOUTH EXCHANGE

Voices for Equality

28.02. - 09.03.2026



ABOUT THE PROJECT



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THIS ERASMUS+ PROJECT AIMS TO EMPOWER YOUNG PEOPLE TO BETTER UNDERSTAND HUMAN RIGHTS IN TODAY'S SOCIETY, WITH A FOCUS ON EQUALITY, INCLUSION, AND DIVERSITY. THROUGH INTERACTIVE WORKSHOPS, DISCUSSIONS, AND NON-FORMAL LEARNING ACTIVITIES, PARTICIPANTS WILL EXPLORE CURRENT SOCIAL CHALLENGES, DISCRIMINATION, AND UNEQUAL TREATMENT, WHILE REFLECTING ON THEIR OWN ATTITUDES AND BEHAVIOURS. THE PROJECT ENCOURAGES OPEN DIALOGUE, MUTUAL RESPECT, AND APPRECIATION OF DIFFERENCES, SUPPORTING YOUNG PEOPLE IN BECOMING MORE AWARE, EMPATHETIC, AND RESPONSIBLE CITIZENS. BY STRENGTHENING EMOTIONAL INTELLIGENCE AND CRITICAL THINKING, THE PROJECT PROVIDES PARTICIPANTS WITH PRACTICAL TOOLS TO PROMOTE HUMAN RIGHTS AND INCLUSIVE VALUES IN THEIR COMMUNITIES.



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PARTICIPANT'S PROFILE

1

AGE: 16-30

2

**COUNTRIES: SLOVAKIA, CZECH
REPUBLIC, SPAIN, ROMANIA, CYPRUS,
GERMANY - 32 PARTICIPANTS (4
PARTICIPANTS FROM EACH COUNTRY +
1 YOUTH LEADER 18+)**

3

**YOUNG PEOPLE INTERESTED IN HUMAN
RIGHTS, EQUALITY, AND SOCIAL
JUSTICE, WHO ARE MOTIVATED TO
EXPLORE DIFFERENT PERSPECTIVES,
REFLECT ON SOCIETAL CHALLENGES,
AND ACTIVELY PARTICIPATE IN OPEN
DISCUSSIONS AND NON-FORMAL
LEARNING ACTIVITIES.**



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THE VENUE

- 1** SLOVAKIA, OŠČADNICA, HOTEL BOCY, LALIKY 023 01, WWW.BOCY.SK
- 2** THE HOTEL HAS FULLY EQUIPPED ROOMS, I.E. DOUBLE AND SINGLE BEDS, BATHROOMS WITH TOILETS AND SHOWERS. ALL MEALS WILL BE PROVIDED IN A COMMUNAL AREA, ROOMS DO NOT HAVE KITCHENS.
- 3** YOU WILL BE PROVIDED WITH 3 MEALS PER DAY AND 2 COFFEE BREAKS





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HOW TO GET TO THE VENUE

- 1** ARRIVE BY TRAIN OR BUS TO ŽILINA (THERE ARE CONNECTIONS FROM BRATISLAVA AND POLAND)
- 2** FROM ŽILINA TAKE THE BUS TO OŠČADNICA, LALÍKY
- 3** CHECK THE TRAIN CONNECTIONS HERE
[HTTPS://CP.HNONLINE.SK/EN/VLAKB USMHD/SPOJENIE/](https://cp.hnonline.sk/en/vlakb-usmhd/spojenie/)
- 4** IF YOU ARE ACCEPTED BY THE PARTNER, PLEASE STATE THE EXACT TIME OF ARRIVAL IN THE GOOGLE FORM. SO, WE CAN PICK YOU UP FROM THE STATION BY CAR.



TRAVEL COSTS



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Travel Distance	Green Travel	Non-green Travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

!PLEASE NOTE, WE DON'T REIMBURSE TAXI COSTS

TRAVEL DAYS: THE 28.02 AND THE 09.03 - YOU CAN ARRIVE ONE DAY BEFORE AND LEAVE ONE DAY LATER - THE TICKETS WILL BE REIMBURSED, BUT YOU WILL HAVE TO COVER EXTRA ACCOMMODATION COSTS YOURSELF

TRAVEL COSTS



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PROCEDURES

BEFORE BUYING THE TICKETS, SEND YOUR TRAVEL ROUTE TO THE ORGANIZERS AND RECEIVED THE CONFIRMATION. ONLY AFTER THAT YOU CAN BUY YOUR TICKETS

DOCUMENTS

**Flight:
INVOICE
+
BOARDING PASS
(BOTH WAYS)**

**Train/Bus:
INVOICE
+
TICKET
(BOTH WAYS)**

PROCEDURES

**FILL OUT THE FORM
WITH
TRAVEL COSTS**

**ADD THE
DOCUMENTS TO
GOOGLE DRIVE**

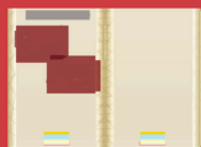
After sending your tickets and boarding cards, all the participants will receive the reimbursement of their travel costs by bank transfer.

Please, do not forget to keep all your travel (bus / train) ticket with you!



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WHAT TO BRING WITH YOU



ID OR
PASSPORT

TRAVEL
DOCUMENTS



MONEY
FOR
PERSONAL
EXPENCES



HEALTH
INSURANCE



HYGIENE
PRODUCTS



COMFORTABLE
SHOES



WARM
CLOTHES



TOWELS

DON'T FORGET TO BRING SOMETHING FOR CULTURAL EVENING:

PREPARE THE FUN PRESENTATION ABOUT YOUR COUNTRY, TRADITION, CULTURE, AND FLAG
... YOU CAN GET REALLY CREATIVE ABOUT THIS.

YOU CAN BRING SOME NATIONAL DRINKS, DISHES OR SNACKS, THAT REPRESENTS YOUR
COUNTRY AND THE REGION YOU COME FROM

BRIEF SUMMARY

WHAT? YOUTH EXCHANGE- VOICES FOR EQUALITY

WHERE? OŠČADNICA, SLOVAKIA

WHEN? 28.02.2026 - 09.03.2026

WHO? 32 PARTICIPANTS- 4+1 FROM EACH COUNTRY, 16+,
PLUS ONE YOUTH LEADER (18+)

WHAT COUNTRIES? SLOVAKIA, CZECH REPUBLIC, SPAIN,
ROMANIA, GERMANY, CYPRUS

FOR FURTHER QUESTIONS DON'T HESITATE TO CONTACT US!



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SEE YOU SOON!