



# TEAM WORKS BETTER

YOUTH EXCHANGE

## INFOPACK



Dear participants,  
welcome on board of Make a change project.

### YOUTH EXCHANGE

When: 24<sup>st</sup> September – 1<sup>st</sup> October 2017

Where: Hotel Bauer, Bílá 148, 739 15 Bílá, Czech Republic

GPS: 49.4438017N, 18.4579497E, Map: [1url.cz/Zt4Pu](http://1url.cz/Zt4Pu)

Project Team works better is going to be a combined mobility of youth workers and young people and is built on our previous project called Let's play. We want to focus on developing key competencies to teamwork.

The first part of this project was training course on 23rd October – 29th October 2016 in Bílá.



## PROJECT OBJECTIVES

- to focus on the development of youth cooperation in international groups
- to show young people that the game is, besides fun, also an effective way to develop the skills needed for their entry into the labor market
- to prepare together the block of non-conventional team games or sports
- to organize an event for children from primary school
- to gain the experience of working in international group
- to recognize their role in a team and learn how to use it
- will break their language barrier and learn how to communicate with people from other countries
- to become more tolerant of differences and to be able to cooperate also with young people with fewer opportunities and young people who are in a different age category.

## TRAINERS



### RoMi Michalíková

is involved in non-formal learning since 2007, she had been working as a youth club manager for 7 years. Nowadays she is a trainer of youth workers and a director of NGO Trendum, o.p.s. She is also a leader of a board games club in Ostrava and has a lot of experience with creating educational programmes focused on soft skills development.



### Honza Dvořák

is a youth club leader for more than 10 years and has a lot of experience with programmes based on outdoor games and activities. He works for the leisure time centre in Ivančice. He is also a big fan of photo and video work and organises different parties as a DJ. Together with RoMi he has participated in few training courses as a trainer.



### Marek Jargus

is involved in work with people in difficult life situation for many years. Nowadays he works as a catholic priest and a supervisor of different organisations around Ostrava. He has a lot of experience with giving the feedback and is also involved in educational activities of Trendum, o.p.s. He is also a member of the board games club.

## PARTICIPATING COUNTRIES

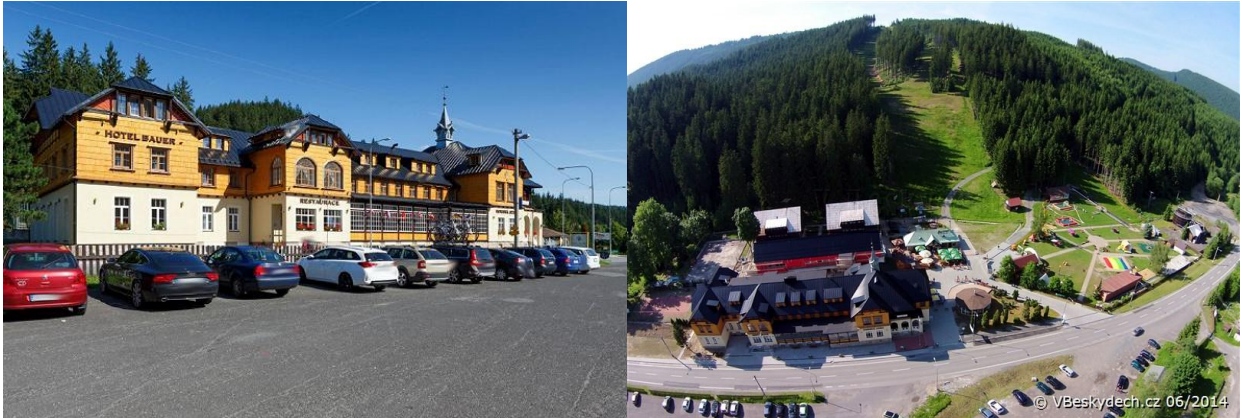
	Country	Number of participants
1.	Czech Republic	8
2.	Italy	6
3.	Hungary	6
4.	Turkey	6
5.	Greece	6
6.	Cyprus	6
7.	Slovakia	6
8.	Slovenia	6
9.	Romania	6

## PARTICIPANTS

Participants should be young people 14-24 years old, group leaders has to be 18+. Please, try to create a gender-balanced team. **Please inform participants in advance that this project is about outdoor activities that may be physically demanding.**

## ARRIVALS/DEPARTURES

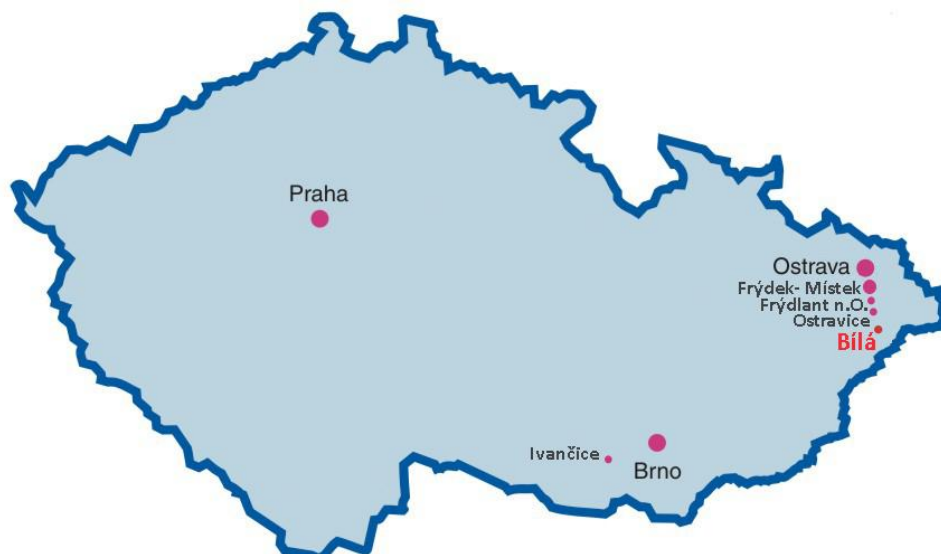
The participants should drive on Saturday 23th September in the evening and on Sunday 24th Septembertill 12:00. They should leave on the1stof October.



Hotel Bauer in Bílá is 52 km far from Ostrava in the middle of the mountains. It wouldn't be possible for us to pick all of you in Ostrava, so if it is possible, please choose your transport as close as possible. Here we have prepared a timetable how to get from Ostrava to Bílá and Ostravice or Frýdlant nad Ostravicí (two closest places). Here we will pick you up by cars.

Most suitable airports:

- **Katowice (Poland):** distance c. 3 hours, you can go by train or by bus (TigerExpress) to Ostrava then by train to Frýdlant nad Ostravicí or Ostravice or by bus to Bílá.
- **Krakow (Poland):** distance c. 4 hours, you can go by bus (TigerExpress) to Ostrava and then by train to Frýdlant nad Ostravicí or Ostravice or by bus to Bílá.
- **Praha (Prague, Czech Republic):** distance c. 6 hours, you can go by train to Ostrava and then to Frýdlant nad Ostravicí or Ostravice or by bus to Bílá.



- If you go by train from Prague, Katowice or Krakow, you should go to Ostrava- hlavní nádraží (main station) (hl. n.) and then change the train and bus according to the timetable below.
- If you come by bus to Ostrava bus station (Ostrava UAN), there is train station Ostrava-Střed close to the bus station. All trains going to Ostravice or Frýdlant nad Ostravicí stop here.
- If you want to travel from Wien or Brno by train, contact us. We will find a suitable connection for you.

#### Best option

	Depart..	Arrival	Line Nr.	Direction
<b>Saturday 23th September</b>				
Ostrava hl.n.		14:51	Train Os 3138	Frenštát pod Radhoštěm
Frýdlant nad Ostravicí	15:44	15:46	Train Os 13128	Ostravice
Ostravice	15:56	16:35	<b>Bus 860348 311</b>	Bílá
<b>Bílá,,střed</b>		17:02		
Ostrava hl.n.		16:51	Train Os 3142	Frenštát pod Radhoštěm
Frýdlant nad Ostravicí	17:44	18:20	<b>Bus 860348 23</b>	Bílá
<b>Bílá,,střed</b>		18:51		
Ostrava hl.n.		19:51	Train Os 3146	Frenštát pod Radhoštěm
Frýdlant nad Ostravicí	20:44	20:46	Train Os 13136	Ostravice
<b>Ostravice</b>		20:56		
Ostrava hl.n.		22:21	Train Os 3148	Frenštát pod Radhoštěm
<b>Frýdlant nad Ostravicí</b>		23:15		

<b>Sunday 24th September</b>				
OstravaOstrava,Svinov,mosty horní zast.		6:46	<b>Bus 910126 1</b>	Rožnov pod Radhoštěm
<b>Bílá,,střed</b>		7:57		
Ostrava hl.n.		6:51	Train Os 3124	Frenštát pod Radhoštěm
Frýdlant nad Ostravicí	7:44	7:50	Train Os 13110	Prostřední Bečva
<b>Ostravice</b>		8:21		
Ostrava hl.n.		8:15	Train Sp 1642	Frenštát pod Radhoštěm
Frýdlant nad Ostravicí	9:13	9:30	<b>Bus 860348 305</b>	Bílá
<b>Bílá,,střed</b>		10:22		
Ostrava hl.n.		10:51	Train Os 3102	Valašské Meziříčí
Frýdlant nad Ostravicí	11:44	11:46	Train Os 13120	Ostravice
<b>Ostravice</b>		11:56	<b>Bus 860348 309</b>	Bílá
<b>Bílá,,střed</b>		12:37		

We are prepared to find you information and best transport connections. When you'll know the time and date of your inbound flight or arrival to Poland or Slovakia, please contact Petr. He is in charge for your travel. His email is [mailpetrtomis@gmail.com](mailto:mailpetrtomis@gmail.com)

- Don't forget to buy your tickets as soon as possible. Don't wait because it will be daily more and more expensive!!! If you buy tickets for train transport in Czech republic, please buy collective tickets. It's cheaper than buying tickets individually.
- **We need air invoices and also boarding passes for all flights if you travel by air.**

## ACCOMODATION



- The accomodation will be provided in Hotel Bauer in rooms with showers and toilet. There is also a Wifi Access.

### Catering

- During the both events the participants will have the possibility to try typical Czech food. We are ready to respect any special needs. **Please, specify them in the application form.**

### We kindly ask you to bring with you:

- Some typical food or drink of your country, flags, posters to be displayed for the presentation of your country (please be brief and funny). It would be also nice, if you can prepare some funny words from your language that you can teach other participants.
- Outdoor clothes for outdoor activities – we will be just in the middle of the mountains and the weather in Czech Republic can change very quickly. Please be prepared that it could be really cold and a lot of rain.
- Swimming suit.

## WHAT TO PREPARE BEFORE YOU COME TO THE CZECH REPUBLIC

- **Presentation of your country** – maximum is about 30 minutes, please be as creative as possible. You can show some interesting videos, teach other participants some words, songs or dances or show some interesting or funny facts about your country. Don't make long powerpoint presentations based only on your speaking.
- **Block of team games or non-traditional sports** –every group should prepare a block of games or non-traditional sports based on team cooperation. The block should last 1,5 hour, maximum is 2 hours. Please keep in mind that the group of participants is really big, so you can choose more games and divide other participants to smaller groups and they can try all of them or you can prepare game for all group – it means about 45 people.

**It is really necessary to prepare both things before you come, because in the programme there will be no space to do it.**

## APPICATIONS, DEADLINES

- **deadline for sending the applications = 5th September 2017**
- Please send us only electronic saved applications without signature.
- For participants under 18 we need also original application form with signature of parent, you can bring it to exchange.
- **deadline for sending information about your arrivals (place,time) and ideally also about your departures = 10th September 2017**
- **it's necessary to provide the insurance for the days of your travel and the days spent on the project. Please, send us a scan of your secured insurance before your arrival to Czech Republic!**

For more information or any help with your block of games or presentations please contact Veri:  
[trendum.cz.evs@gmail.com](mailto:trendum.cz.evs@gmail.com)

We wish you a pleasant journey and look forward to meeting you in Czech Republic.