

**NOVEMBER 22–26, 2024
CZECH REPUBLIC**

COMMON HEALTH: GENESIS

**PARTNERSHIP BUILDING ACTIVITY FOCUSED ON
WELLBEING AND PERSONAL DEVELOPMENT**



About the project

Infopack: [g](#)

In Genesis we are dedicated to empower youth workers, fostering non-formal education (NFE), and building a collaborative network that bridges formal and non-formal education. By enhancing the capacity of youth workers through international and local activities, we seek to promote youth development, build a supportive community, and provide holistic educational opportunities.

Our Mission

- Empower** youth workers to ignite positive change
- Promote** non-formal education as a catalyst for growth
- Build** a collaborative network that bridges formal and non-formal education

Our Vision

A world where youth are empowered to reach their full potential through innovative and holistic educational experiences.

Objectives

**TO BUILD
AND
CONNECT**

your professional network and
valuable connections

**TO
EXPERIENCE**

innovative methods of wellbeing with
professional trainers

**TO TAKE
CARE**

of our own mental health

**TO
CONNECT**

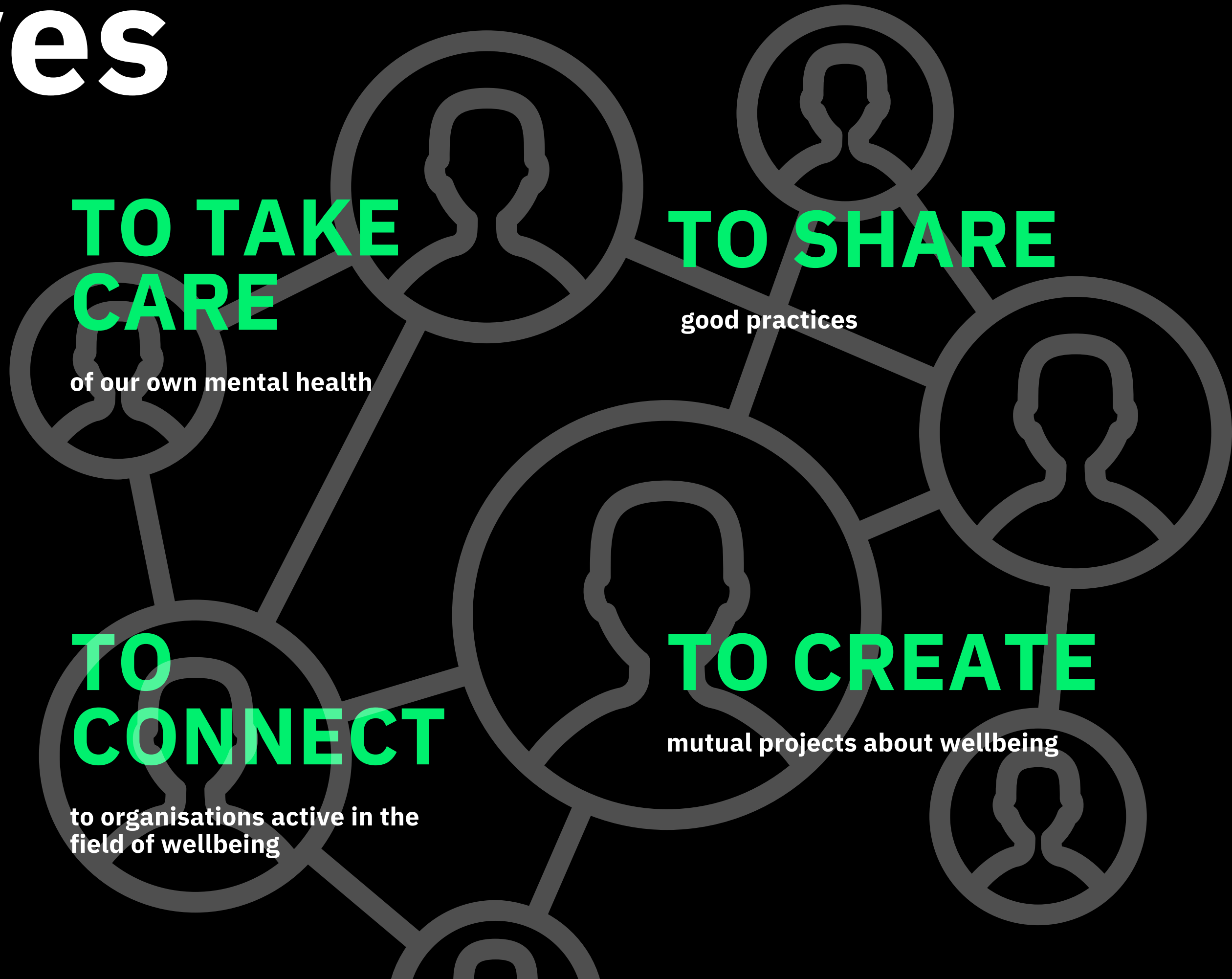
to organisations active in the
field of wellbeing

TO SHARE

good practices

TO CREATE

mutual projects about wellbeing



Word from trainers

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“We live in the century full of inputs, information chaos and social media, we are impacted by globalisation, speed and demands. We, as local and international educators, care about others, we support, provide.

Wellbeing “being well” matters. For us, for youth.

This meeting is an invitation to connect educators who want to dedicate care to self so we can better provide and become mindful educators.

Let’s stop for a bit in this fast world, be present, spend time in beautiful nature and create common projects that will support wellbeing of our team and youth.”

- Aneta



“As a life unfolds before us, we see how important others are in our lives and how important we can be in theirs. One simply does not live life alone. It becomes clearer and clearer that only with unity and support, we can do much more than we could've done alone. So let us walk together and pave the path on our journey.”

- Lukáš



: persons who are looking forward to start their own international projects (no previous experience needed)

: organisations who are looking for partners for further cooperation

: persons with experience or interest in the topic of wellbeing and personal development

: organisations and individuals both experienced and less experienced

: youth workers, youth leaders, teachers (high school/university), school directors, academicians, project coordinators, project managers, NGO directors, local stakeholders, municipalities, experts in wellbeing, trainers, decision makers

•• We're looking for two people from each organization to apply. ••



Participant profile

Don't worry about the basics! We've got you covered with programme, accommodation, transportation, and meals thanks to the Erasmus+ program.

Travel costs will be reimbursed for the most affordable and direct way to get to the project.

Check out the travel budget chart for specific amounts.

JUST ONE THING TO KEEP IN MIND: MAKE SURE YOU HAVE TRAVEL HEALTH INSURANCE.

Keep all your receipts, invoices and travel documents so we can reimburse you.



Travel information

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Distance	Travel budget	Green travel
10 - 99 km	28 €	28 €
100 - 499 km	181 €	255 €
500 - 1999 km	279 €	387 €
2000 - 2999 km	365 €	505 €
3000 - 3999 km	550 €	755 €
4000 - 7999 km	1158 €	1158 €
8000 km and more	1705 €	1705 €

You can take 2 extra days before or after the project.



Green Travel

Want to travel green and save some money?

The Erasmus+ program offers Green Travel Support for those who use eco-friendly transportation like:

- : carpooling,**
- : buses,**
- : or trains.**

If you take these sustainable options for at least half of your trip, you'll get a Green travel budget, please see the [green travel budget](#).

Plus, you can stay longer – up to 4 days instead of 2

Meeting point & time

The meeting point will be in front of the **main train station in Ústí nad Orlicí**, by the green glass entrance into the building on **November 22, 2024 between 4 and 6pm.**



Weather & What to bring

In November, average temperatures are between 1°C and 7°C. As we will be near the mountains, the temperatures will be lower than in the city and therefore it is necessary to adjust your clothing accordingly. We recommend checking the weather forecast before your journey.

- : PR materials of your organisation (leaflets, books, etc.)**
- : passport, original boarding**
- : passes/tickets**
- : slippers**
- : towel**
- : reusable water bottle**
- : comfortable clothes, rain jacket**
- : be ready for cold weather**
- : hygiene care, any medicine that you use or might need**

Everyone is welcomed to bring food and drinks typical for their countries to share with others!



Accommodation

The project will take place in the Czech Republic in Kubasova chalupa located in a small village in the foothills of the Orlické Mountains.

You will be in rooms per 3-6 people. You can check the accommodation on their website.

Address: Sudislav nad Orlicí 11,
562 01 Sudislav nad Orlicí

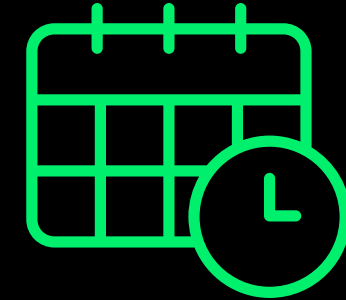
Application

In order to apply, we ask you to send us a 2 min video where you will answer 2 questions and fill an online form.

- 1 What do you do for your own wellbeing?
- 2 What can you offer to others?

•• Make sure to keep your video no longer than 2 minutes! ••

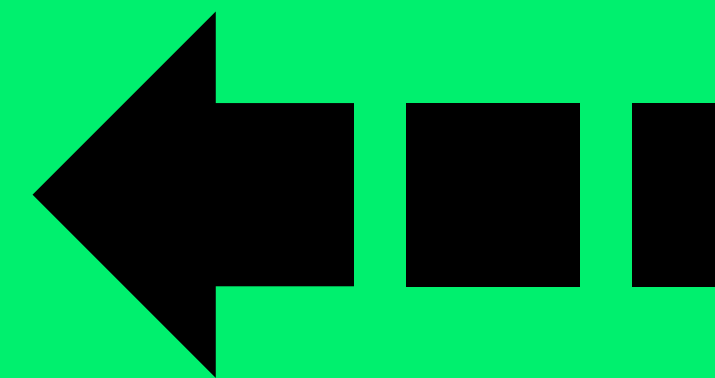
DEADLINES:



For filling the application form: **10.10.2024**

For purchasing tickets: **30.10.2024**

**Apply.
HERE**



● ● GENESIS

Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

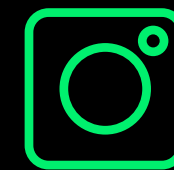
Our goal is to help individuals and companies to receive training that is not only great but also socially responsible.

We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.

TO KNOW IS TO GROW.



genesis.discover@gmail.com



[@genesis_ngo](https://www.instagram.com/genesis_ngo)



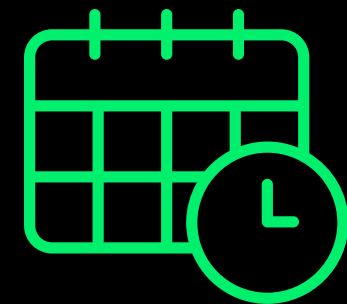
ngogenesis.com

GENESIS COMMON HEALTH

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Partnership Building Activity

November 22–26, 2024 in the Czech Republic

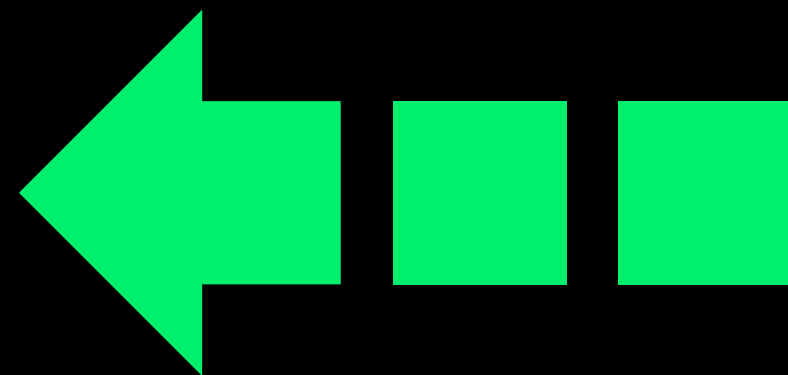


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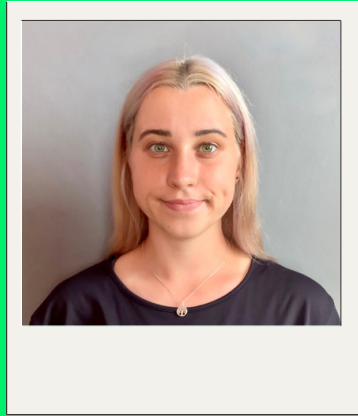
For purchasing tickets: 30.10.2024

**Apply.
HERE**



<https://forms.gle/TfA7WubzjHrXVt989>

Contact: g



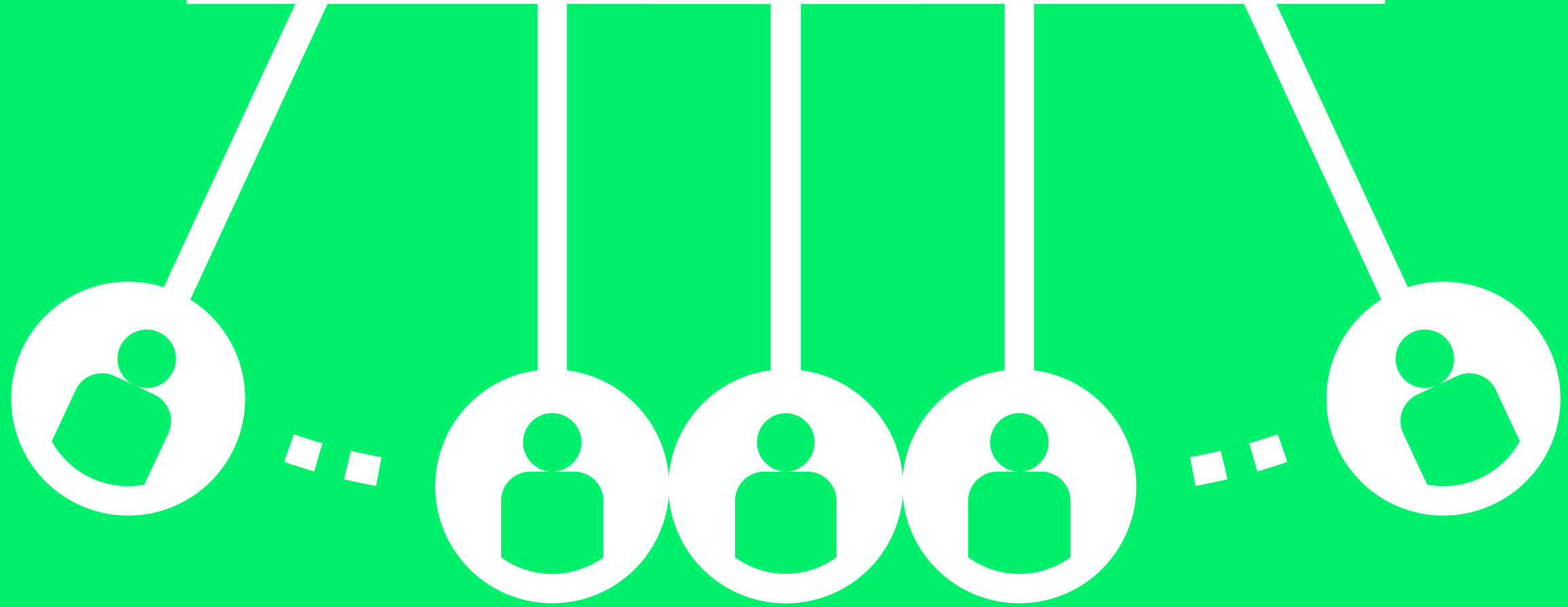
Lydia Petera

Project Coordinator
genesis.lydiapetera@gmail.com

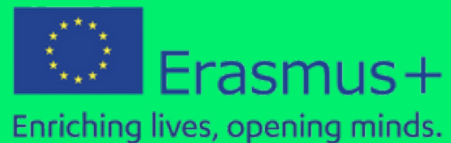


Barbora Hanzíková

Project Assistant
genesis.barborah@gmail.com



: genesis



genesis.discover@gmail.com



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