

# Infopack for participants

21–29 July 2026

SK – PL – CZ



**Sport Develops  
the MIND**



Co-funded by  
the European Union

**ERASMUS-SPORT-2025**  
**Project no. 101183548**



# About the Project

Sport Develops the Mind (SDM) is project supported by the European Union through the Erasmus+ Sport programme. Three youth organisations from neighbouring countries: Fundacja Antares from Poland, OTI Slovakia, and Euroteam Czech Republic, joined forces to show that sport and science go hand in hand, and that moving your body is just as important as training your mind.

The vision of our project is to encourage young people to spend more time outdoors and experience the benefits of hiking for mental and physical health by using NFE, outdoor and environmental education.

The heart of the project is a 9-day astronomical hiking camp taking place from 21 to 29 July 2026 in the Western Carpathians – the mountains we all share. Together with 30 young people from Slovakia, Poland and the Czech Republic, we will hike across all three countries, starting in Čadca (Slovakia), continuing through Jaworzynka (Poland), and finishing in Mosty u Jablunkova (Czech Republic). Along the way, days will be filled with hiking, orienteering, rock climbing and team games. Evenings will bring something special – telescope observations, astrophotography with your own phone, and measuring light pollution in the mountain sky. We will also explore nature using the PlantNet app to map endangered plant species along the trail, and spend time together through national evenings, intercultural games and shared meals.

**Youth exchange:** 21–29 July 2026 (21 and 29 are travel days)

# Accommodation

**Jazz Penzión** (Čadca, Slovakia) is a cosy guesthouse where the camp kicks off for the first two nights. **Dom Wczasowy OLZA** (Istebna/Jaworzynka, Poland) is a comfortable holiday house nestled right in the mountains for nights three to five. **Chata Skalka** (Mosty u Jablunkova, Czech Republic) wraps up the journey as a traditional mountain cottage for the final three nights.



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# Traveling to Slovakia

Country	Travel Allowance	Number of Participants
Slovakia	60 €	10
Poland	150 €	10
Czechia	60 €	10

## How to get to Jazz Penzión, Čadca (Slovakia)

Čadca is a town in northwestern Slovakia, close to the borders with both Poland and the Czech Republic, which makes it easy to reach from all three partner countries.

**From Slovakia** Čadca is well connected by train from Bratislava, Žilina and other major Slovak cities. Take a train to Čadca railway station – the penzión is in the town centre, reachable on foot.

**From Poland** The closest major town on the Polish side is Bielsko-Biała or Cieszyn. From there, you can take a bus or train across the border to Čadca. Alternatively, travel by train via Katowice → Ostrava → Čadca (changing in Ostrava, Czech Republic). The border crossing is straightforward – no passport control within the Schengen area.

**From Czech Republic** The most convenient route is by train from Ostrava directly to Čadca – trains run regularly and the journey takes about 1–1.5 hours. From Prague, take a train to Ostrava and change there.



# Reimbursement

## Traveling with climate-friendly alternatives

The goals of the European Green Deal such as sustainable and inclusive growth, climate neutrality by 2050, the implementation of the Agenda 2030 of the United Nations with its Sustainable Development Goals have an impact on the Erasmus+ Programme. In this project the participants will use **GREEN TRAVEL**.

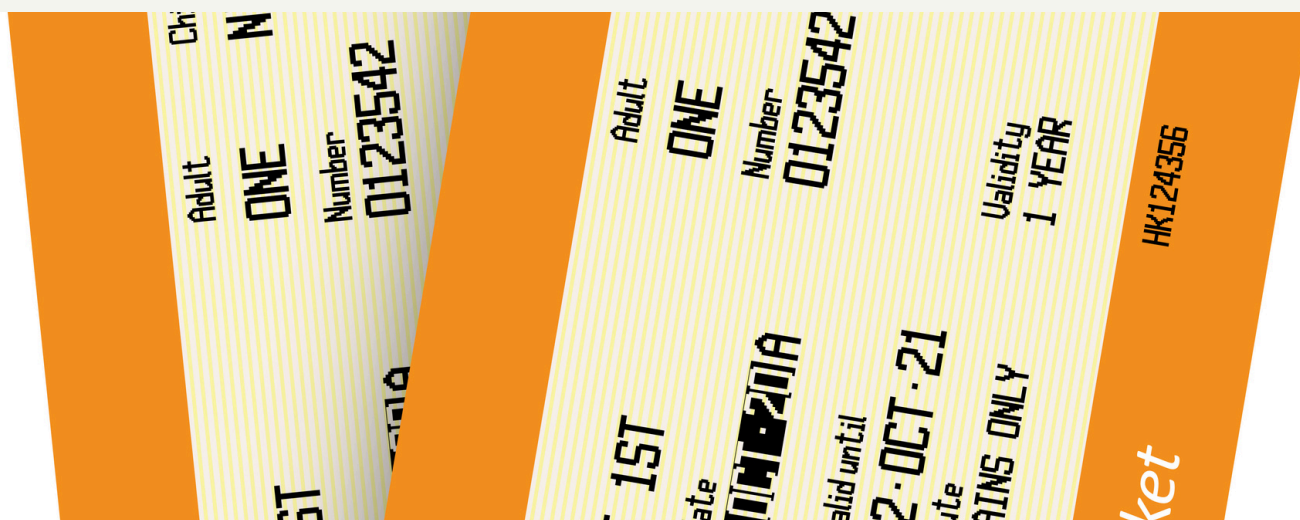
## Important

Please keep all your original invoices, receipts, tickets or any other transport documents. Be careful, since without these documents, we could not reimburse your travel costs!

After camp, you will send all your tickets via traditional post to our address (but scan it before in case your envelope would get lost). The reimbursement will be done as soon as we will get your original tickets and money will be sent to bank account of your sending organization or group leader who will forward money to each participant.

The address for sending tickets is: **Martin Frolík, Hlavní třída 55/14, 73601 Havířov-Město**

According the rules of Erasmus+ programme, we are not allowed to reimburse you costs for taxi , Bolt or Uber.





# What to bring?

## Backpack & clothing

- Hiking backpack (25–30 litres minimum)
- 3–4 moisture-wicking T-shirts (it will be hot – pack enough to change daily)
- 1 long-sleeve shirt (for cooler evenings and sun protection on exposed ridges)
- 1 lightweight fleece or thin hoodie (mountain nights can surprise you even in July)
- 2–3 pairs of quick-drying hiking pants or shorts
- Moisture-wicking underwear (enough for each day)
- Long socks – synthetic or wool (prevents blisters, even in summer)
- Slippers or flip-flops for the penzión and indoor areas

## Footwear

- Sturdy hiking boots or trail shoes with ankle support – this is the most important item, do not bring regular sneakers
- Make sure your boots are already broken in before the camp – new boots cause blisters

## Head & sun protection

- Sun hat or cap – mandatory, we will be hiking in full sun
- Sunglasses
- Buff or bandana (versatile – protects neck, head and face from sun and dust)
- Headlamp with spare batteries – essential for night sky observations

## Rain gear

- Lightweight rain jacket – summer storms in the Carpathians come quickly and with no warning
- Rain pants or waterproof overpants – optional but recommended

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## Hygiene & health

- High SPF sunscreen (30+) – reapply every day
- Insect repellent – mosquitoes and ticks are active in July
- Personal medications if needed
- Small personal first aid kit (plasters, blister patches, pain relief)
- Microfibre towel

## Hydration & nutrition

- Reusable water bottle (at least 1 litre) – we encourage everyone to avoid single-use plastic
- Small snacks for the trail (energy bars, nuts, dried fruit)

## Navigation & camp essentials

- Smartphone (for PlantNet app, astrophotography and navigation)
- Battery bank / power bank – charging opportunities on the trail are limited

## Evening astronomy activities

- Warm layer for stargazing nights – even in July, sitting still outside at midnight gets cold
- Red light torch or headlamp with red mode (preserves night vision during observations)

## Optional but useful

- Whistle
- Binoculars
- Small dry bag or pack liner (to protect contents in rain)
- Trekking poles (especially helpful on descents)
- Notebook and pen

# Programme



- **Day 1** – Monday, 21 July | Arrival in Čadca,
  - Afternoon: Participant arrivals and check-in at Jazz Penzión.
  - Evening: Group dinner followed by a "Get to know each other" icebreaker session.
- **Day 2** – Tuesday, 22 July | Into the mountains – Slovakia.
  - Morning: Team-building city game ("Goosechase"), followed by a session on camp expectations, Youthpass introduction, and group agreements.
  - Afternoon: Mini-orientation run around Čadca.
  - Evening: Intercultural Night – sharing food, traditions, and music from all three countries.
- **Day 3** – Wednesday, 23 July | Cross the border – arrival in Poland
  - Morning: Packing up and changing accommodation (traveling by train at 11:08). On our way from Čadca to Jaworzynka, we will stop to see Trójstyk (the unique border point where Slovakia, Poland, and the Czech Republic meet).
  - Afternoon: Settling in, rest, and a fun Aquaerobic session in the pool.
  - Evening: First Astronomical Observations using telescopes.
- **Day 4** – Thursday, 24 July | Active day in Poland
  - Morning/Afternoon: Mountain hike combined with environmental tracking using the PlantNet app, followed by a block of outdoor games.
  - Evening: Introduction to light pollution and nighttime measurements in the field.
- **Day 5** – Friday, 25 July | Poland
  - All Day: A full hiking day through the ridges with free time to relax.
  - Evening: Traditional Campfire night with music and games.
- **Day 6** – Saturday, 26 July | Cross the border – arrival in Czech Republic
  - Morning: Packing and moving to Chata Skalka, followed by lunch in Mosty u Jablunkova.
  - Afternoon: Adrenaline fun at the Fun Park (bobsleigh track).
  - Evening: Karaoke Night.
- **Day 7** – Sunday, 27 July | Adventure day – Czech Republic
  - Morning: Mountain hike through the Czech trails.
  - Afternoon: Mini-orientation run around Skalka and an indoor workshop on astronomy and astrophotography.
  - Evening: Night sky Astrophotography session on your smartphone.
- **Day 8** – Monday, 28 July | Reflection and Youthpass
  - Morning: Group photo, project video making, and the final Youthpass certificate workshop.
  - Afternoon: Final project evaluation, closing circle, and outdoor sports games.
  - Evening: Goodbye Party!
- **Day 9** – Tuesday, 29 July | Farewell and departure
  - Breakfast together, final group photo,
  - Morning: Farewell activities in national groups, breakfast, check-out, and departures home.



# Who are we?

**Euroteam Czech Republic, z.s.** is an NGO (association) settled in Havířov which was established in 2018 and is actively working in the field of non-formal education. Our organization has been accredited in Erasmus+ (youth) since 2023. Between 2019 and 2026 we participated in over 60 youth projects and hosted almost 20 project meetings in Havířov and Hrádek.



**The project methodology** is based on methods of non-formal learning, peer learning, active involvement of the participants and equal cooperation between the partners. All activities have an interactive character, promote experiential learning, require the active participation of young people and enhance their creativity.

**Profile of participants:** Participant's age: 18-25, leaders without age limit. Participants must be interested in the topic of the project, able to communicate in English and ready to participate in each activity.

# Erasmus+

Erasmus+ has an estimated budget of €26.2 billion. This is nearly double the funding compared to its predecessor programme (2014-2020). The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life. It supports priorities and activities set out in the European Education Area, Digital Education Action Plan and the European Skills Agenda.



Set to last until 2027, Erasmus+ doesn't just have opportunities for students. Merging all prior programmes, it has opportunities for a wide variety of individuals and organisations. Erasmus+ is open to all young people, not just those currently enrolled in education or training. With Erasmus+, you can volunteer across Europe and beyond or participate in a youth exchange abroad. At the end of the youth exchange, the participants will receive the **Youthpass** certificate. Youthpass is a European recognition tool for non-formal and informal learning in youth work. Youthpass is for projects funded by Erasmus+. With Youthpass, participants of Erasmus+ projects can describe what they have done and show what they have learnt.

The programme also:

- supports the European Pillar of Social Rights
- implements the EU Youth Strategy 2019-2027
- develops the European dimension in sport



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## Do not forget to:

- 1. To arrange the health insurance for your stay abroad (Insurance for Hiking)
- 2. Fill in application form (link will be provided later)
- 3. When you receive our confirmation that you are selected join our WA group

# CONTACTS

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