

INFOPACK

# DISCONNECT & RECONNECT

Mobility of youth workers

Krásno nad Kysucou

SLOVAKIA

16 - 24. 6. 2024



Erasmus+



# KEY POINTS

## MOVEMENT

- Easy hikes to the nearby nature and sights
- Yoga practice every day with a licensed massage therapist and teacher

## DISCONNECTION

- Learning to build a healthy relationship with your smart device
- Learning about the impact of social media on our mental well-being

## RECONNECTION

- Building small healthy habits and working with addictions
- Daily mindfulness sessions/ sound healings/ body scans/ journaling



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# KEY OUTCOMES

Each participant will be taught and given tools to embrace yoga into their daily life. The facilitators will aim to make this an experience, from which you can take a big part home with you.

We will teach you the basics of meditation so that you can incorporate it into your life. We will also discuss the topic of how social media and digital devices are impacting our mental well-being.

Several months after the project, we will do a follow up Zoom call where you will be given the opportunity to share how this project changed your way of dealing with daily life.

At the beginning of the project, we will ask all participants to write down their expectations and at the end, we will see how many of them were met.



# RULES OF THE PROJECT

- **NO DRUGS**

This project will be focused on achieving high levels of dopamine in a sober way. We will not tolerate any drugs on the premises. Please consume alcohol in moderation and do not disturb other participants.

- **DIGITAL DEVICES**

We will strongly encourage each participant to take a break from their digital presence and give their digital device to us upon arrival. Your device will of course be available for emergencies.

- **RESPECT**

We will be surrounded by very pristine nature and we ask all participants to behave with respect to it. We also ask each participant to behave with respect around others.



# What to bring?

- **POSITIVE ATTITUDE**

Please only apply for this project, if the topic is something that really interests you. You do not have to be skilled in yoga at all. Everything will be taught from scratch. Remember to bring a mind willing to learn.

- **HIKING SHOES / SPORT CLOTHES**

We will spend time in nature and we are also planning a hike. Please bring suitable footwear. The weather will be quite warm, so we do not recommend to do yoga in cotton shirts. Make sure you have something loose and comfortable to wear.

- **SUNSCREEN AND MOSQUITO REPELLENT**

Summers in Slovakia can be very humid and we therefore recommend you bring a good insect repellent. The sun in the mountains can also get quite strong around noon.



# THE VENUE



- BRAiNY is a popular retreat center located on the foothills in Krásno nad Kysuco. Throughout the year they organise various retreats where people learn about yoga, qiigong and learn languages
- The venue has a beautiful yoga place, a sauna, you can do archery and you are surrounded by endless nature



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# PARTICIPANTS

- The project will host participants from: **SLOVAKIA, ROMANIA, CZECHIA, BULGARIA, GREECE and ESTONIA**
- Participants between **21 to 65** years old
- Interested in topics of **yoga, self development, digital wellbeing** and **mindfulness**
- **Fluency in English**



# FINANCIAL CONDITIONS

- All expenses associated with accommodation, meals and programme are fully funded by **Erasmus+**
- Transportation costs will be reimbursed to each participant depending on the budget allocated to each country:

**SLOVAKIA - 23€**

**CZECHIA - 180€ green travel- 210€**

**ROMANIA - 275€ green travel- 320€**

**BULGARIA - 275€ green travel- 320€**

**GREECE - 275€ green travel- 320€**

**ESTONIA - 275€ green travel- 320€**

- Each participant is required to use the cheapest mode of transportation and keep all the receipts, tickets and boarding passes to be reimbursed later on.



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