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YOUTH CENTRE DOMŽALE



/ INFO PACK /

DOWN WITH STRESS

/ YOUTH EXCHANGE

17.-23. 9. 2023

Domžale (Dob) /

ABOUT THE PROJECT

Aim of the project “Down with stress” is to encourage us youngsters to think and learn about different ways and techniques on how to deal with stress and stressful situations we have to bridge through in every day life. We know that a lot of youngsters set up very high goals for themselves and then have trouble reaching them. What we need for our success is a lot of motivation and energy which sometimes runs out. In that time, we really need a way to deal with our uncertainties. This is an important topic that in some occasions seems unimportant, but in reality, it is a crucial part of our mental health and that is why young adults need their time and place to think and talk about it. It is important for each and every one to figure out their way on how to deal with stress and what are the techniques to help them.

During this project every participant will have a chance to experience different kinds of ways to meet with stress and learn how they can help themselves when they come to a time which seems to be too much for them. There are a lot of ways in which we can help ourselves and they work differently for different people so it is crucial that we figure out which way is the best for us. We will also have time to talk about stress and share our experiences and good practices of dealing with hard days. One of the main goals, as follows, will also be an exchange of our knowledge we already have and we already experienced throughout our young lives.

We will also make a plan how we can implement the knowledge that we gained during the project later on in our everyday lives after we finish with the program. In that way every participant will leave the project with the result of our work we will do during our time together.

In all of the activities we will use non-formal learning methods.

PARTICIPANTS

Participants will come from 4 organisations which will come from 4 different countries.

Groups: 5 participants (age group 18-30 years) from every organisation + 1 youth leader

PARTNER ORGANISATIONS

Center za mlade Domžale - Slovenia

You in Europe - Greece

Asociación Juvenil Almenaras - Spain

Connectus - Slovakia



LOCATION AND ACCOMODATON

Youth exchange will be held in hostel Hiša na travniku, which is located in Dob in the municipality of Domžale.

All transfers during the activity will be provided by the organizers.

Hostel

Hostel Hiša na travniku is located in Dob in the municipality of Domžale.

The accomodation will be provided in a multiple-bed rooms with shared bathrooms and shower. Linen and towels will be in the rooms.

Adress: Ljubljanska cesta 1, 1233 Dob, Slovenia

<https://www.hisanatravniku.si/>



FOOD

All the meals and coffee breaks will be provided by the organisers.

If you wish, you can also bring some traditional food and drinks from your home countries.

We can share them during dinner or at the cultural evenings.

HOW TO REACH DOMŽALE?

The easiest, but unfortunately often the most expensive, way to reach Slovenia by plane is to fly to airport "**Letališče Jožeta Pučnika Ljubljana**". From there you can take a bus or GoOpti to Ljubljana or Domžale and then another bus to Dob.

You can also fly to nearby airports, like Venice, Zagreb, Graz and Klagenfurt. GoOpti (www.goopti.com) works like public transport, but is much faster and adaptable. They have connection from all of the nearest airports to Dob.

If you travel with FlixBus, other buses and trains to Ljubljana city centre (main bus or train station), take another bus (Arriva - <https://arriva.si/en/>) to Dob pri Domžalah. The ticket costs 2,7 euros.

Travel expenses will be reimbursed after receiving all of the original documents (boarding passes, bus and train ticket, invoices etc.).

Before you make any reservations please inform us about the prices, means of transport and times of arrival on info@czm-domzale.si.

Make sure you keep all travel documents!



INSURANCE

Do not forget to bring the European Health Insurance Card. If you do not have it yet, please arrange it. Usually is free of charge. Keep in mind that you are also responsible to arrange insurance that will also cover the costs if you get Covid-19.

SCHEDULE

17. - 23. 9. 2023

SUN
17. 9.

WORKSHOP START

ARRIVAL DAY

MON
18. 9.

Getting to know
each other

Expectations,
rules, Erasmus +
programme,
Youthpass

Team building

Types of stress

Dinner + short
introduction
activity

TUE
19. 9.

Why you need
to manage your
stress?
(Orientation
activity)

Causes of stress

How do we
experience
stress?

Intercultural
evening

WED
20. 9.

BREAKFAST

How to deal
with stress?
(techniques)

How to prevent
stress?

daily reflection



LUNCH TIME

TRIP TO LUBLJANA

THU
21. 9.

Relax & sport
activities

How do make
sure stress
doesn't stress
you?

daily reflection

Intercultural
evening

FRI
22. 9.

Booklet of
advices

Reflection, final
evaluation +
time for
youthpass

daily reflection

Intercultural
evening

SAT
23. 9.

Farewell
activity

DEPARTURE DAY

18:00 DAILY REFLECTION / 18:30 MEETING GROUP LEADERS

19:00 DINNER

daily reflection

Intercultural
evening

daily reflection

Intercultural
evening

daily reflection

Intercultural
evening

WHO ARE WE?

The project will be applied and organised by Youth Centre Domžale. Youth Centre Domžale is public institute, founded by municipality of Domžale. The principal aims of Youth Centre Domžale are:

- to provide support for youth;
- to give them opportunity to spend their free time wisely and
- to encourage them to get actively involved in a society on a local, national and international level.

To achieve these goals we run various activities, which are held by Youth Centre Domžale alone or in cooperation with other Slovenian and international organizations.

FB: @czm.domzale

IG: czm_domzale

IF YOU HAVE ANY ADDITIONAL QUESTIONS, PLEASE
DO NOT HESITATE TO CONTACT US!

Project coordinator: Klavdija Štajdohar, klavdija@czm-domzale.si
or info@czm-domzale.si



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center za mlade domžale

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