



Co-funded by  
the European Union

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](http://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](mailto: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.

**MON**  
18. 9.

**TUE**  
19. 9.

**WED**  
20. 9.

**THU**  
21. 9.

**FRI**  
22. 9.

**SAT**  
23. 9.

## WORKSHOP START

Getting to know  
each other

Expectations,  
rules, Erasmus +  
programme,  
Youthpass

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

How to deal  
with stress?  
(techniques)

How to prevent  
stress?  
daily reflection

Relax & sport  
activities

Booklet of  
advices

Farewell  
activity

## ARRIVAL DAY

## DEPARTURE DAY



### LUNCH TIME

Team building

Types of stress

Causes of stress

How do we  
experience  
stress?

How do make  
sure stress  
doesn't stress  
you?

Reflection, final  
evaluation +  
time for  
youthpass

TRIP TO LUBLJANA

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

#### 19:00 DINNER

daily reflection  
Intercultural  
evening

daily reflection  
Intercultural  
evening

daily reflection  
Intercultural  
evening

daily reflection  
Intercultural  
evening

daily reflection  
Intercultural  
evening

Dinner + short  
introduction  
activity

## 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](mailto:klavdija@czm-domzale.si)  
or [info@czm-domzale.si](mailto:info@czm-domzale.si)



Co-funded by  
the European Union



center za mlade domžale

The sole responsibility of this publication lies with the author. The European Union is not responsible for any use that may be made of the information contained therein.