



FIND YOUR MOVE

YOUTH EXCHANGE

NEW DAYS: 25.- 31.7.2022, Dolný Kubín, SLOVAKIA



Erasmus+



ABOUT

This exchange will be located in Slovakia in a small but charming town Dolný Kubín (northern part of Slovakia). It will be focused on sport activities, but even non sporty people will find their interests. 20 Youngsters (5 from each country) from 4 European countries (Italy, Romania, Slovakia, Spain) age 15 to 25 will participate on this exchange. You can look forward to lot of exciting activities. You can be sure that you will have a lot of unforgettable memories to bring home with you.





SLOVAKIA

DOLNÝ KUBÍN

VENUE

The exchange is taking place in a very nice and calm town Dolný Kubín. The city has around 20.000 inhabitants. The city is surrounded by beautiful nature with great views. We will be accommodated in a nice camping place area (www.kemptilia.sk).



GOALS

We want young people to become more self-confident, to challenge their limits in physical activities and social interactions.

During this week we will give you the opportunity to experience sports, that are not so popular.

By living together, you can develop your intercultural communication skills and learn about different cultural traditions, you can create some bonds that may last forever.



DATES

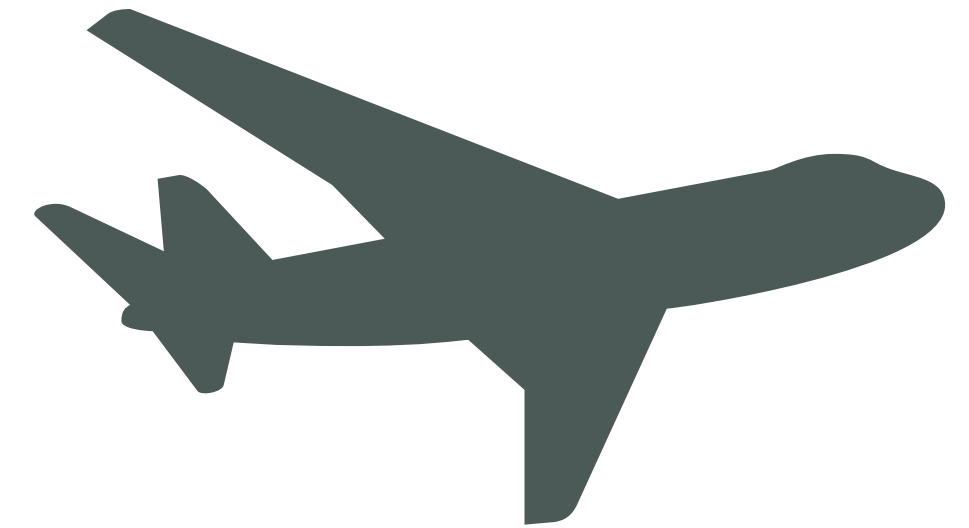
Arrival day: Monday, **25.7.2022** (by dinner)

Departure day: Sunday, **31.7.2022** (after breakfast)

Close by airports: Bratislava, Vienna, Krakow, Budapest, Prague

We expect participation in the whole program from the arrival to the departure day.

If you have time we recommend to visit these beautiful cities before or after the exchange.



WEATHER

The temperature might be 20-28 °C during the day and 15-20 °C at night.

CONTACTS

Ondrej Mäsiar | Slovak group leader |
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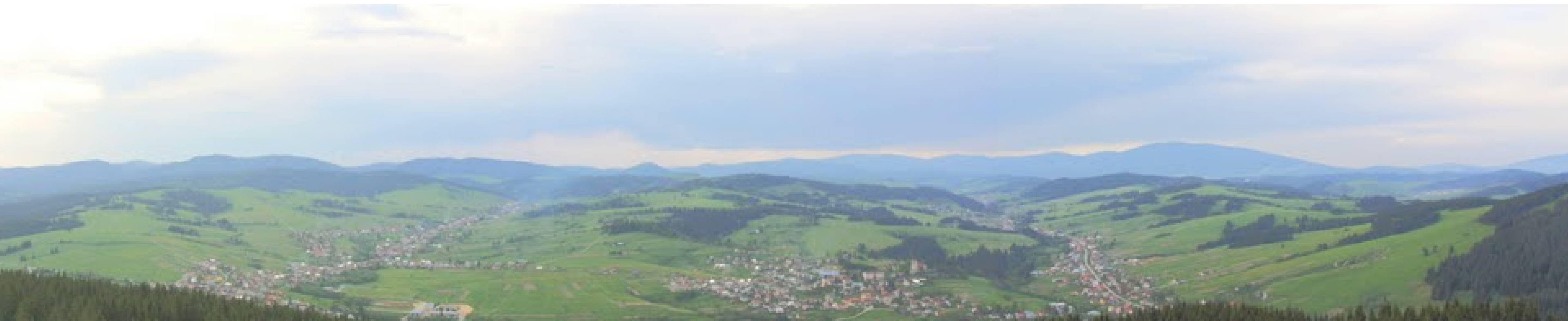
INSURANCE

You are obliged to have travel insurance. If you have a European Health Insurance Card, please bring it with you.



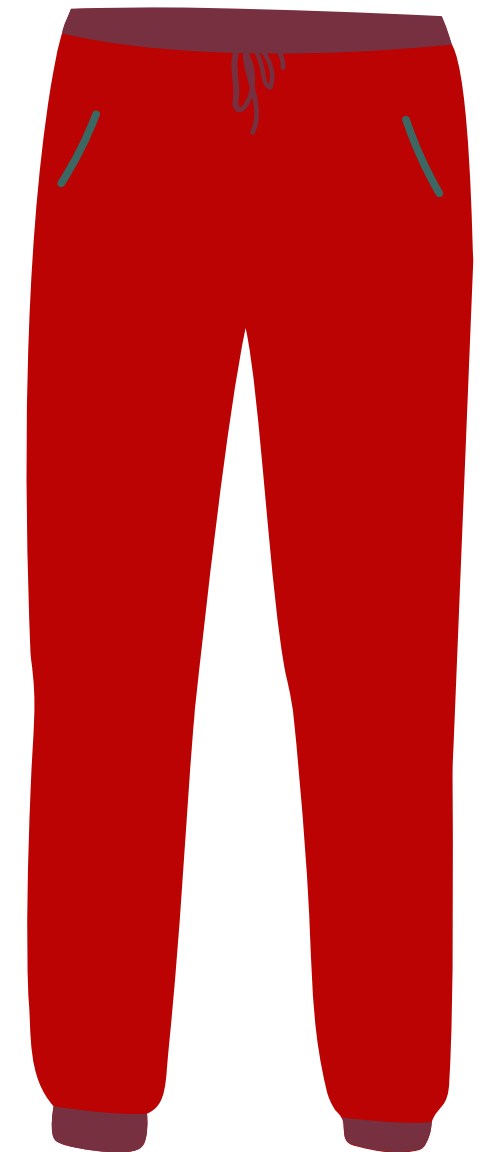
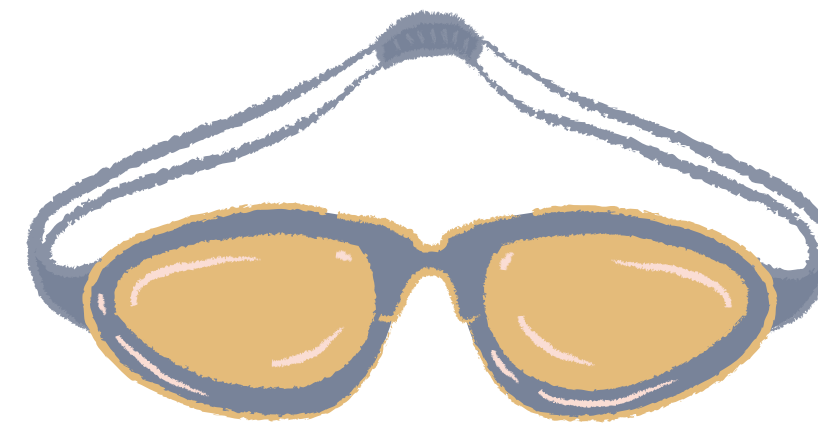
Travel grant per participant is 275 euros.

TRAVEL GRANT



WHAT TO BRING

- Sporty clothes, but don't forget casual clothes, when will go to town.
- Swimsuit .
- Hiking shoes.
- Traditional food, clothes and drinks that represent your country.
- Toiletries (dental hygiene, sunscreen...).



OUR SLOVAK TEAM



Slovak group leader

Ondrej Mäsiar

info@mladiinfo.sk

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We are 5 youngsters which are looking forward to meet you. We hope you will enjoy this exchange and program we prepared with you.



TRANSPORT

How can you get to Dolný Kubín from...

Bratislava ?

From Bratislava airport LETISKO take a BUS NR. 61 to the train station - HLAVNÁ STANICA. Buy a regular train ticket to DOLNÝ KUBÍN. There is a fast train (R – rýchlik) every 2 hours direction to KOŠICE. You need to change the train in KRAĽOVANY station. Follow other people at the station. Take a small local train to DOLNÝ KUBÍN ZASTÁVKA or DOLNÝ KUBÍN. Alternatively, you can take a direct bus from Bratislava bus - AUTOBUSOVÁ STANICA to DOLNÝ KUBÍN.

Vienna ?

From Vienna airport take a flixBUS to Bratislava bus station - AUTOBUSOVÁ STANICA, then take a TROLLEYBUS NR. 210 to the train station - HLAVNÁ STANICA. Buy a regular train ticket to DOLNÝ KUBÍN. There is a fast train (R – rýchlik) every 2 hours direction to KOŠICE. You need to change the train in KRAĽOVANY station. Follow other people at the station. Take a small local train to DOLNÝ KUBÍN.

TRANSPORT

How can you get to Dolný Kubín from...

Prague ?

From Prague airport reach the train station – PRAHA HLAVNÍ NÁDRAŽÍ. Take a train direction KOŠICE, There buy a regular train ticket to DOLNÝ KUBÍN. There is a fast train (R – rychlík) every 2 hours direction to KOŠICE. If you have time, city center is 15 minutes from the train station by walk. You need to change the train in KRAĽOVANY station. Follow other people at the station. Take a small local train to DOLNÝ KUBÍN ZASTÁVKA or DOLNÝ KUBÍN

Krakow ?

From Krakow take a direct BUS to DOLNÝ KUBÍN. See the FlixBus company for connections.

Budapest ?

From Budapest take a direct BUS to DOLNÝ KUBÍN. See the FlixBus company for connections.