

ROOTS AND TRAILS

youth exchange



**14-17
YEARS**

14 -28/8 2026

PNĚTLUKY

TOPIC

- RELATIONSHIP WITH NATURE
- ENVIRONMENTAL AWARENESS
- OUTDOOR AND SURVIVAL SKILLS
- SLOWING DOWN AND RELAXATION
- MENTAL WELL-BEING
- RECONNECTING WITH ONESELF AND THE SURROUNDINGS
- BASIC FIRST AID
- RESPONDING TO COMMON AND EMERGENCY SITUATIONS IN THE FIELD

PROJECT

info

MEET NEW PEOPLE
LEARN FROM EACH OTHER



ACCOMONDATION

Pnětluky is a peaceful village set in the picturesque landscape of northwestern Czechia. It offers a pleasant natural environment along with practical facilities, creating ideal conditions for relaxation, creative gatherings, and shared group activities.

The project will take place in a pleasant local setting in the village of Pnětluky, which offers shared accommodation, spaces for group gatherings, and suitable conditions for creative work, reflection, and interactive workshops. Participants will have the opportunity to explore the surrounding landscape, walk along local paths, and enjoy a calm and inspiring atmosphere that naturally supports personal development, creativity, and building new connections.

THEME

The program focuses on the relationship between humans and nature, environmental connections, and practical skills for staying in and basic survival in natural conditions. It helps participants slow down, disconnect from the pace of everyday life, strengthen their mental well-being, and restore a natural connection with themselves and their surroundings. It also includes developing basic first aid skills and the ability to respond to both everyday and emergency situations in the field

PROJECT *info*



ACCOMMODATION & MEALS

Participants will be accommodated in shared cabins within the pleasant natural surroundings of the Pnětluky campsite. Full-day meals - breakfast, lunch, and dinner - will be provided throughout the stay, prepared in a simple, home-style manner. Individual dietary requirements can be accommodated upon prior arrangement

WHAT TO TAKE

Comfortable clothing for both indoor and outdoor activities. Layers of clothing suitable for the weather (it may be warm in August, but evenings can be cooler). A raincoat or light waterproof clothing. Comfortable walking shoes. A towel, a reusable water bottle, and sun protection (hat/cap, sunscreen, sunglasses).

INFO

Before participating, you must have insurance arranged (European Health Insurance Card - EHIC). If possible, use environmentally friendly transportation. Prefer buses, trains, or carpooling, and purchase an affordable ticket for your journey (2nd class or economy class). Collect all travel documents (receipts, boarding passes, tickets) and submit them in PDF format for reimbursement purposes.