

# **Live Healthy**

Jindřichuv Hradec

Czech Republic

**18 - 27. 6. 2022**



# **Erasmus+**

**Czech-Spain- Turkey- Poland- Hungary- Bulgaria - Greece**

**7 participants (18- 30 years) from each country+ 1group leader (18-no age limit), gender balance and disadvantaged participants welcome!**

**Must be vaccinated- digital certifikate QR cod included**

### Summary of this project

The Live healthy project gives participants the opportunity to break down prejudices and stereotypes about a healthy lifestyle. The partnership consists of 7 organizations. We plan to achieve the goals of the project by using non-formal education methods and fulfilling the motto "We learn through play" "

During the project we will look for answers to the questions: What are the principles of a healthy lifestyle? What does it mean to eat healthy? Do I really have to move? What is the cause of stress and how can I reduce it? How will a healthy lifestyle affect my life? Does my approach to lifestyle affect society or anything else? We plan to achieve the goals of the project by using non - formal education methods and fulfilling the credo "We learn through play

### Acomondation

<https://www.chatyratmirov.cz/ubytovani/>



## Adress

Malý Ratmírov 215, 377 01 Blažejov

Jindřichův Hradec, where was our first part of the project, is a small town in the South Bohemian Region of the Czech Republic. It has approximately 22,700 inhabitants. The city castle and palace is the third largest in the country after those in Prague and Český Krumlov. More than 10,000 works of art and a similar number of books may be found there. Jindřichův Hradec's neighbourhood includes sites such as Červená Lhota Castle, the historical town of Třeboň and Stráž nad Nežárkou. The UNESCO World Heritage town of Telč lies 40 kilometers (25 miles) to the east.

It will be provided in camp "Maly Ratmirov" on the shore of the pond in the beautiful nature.

## How to get from Prague?

AE- airport express to Praha main station: <https://www.dpp.cz/cestovani/doprava-na-letiste/linka-ae>

From Prague main station by train to Jindrichuv Hradec with České dráhy (<https://www.cd.cz/en/default.htm>). We will wait for you at main station Jindrichuv Hradec

**You have to be at Jidrichuv Hradec before 15:23 because this is the last train, that take you to Maly Ratmirov !!**

We prefer eco friendly (green travel) traveling, for example if you go by car please take the other participants from your country as well or come by train. (<https://esn.org/green-travel-perspective>)

## What to bring?

- **Health insurance!!! + flight/bus/train tickets + confirmation of payment your visa (if you need it) – it has to be printed or original receipt before project**
- **For intercultural evening:** flag, typical food/drinks, some typical music, presentation about your country/organization,... (it is only up to you)
- Each country has to have at least one laptop
- Bring also your own towel and warmer clothes
- **Participants must check if they meet the conditions for entry to Czech republic (<https://covid.gov.cz/en/situations/foreigners/possibilities-and-obligations-foreigners-when-entering-cz>)**

**8 days+ 2 travel days before or after project- total 10 days**



Contact : [info@icmjh.cz](mailto:info@icmjh.cz)

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