



ERASMUS+ SPORT

"SPORT DEVELOPS THE MIND"



e-MAGAZINE

ČADCA

First part of the project meeting in
Slovakia
(pages.2-3)

JAWORZYNKA

Second part of the project meeting
in Poland
(pages.4-5)

CHATA SKALKA

Third part of the project in
the Czech Republic
(pages 6-7)



Sport, tourism, astronomy, biology..... these were the main topics of an international project within Erasmus+ Sport which was held in cooperation among Fundacja Antares (Poland), OTI (Slovakia) and Euroteam Czech Republic, z.s. The leaders of all three participating organizations met at the beginning of May in Čadca for a short APV where the activities of the summer project were planned in details and tasks were divided among the partners. Then, in the second half of July, 30 young people aged 18-25 met to learn more about astronomy, sustainable tourism, flora of Western Carpathian, but also to find new friends from other countries, spend 9 days together, present their cultures and have a great time!



APV - ČADCA - MAY 2026



Whole the project started in November 2025 and after preparatory work and several online meetings the leaders from Poland, Slovakia and the Czech Republic met face to face in Čadca to discuss project issues, talk about the details of the summer project meeting, launch selection process to find the most suitable participants but also take a walk between the places of the forthcoming youth exchange to see the path and the conditions for youngsters.

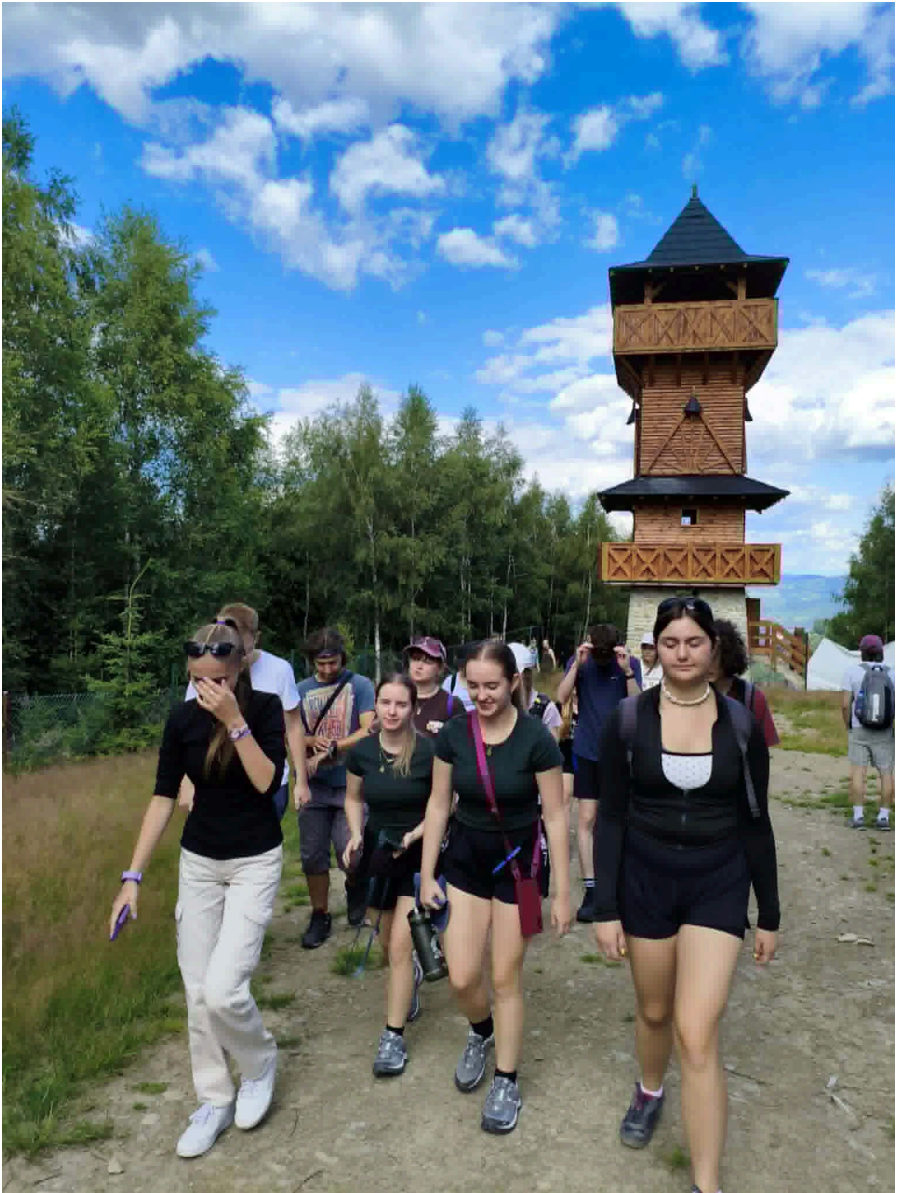


PART 1 - SLOVAKIA

The first part of our summer youth meeting took place in Čadca, Slovakia. The participants from all three countries arrived on Tuesday, July 21 and were accommodated in Jazz Penzion. At the beginning of the project the leaders introduced themselves and presented the programme of the meeting. And then traditional ice-breaking and team building games started! Girls and boys learned about each other, about their hobbies, interests, studies etc. to settle friendly atmosphere and get rid of any possible worries and fears. In the evening some of them presented the participating organizations and countries, practised some folk dances and had a nice first evening.

The second day started with presentation of Erasmus+ program and Youthpass, in the afternoon they set out for the first hike on the hills around Čadca and played a Goosechase game. They all appeared to be good hikers and completed the whole trek successfully.







PART 2 - POLAND



After two nights spent in Čadca the participants moved to Jaworzynka in Poland. The first part of their journey was by train from Čadca to Čierne and then another walk followed. Of course a photo in the triple border where Slovakia, Czech Republic and Poland meet was a "must". Everybody was curious what the second accommodation in Jaworzynka looks like! And walking through the village led them to the venue.

This part of the project was also focused on learning about plants of the Western Carpathian mountains and the participants learned to use an app which helps to recognise the plant. The era of digital technologies makes it easier than carrying picture books about plants to find out what flower or plant you see. And what about another task of the project - will the weather allow us to see the stars? And what about light pollution?

Anyway, there is always much time also for some games and fun and even for a visit of a cultural event held there during the project days!





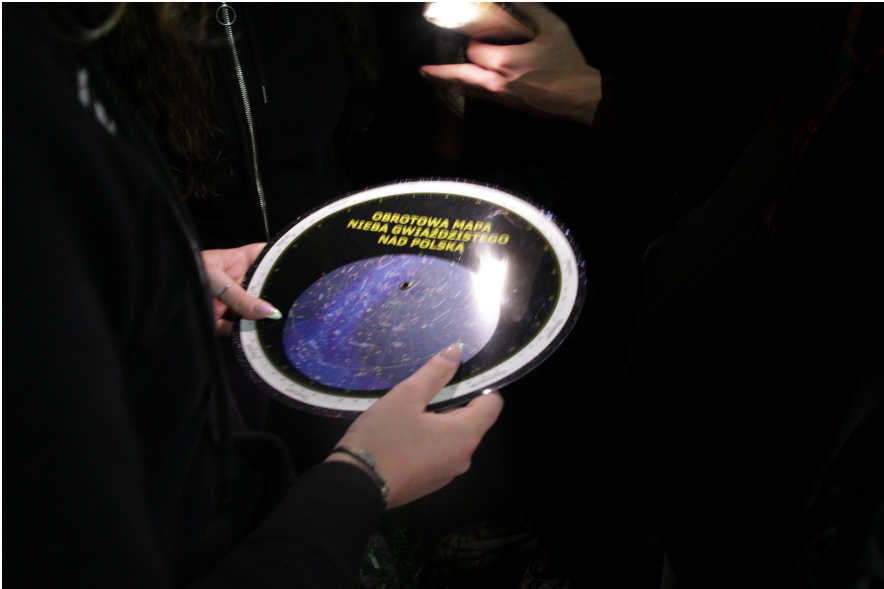


PART 3 - CZECH REPUBLIC



The first two parts were over and it was time to move to the Czech Republic for the last three days. The participants left Jaworzynka and set out for a trip to Mosty u Jablunkova where they started the programme at fun park near Hotel Gruň trying bobsleigh. Well, no snow of course - on the artificial track. The third venue for the project activities was Chata Skalka and the programme included again some hikes, evening watching the stars on the sky, some games and finally evaluation activities. The days were passing very fast and nine days appeared to be just a moment in this summer. All good things some day come to the end and this project was also approaching the final minutes. Last smiles, last hugs, last good bye, last promises to keep in touch. Everybody (hopefully) enjoyed the time spent with the other and appreciated their decisions to take part in this project. The time to wave good bye was here, but the memories stay forever.







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ERASMUS+ KA 2 SPORT
YOUTH EXCHANGE



Sport Develops the Mind
July 21 - 29, 2026



ČADCA - JAWORZYNKA - CHATA SKALKA





"I would like to thank a lot for this opportunity to take part in the "Sport develops the mind" project. I enjoyed whole the week and I am happy I could be a part of it.

I liked that the project was focused on tourism and astronomy. As a girl who loves mountains and stays in nature, I liked all our hikes. It was amazing to find new places in all three countries and spend time with the other participants. I enjoyed evening activities such as watching the night sky, taking photos of the stars or sitting together by the bonfire. I think that thanks to these evenings we created wonderful atmosphere.

The project brought me amazing experience and a lot of memories I will remember for a long time!

I am really grateful for having such an opportunity in Erasmus+ !

Daniela

I spent 9 unforgettable days at the Sport Develops the Mind project! Together with other 30 young people from Czechia, Slovakia and Poland we walked the route from Čadca via Jaworzynka to the Czech mountain cottage Skalka.

During the hike in Western Carpathia we took several hikes, orienteering and Goosechase game. Our evenings belonged to astronomy - using telescopes but also to bonfire or intercultural evening. I am bringing home much new knowledge, experiences from nature and particularly nice friendships. I would like to thank my sending organization, Euroteam Czech Republic for a possibility to take part in this project!

Adéla

I would like to thank you for a very nice project! I took part in this one-week programme when we had a chance to visit Slovakia, Poland and the Czech Republic. The topics of the project were tourism and astronomy. We learned how to orientate on the sky and to work with telescope. During the day we took some hikes in the mountains and learned about the local flora. We got acquainted with other cultures, and played various team games. Whole the project was absolutely enriching for me not only with new information but particularly with new friends!

Lucie

For me, sharing our culture was really important. I felt it was our responsibility as Polish people to show what is the best and most authentic and local in Poland. We managed to present our culture during the multicultural evening through presentations. Additionally, during our stay in Jaworzynka, we were lucky enough to take our Slovak and Czech friends to the "Tydzień Kultury Beskidzkiej" in Istebna, near Jaworzynka. There, they could listen to traditional Polish music and join in traditional dances during a potańcówka at the "U Ujca" inn. I am really proud that we could share our culture with our foreign friends in such a way.

Weronika

A Starry Night in the Czech Republic
During our evening in the Czech Republic, our Polish group, responsible for the astronomy theme, organized a special night of stargazing and observing the sky. We spent a wonderful evening together, enjoying the stars, learning about the night sky, having lots of fun and interesting conversations. It was a truly amazing and unforgettable evening. (Paulina)

PARTICIPATING ORGANIZATIONS

**EUROTEAM CZECH
REPUBLIC, z.s.**



NGO from Havířov accredited in Erasmus+ youth.

**FUNDACJA
ANTARES**



NGO from Krakow, astronomy lovers, the coordinator of the project

OTI SLOVAKIA



NGO from Nitra promoting hiking, outdoor activities, youth engagement

DECLARATION

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