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**Youth exchange
for young people
aged 18–30 from:**

Slovakia
Czechia
Spain
Greece
Romania

Our case - less waste

Erasmus+ Youth Exchange

Location: Jurtcamp Vrábsko, Czech Republic

Dates: 23 June – 3 July 2026
(including travel days)



About the project

Do you know what
the 5Rs of zero waste are?

Are you a fan
of your reusable bottle?

Or maybe you have
never heard about
reuse, upcycling
or zero waste living?

Our Case – Less Waste is a 9-day Youth Exchange where we will:

- exchange ideas about sustainability
- learn practical zero-waste habits
- explore how to reduce waste in everyday life
- support each other in building more sustainable lifestyles

Together we will discover how to become more conscious and responsible in our daily choices.

Do you recycle?

Who is the project for?

This youth exchange is for you if you are:

18–30 years old or **18+ youth worker** as a group leader (no age limit)

And if you are:

- interested in zero waste and sustainability
- curious about living in an eco-community for 9 days
- open to sharing ideas and practices about recycling, reuse and composting
- willing to learn about the 5Rs of zero waste.

We especially encourage people who usually face barriers to participation in international projects.

Participants

We have space for **36 participants** who are committed to actively participating in the programme.

To help create a safe and focused environment, we kindly ask everyone to follow the rule of:

No alcohol and no drugs during the entire youth exchange.





Timeline of the Project

1. Inspiration phase

Dates: **June 2026**

Online preparation task.

Participants will work in national teams and research:

- local zero-waste initiatives
- sustainable approaches
- recipes or practices used in their country

You will prepare a short offline presentation or a creative activity to present during the first days of the exchange.

2. Youth Exchange

Arrival Day — 23 June 2026

Participants must arrive at the village Čimelice by 16:00.

From there:

- we will pick up your suitcases
- you will walk to the camp (approx. 30 minutes)
- in case of need, we can pick up participants by car

If you travel by public transport in the Czech Republic, you can check connections here:

www.idos.cz/en

3. Main Programme

24 June – 2 July 2026

4. Departure Day

3 July 2026

5. Follow-Up Activities

Dates: **July–August**

After the project, participants will organise local follow-up activities, for example:

- storytelling evenings
- workshops
- awareness activities
- small local initiatives related to climate action

6. Evaluation

Dates: **August 2026**

Participants will complete an online evaluation form and share:

- feedback about the project
- testimonials
- information about their follow-up activities





Provisional Programme

Day 1 / **Introduction**

Day 2 / **Refuse**

Day 3 / **Reduce**

Day 4 / **Zero Waste Hike**

Day 5 / **Reuse**

Day 6 / **Recycle**

Day 7 / **Video Making**

Day 8 / **Giving Back to the Community**

Day 9 / **Closing**

Daily Schedule

08:00 – 09:00 / Breakfast

09:30 – 10:00 / Wellness activities (optional)

10:00 – 13:00 / Morning activities

13:00 – 15:00 / Lunch, siesta, free time

15:00 – 18:00 / Afternoon activities

18:00 – 19:00 / Reflection time and care groups

19:00 – 20:00 / Dinner

20:30 – 22:00 / Evening activities (optional)

The Zero Waste Days



The Team

Athanasia Karamerou

Zero Waste Trainer & Sustainability Expert

Athanasia has extensive experience in sustainability, project management and corporate social responsibility.

She holds:

BSc in Business Administration — University of Piraeus
MSc in Sustainability — University of Leeds

She has:

- 11 years of experience in CSR and environmental projects
- supported 26+ projects with over 5000 beneficiaries
- delivered 475 hours of training to more than 323 participants

She coordinates Zero Waste Athens and is part of the Climate-KIC Network of Climate Coaches.

Michal Filípek

Facilitator & Sustainability Enthusiast

Michal is a **plant-based chef** and **sustainability educator** with more than 9 years of experience in Erasmus+ and volunteering projects.

His work focuses on making sustainability practical and accessible for everyone.

Through plant-based cooking and mentoring young people in kitchens and community spaces, he shares the idea that food choices can have a real impact on our planet.

He initiated this project to **motivate young people to engage in volunteering and sustainable living.**



Travel

The project is co-financed by the Erasmus+ Programme.

The programme covers:

- accommodation
- meals
- programme costs
- travel costs
(up to the maximum allowed amount per country)

Please contact your sending organisation for details about travel booking.

Important

Travel costs will be reimbursed only based on tickets, invoices and booking confirmations. Please keep all travel documents.

Participants by Country

Slovakia — 6 + 1 leader
Czechia — 6 + 1 leader
Greece — 5 + 1 leader
Romania — 6 + 1 leader

Travel Budget

Slovakia (green travel) — 285 €
Czechia (green travel) — 56 €
Greece — 309 €
Romania — 309 €
Spain — 395 €

Hosting Organization



The work of Centrum Rodiny focuses on:

building and supporting local community life
organising clubs, seminars and workshops
creating space for volunteers
and community initiatives
hosting long-term ESC volunteers
in the Erasmus+ programme

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Contact:
mifilipek@gmail.com

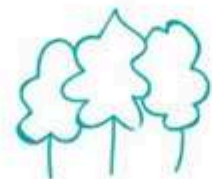
Partner Organizations



INspire
<https://www.czechinspire.eu/>



Ticket2Europe
<https://ticket2europe.eu/>



RooTerra
CULTIVATE SUSTAINABILITY

RooTerra
<https://www.facebook.com/RooTerra>



ASOCIAȚIA TAO
Asociația Tao
<https://www.asociatiatao.ro/>

Venue

The venue is non-smoking.
If you smoke, please do so
outside the venue area.

The project will take place at a yurt camp
about 1 hour from Prague.

The camp is part of a small eco-community and includes:

- comfortable yurts
surrounded by nature
with mattresses and storage space
- fireplaces and lighting
- shared outdoor showers
- dry (compost) toilets
- indoor facilities - 2 showers, 1 toilet
- shared kitchen / dining area
- nearby lake where we can swim

Website:

<https://www.jurtcamp.cz/>

There are no shops
nearby, so please bring
everything you may
need with you.

There is no Wi-Fi
available at the venue.



Accommodation

Sleeping Arrangements

There are:

- 2 larger yurts with beds
- 4 smaller yurts where you will receive sleeping mats

Participants will choose their sleeping place after arrival.

We are quite gender-blind regarding sleeping arrangements, so we do not assign beds in advance.

We also **encourage participants not to sleep in the national teams.** This is an international project — take the opportunity to mix, meet new people and build friendships.

If you have **specific sleeping needs** (religious reasons, personal fears, etc.), please mention them in the confirmation form and we will do our best to accommodate them.

Participants are also welcome to **bring their own tent** if they prefer more privacy.

In other words:

You arrive = you claim your bed = that's where you sleep.

If you are not satisfied with your place, you can negotiate with the rest of the group and change places.



Food

All meals will be **plant-based and environmentally conscious**, prepared by our chef.

Participants will receive:

3 meals per day
2 coffee breaks

Before the project, participants will be asked about allergies and dietary restrictions



What to Bring?

Recommended

comfortable shoes
and clothes
for outdoor activities
swimming suit
pillow
raincoat
ear plugs
sun cream
insect repellent

Essential

sleeping bag
eco-friendly hygiene products
water bottle
bedsheet
towels



Rules of the Venue

**To keep the place pleasant for everyone,
please respect these simple rules:**

Please follow the
no alcohol and
no drugs policy
during the entire youth
exchange.

Respect nature
and the
eco-community
around the camp.

Keep the
space clean
and tidy.

Respect
quiet hours
and other
participants.

Smoking is allowed
only outside
the venue area.



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