



**YOUTH WORK  
DIFFERENTLY**



**NEW  
EXPERIENCE**



**SAFETY AND  
ADVENTURE**



**TRAINING FOR YOUTH WORKERS**

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# IN & OUT 3

## 5 ELEMENTS OF YOUTH WORK

1. **INSPIRATION THROUGH TRYING OUT** NEW ACTIVITIES
2. **INTENSIVE FIRST AID TRAINING** FOR **YOUTH WORKERS**
3. **OUTLINE** OF GROUP DYNAMICS AND COOPERATION
4. **OUTDOOR SURVIVAL ACTIVITIES** **IN** THE FORREST
5. **OUTSTANDING** TEAM GAMES **INSIDE**



**JUNE 15 - 21, 2025  
SLOVAKIA, ČADCA**

**PARTICIPATION FEE**

**30 €**



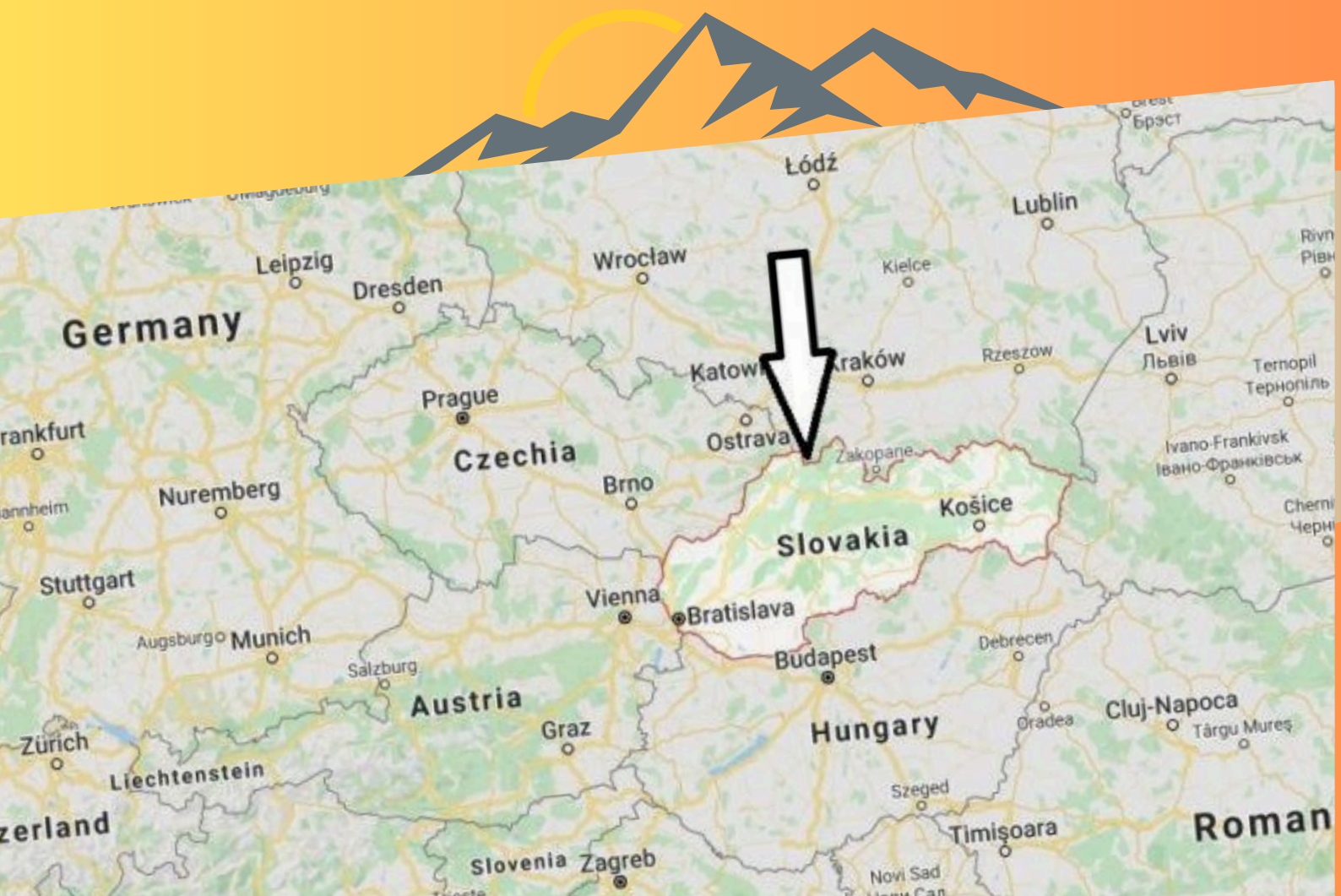
# LOCATION

Our organization is situated in the heart of Čadca, a town with a population of approximately 24,000 welcoming residents. Prepare for an exceptional training experience in the picturesque mountains, located just 25 kilometers away.

Nestled in northern Slovakia, Čadca is conveniently positioned near the borders of the Czech Republic and Poland, serving as the proud capital of the Kysuce region, renowned for its stunning landscapes. The area offers a plethora of outdoor activities, including skiing, hiking, sailing, and mountain biking.

The climate here is a delightful blend, featuring mild conditions with cold winters, sunny summers that invite outdoor exploration.

Thanks to an efficient train connection, you can conveniently travel to larger towns or even cross the border into Poland and the Czech Republic. Our training activities will commence in Dolný Vadičov, a mere 20 kilometers from Čadca, with comfortable bus transportation arranged to facilitate your journey. Let the adventure begin!



# ACCOMODATION



## Contact

- **Address: 023 45 Dolný Vadičov**

## What to bring

- Comfortable, sporty, and waterproof clothing and footwear for potential outdoor activities, swimwear, and flip-flops
- Information about yourself and your organization
- Traditional food and beverages from your country
- Passport and any other necessary travel documents (insurance)

# MORE INFORMATION

- Travel budget:

Distance Band	Standard Travel	Green Travel
100–499 km	€180	€210
500–1,999 km	€275	€320
2,000–2,999 km	€360	€410



- Green travel is recommended
- Travel expenses reimbursed post-training; travel documents and boarding passes required.
- June weather can be warm or hot, with unpredictable changes throughout the day.
- Recommended packing: warm clothes (lightweight), swimsuit, sunscreen, sunglasses, sturdy shoes, waterproof jacket, and a backpack for expeditions.
- Check the weather forecast online for updates.



# PROGRAM

**INTensive first aid training for  
yOUTH workers**



**OUTdoor survival activities  
IN the forrest**



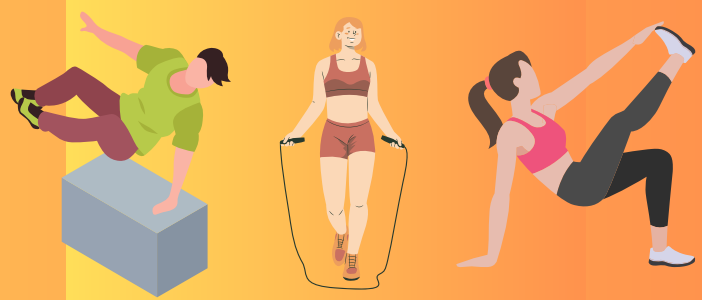
**It will root for**

**practicality**

**sharing**

**experience**

**INspiration through trying  
OUT new activities**



**OUTline of group dynamics and  
cooperation**



**OUTstanding team games  
INdoors**



# TIMETABLE

	<b>Morning activities 9:00 - 12:30</b>	<b>Afternoon activities 14:30 - 18:00</b>	<b>Reflection group 18:00 - 18:30</b>	<b>Evening activities 20:00 - 22:00</b>
<b>15 June Sunday</b>	travel	arrival of participants to Čadca, KERIC	dinner in Čadca	transport to accomodation welcome activities
<b>16 June Monday</b>	opening of training, ice-breakers, rules, building of teams strategy games	theory of IN & OUT activities	group meeting	international evening
<b>17 June Tuesday</b>	outdoor survival activities	first aid training	group meeting	night games
<b>18 June Wednesday</b>	Outdoor trip to mountains	Outdoor trip to mountains	group meeting	outdoor cooking
<b>19 June Thursday</b>	team work	sharing good practices	group meeting	board games
<b>20 June Friday</b>	cooperation with local group of kids	closing the training	group meeting	farewell outdoor party
<b>21 June Saturday</b>	transport to Žilina or Čadca departure of participants			