

May 18 - 25, 2026, Czech Republic



Be Yourself: genesis

On the way to self-discovery



About the project

Infopack: g

Be Yourself – On the Way to Self-Discovery

Be Yourself is an international training course focused on wellbeing, values, and personal growth. In a world of constant noise, screens, and pressure, this project offers you the chance to slow down, reconnect with yourself, and reflect on who you are—far away from the digital and concrete chaos of daily life.

The program will take place in natural surroundings, creating the space and calm for personal exploration and honest conversations with like-minded people from across Europe. You'll dive into your values, boundaries, inner strength, and how to take care of yourself—so that you can support others more sustainably in your educational or youth work practice.

This project is for those who want to grow not only as facilitators, educators, or youth workers — but as human beings.

Objectives

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Reflect on authentic self-leadership and personal integrity

Learn tools for emotional resilience, mental health, and inner balance



Strengthen your relationships and emotional awareness

Explore inner and outer world reconnect with yourself

We are looking for people who:

: **Work with young people** : as youth workers, teachers, facilitators, educators, or volunteers.

: **Are active in non-formal education** or planning to lead youth activities in the future.

: **Are ready to step out of their routine**: explore their inner world, and participate in a reflective and personal learning process.

: **Want to build emotional awareness**, strengthen self-care, and cultivate authenticity in their work.

Whether you're looking to avoid burnout, grow your leadership from within, or simply reconnect with what truly matters—you are welcome.

Participant profile

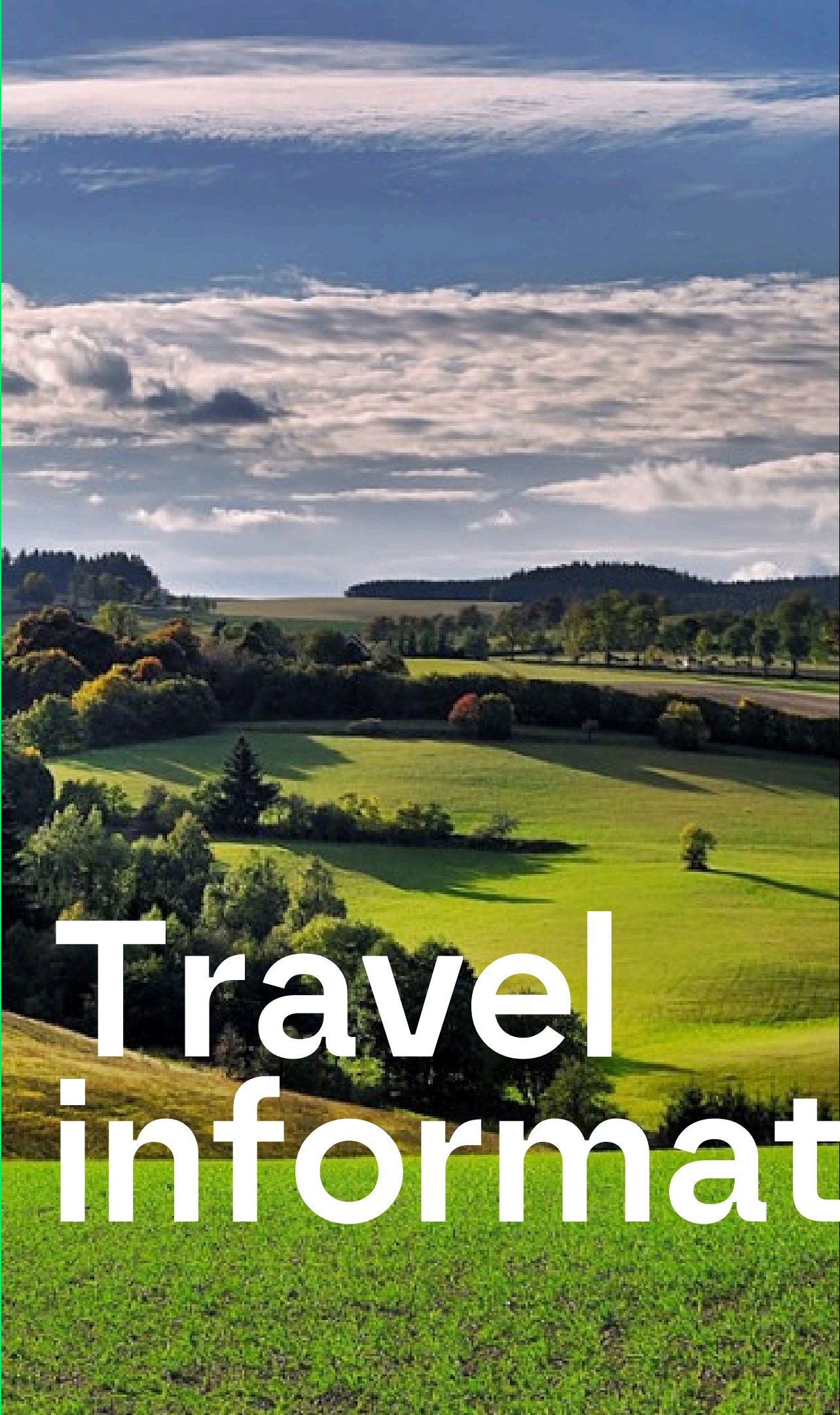


Don't worry about the basics!
We've got you covered with
program, accommodation,
transportation, and meals
thanks to the Erasmus+ program.
Travel costs will be reimbursed
for the most affordable and
direct way to get to the project.
Check out the travel budget
chart for specific amounts.

JUST ONE THING TO KEEP IN
MIND: MAKE SURE YOU HAVE
TRAVEL HEALTH INSURANCE.

You can take 2 extra days
before, or after the project.

Keep all your receipts,
invoices and travel
documents so we can
reimburse you.



Travel information

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Distance	Travel budget	Green travel
10 - 99 km	28 €	28 €
100 - 499 km	180 €	255 €
500 - 1999 km	280 €	390 €
2000 - 2999 km	365 €	505 €
3000 - 3999 km	550 €	755 €
4000 - 7999 km	1150 €	1160 €
8000 km and more	1705 €	1705 €

[Check your distance on this website.](#)

Start: your city
End: [Předklášteří](#)

We will be [leaving the venue between 8am and 10am on the last day.](#)

Want to travel green and save some money?

The Erasmus+ program offers **Green Travel Support** for those who use eco-friendly transportation like:

- : carpooling,
- : BlaBlaCar,
- : buses,
- : or trains.

If you take these **sustainable** options for **at least half of your trip**, you'll have up to 4 extra travel days and a **Green travel budget**, please see the green travel budget.



Green Travel

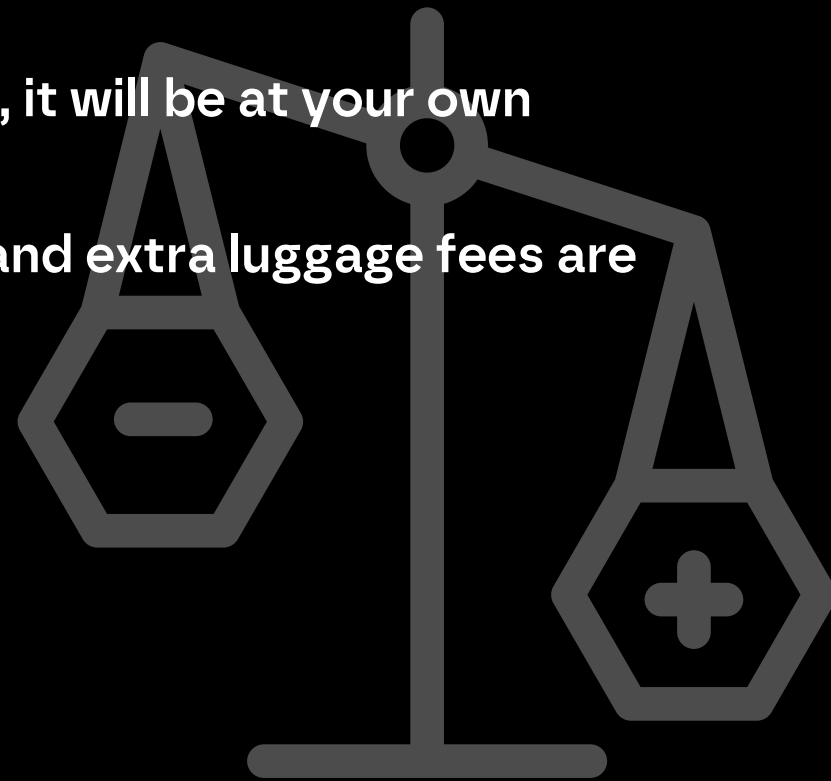
Travel Light: Tips & Important Rules

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When planning your trip, please keep in mind the following **travel guidelines** set by the Czech National Agency, which **must be followed** by the organizing team.

Stick to the Essentials

- : The National Agency supports the most economical and sustainable way of travel, which is why extra services are not reimbursable.
- : If you need a larger check-in luggage, it will be at your own expense.
- : Priority boarding, seat reservations, and extra luggage fees are not covered by the travel budget.



Travel Days & Accommodation

- : Erasmus+ allows up to 2 extra travel days (before, or after the project). If you choose to stay longer or arrive earlier, any additional travel costs will be at your own expense.
- : Accommodation during extra travel days outside the project dates is not reimbursable, just like travel insurance costs.

Plan wisely, pack light, and travel smart!

Meeting point & time

When planning your travel make sure you will arrive to the accommodation **Na Nebi** on the **May 18, 2026 between 3pm-6pm**.
Closest train station is **Tišnov**.
From there

VenueAddress: Na Nebi, Porta Coeli 1001, 666 02
Předklášteří

Websites for train connections:

- České dráhy
- Regiojet



Financial Contribution

Participation fee is **50 EUR / 1 200 CZK for each stage**. It will be paid on the stage in cash (EUR/CZK).





NaNebi is a cozy eco-friendly guesthouse surrounded by nature, offering a peaceful space for learning and reflection. Participants will stay in shared rooms, enjoy local vegetarian meals designed to be balanced and nutritious, together experience a sustainable lifestyle in practice. The venue provides beautiful outdoor spaces perfect for workshops, relaxation, and connecting with nature.

All meals and transportation (international and local) are covered by the project.

Venue address: NaNebi, Porta Coeli 1001, 666 02 Předklášteří

Accommodation:

Czech Republic

Weather & What to bring

Prepare for May in the Czech Republic, the temperatures are pleasant. The daytime often sees temperatures reaching 21°C, but nighttime brings a cool-down to 10°C. May is the rainiest and the sunniest month of the year.

Make sure to bring:

- Warm, comfortable clothing, raincoat
- Indoor slippers
- A towel and toiletries
- Any medications you may need

- Reusable water bottle
- Passport and boarding passes/tickets
- Your travel health insurance

Everyone is welcomed to bring food and drinks typical for their countries to share with others!



Application

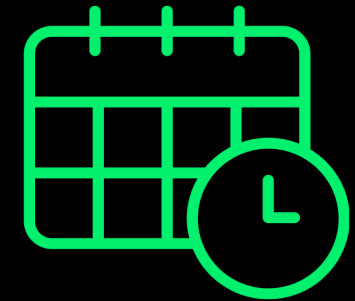
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In order to apply, we ask you to send us a 2 min video where you will answer 2 questions and fill an online form.

- 1 In a world full of noise and expectations, what does being truly yourself mean to you?
- 2 What is something you've recently discovered about yourself that surprised you—and how has it influenced the way you work with others?

•• Make sure to keep your video NO longer than 2 minutes!••

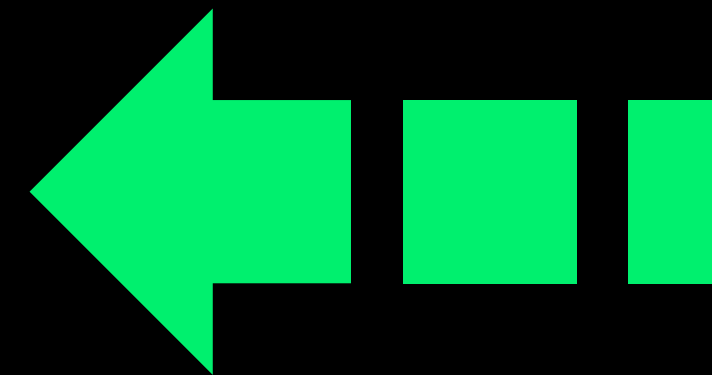
**IMPORTANT
DEADLINES:**



For filling the application form: **2.2.2026**

For purchasing tickets: **31.3.2026**

**Apply
HERE**



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Genesis is a Czech non-governmental organization with a long tradition and simple philosophy.

Genesis provides individual and group trainings. At Genesis, we support all efforts to learn because the more we experience, the better off we all become.

Our goal is to help individuals and companies to receive training that is not only great but also socially responsible. We believe that innovation in education helps employees, employers, and society as a whole to sustainably grow and develop.

TO KNOW IS TO GROW.



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www.ngogenesis.com

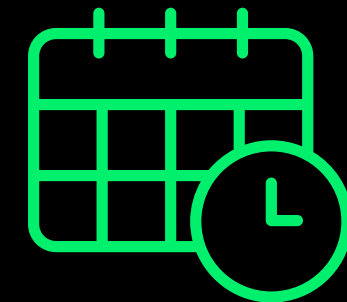
Name of the project:

genesis

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International Training Course
May 18 - 25, 2026, Czech Republic

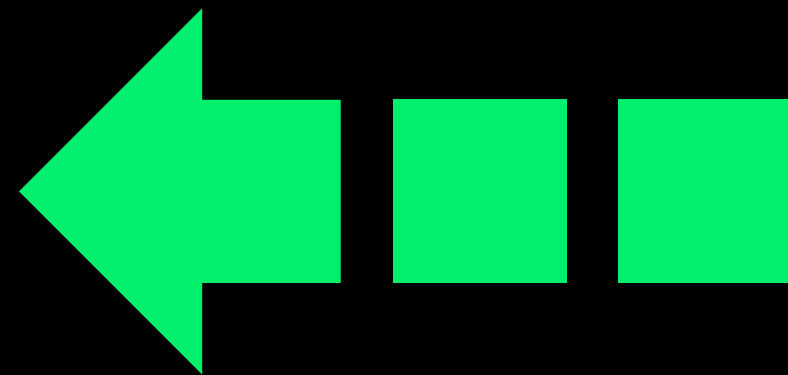
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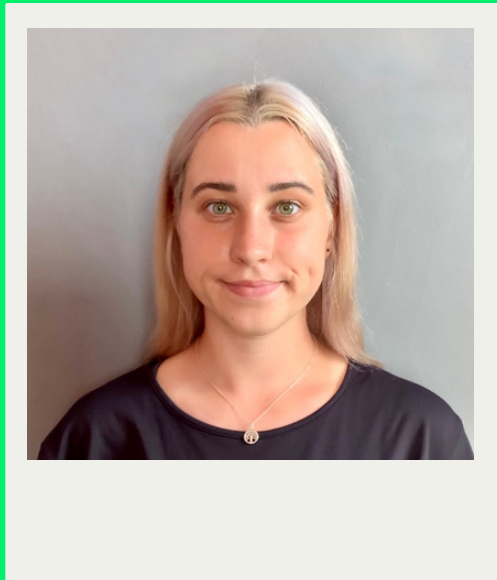
For purchasing tickets: 31.3.2026

Apply.
HERE



<https://forms.gle/2XR2AgDaVVYmLSyH7>

Contact: g



Lydia Petera

Project Coordinator

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www.ngogenesis.com



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