

International Youth Exchange

# No Stress, Say Yes



**30.06.2025 - 09.07.2025**  
**Võtikmetsa, Kose (Estonia)**



Co-funded by  
the European Union



erasmus+ and  
european solidarity  
corps agency



**Shokkin Group**  
International





# Hello!

We are thrilled to invite you to the “**No Stress, Say Yes**” youth exchange: a project about **self-reflection**, **stress management** and **awareness of our feelings** and **emotions**. Together we will learn to notice interesting things around us, and nature is the perfect space for this!

## Overview

**Dates:** 30.06.2024 - 09.07.2024 (30th and 9th are travel days)

**Place:** Võtikmetsa, Kose, Estonia

**Partners:** Estonia, Germany, Greece, Italy

**Number of participants:** 25 (20 youth + 5 leaders)

## Participant profile

This activity is designed for young people between **15-18 years old**, who are interested in:

- **Self-reflection** and **emotional awareness** – understanding your feelings, thoughts, and reactions through mindfulness and observation.
- **Stress management** and **well-being** – learning practical ways to reduce stress, stay present, and cultivate inner balance.
- **Finding inspiration** in the **world around you** – discovering joy and meaning in everyday moments, especially through nature and creative expression.

Participants should be comfortable communicating in **English**, as the whole project will be led in English.

**Apply here before 04.04.2024**





# TRAVEL AND REIMBURSEMENT

When arranging tickets, bear in mind that there is a fixed maximum amount reimbursable for your **individual trip costs to Võtikmetsa**. **Travel costs exceeding the maximum reimbursable amount will not be covered.**

Travel budgets according to distance bands can be found below:

**Germany and Italy | 299 EUR ( 500-1999 km)**

**Greece | 385 EUR (2000 - 2999km)**

**Please, do NOT purchase any tickets without the confirmation of the coordinators**

## Reimbursement procedure

Reimbursements will be made **by bank transfer** to the organization or appointed responsible participant after all necessary **travel documentation and proof of dissemination activities** (online articles and local event) are sent to the hosts (we will make the transfer approximately within 14 days from the moment we have everything needed from a country group).

## Mandatory insurance

It is mandatory to have a **valid medical insurance** (i.e. European Health Insurance Card) during your travel and a **separate travel insurance** (must cover damage or loss of luggage, accidents and serious illness, death). It is the responsibility of each participant to provide proof of medical and travel insurance.

## Arrivals, departures and extra days

We expect you to arrive in Tallinn before **17:00 on June 30th**. Recommended ways to get to Tallinn are flying directly to Tallinn airport (most common and convenient) or flying to Riga airport and then taking a bus to Tallinn.

On **July 9th** we will have breakfast at the venue and arrive in Tallinn around **noon**, so please, bear this in mind when booking your return ticket. We expect everyone to book tickets according to the given times. At your own expense you can stay in the region up to **2 days before OR after** the activity.



## VENUE

The training will be organized in **Võtikmetsa**, a traditional family run business amid the Estonian beautiful nature. Accommodation will be provided in rooms of 3-6 people of the same gender and mixed countries with shared bathrooms.

There is **no shop** in walking distance from the venue, so you are advised to bring all the necessities with you. If you will need extra snacks/personal items at the beginning of the week, then make sure to buy them before our meeting in Tallinn.



## Practicalities

The event will take place in a common working room and in outdoor spaces. Please, **bring indoor shoes/socks/flip flops for inside the house!**

We will host a sauna evening (of course!), so bring your **swimsuit** if you want to enjoy an old sauna tradition in Estonia. The towels will be provided by the venue. Please, bring any **medication** you might need during the week and a **personal water bottle**.

We also recommend bringing **mosquito repellent, sunscreen, and comfortable clothes/shoes**, since many of the activities will be outdoors.

**Pictures and videos** taken during the activities might be used to document the youth exchange and promote the project in reports, partner websites, social media accounts and in further promotional materials.



# Cultural evening

While part of the dinners will be provided, we would like to share the tradition of having self-cooked cultural dinners prepared by one national team each evening. For that, we will ask all teams to send us a list of ingredients for cooking one national dish + dessert. If needed, participants can bring specific ingredients which might be difficult to find in Estonia.

Also, we ask every country to prepare together the activities for 1-1,5 hours, it can be your cultural games, dances, interesting words, quiz about sightseeings or fact about your country/culture. So feel free to create something cool together to share with people from other countries and if you need some special equipment for this, please bring it with you or let us know in advance so we will have enough time to find it!

# Tasks to prepare at home

You country group leader will give you tasks that will need to be prepared for the youth exchange. Tasks can be done either in teams or individually; you can contact the leader at any time for help in preparing them.

We invite all national teams to take the opportunity to facilitate sessions for the rest of the group by taking them seriously and preparing well in advance. More information will come soon ;)





## The team behind the scenes



### **Georgi Lugovskoi**

Gosha loves board games and everything related to outdoor activities. He is responsible for overall coordination and managing communication with partners from other countries.

**Contact me:** [georgi@shokkin.org](mailto:georgi@shokkin.org)



### **Lusine Kechek**

Lucy is passionate about dancing and everything related to movement. She is also a very positive and kind person. She is the main program coordinator.



### **Kristian Heidmets**

Christian is responsible for social media, photography, and video content. He is ready to help everyone on-site during the project, answer your questions, and solve any problems that may arise.



### **Lorena Sedasheva**

Lorena is passionate about photography and coffee. In the project, she also takes care of social media and handles communication with facilities, such as the venue and transport services.



### **Marta Kont**

Marta is an active and young enthusiast who loves non-formal education. In the project, she serves as the leader of the Estonian team.





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