

14 - 29 April 2025

# LET'S BAKE CAMP

VALAŠSKÉ KLOBOUKY  
CZECHIA

European Solidarity Corps  
Short term  
Team Volunteering



Hnutí  
**Brontosaurus**



Funded by  
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# LET'S BAKE CAMP

**Let's Bake** is all about the **recipes of life**, and the **recipes for life**. Everything can be deconstructed into processes, patterns, and step-by-step approaches to reach our goals. Whether it's mental health, friendships, love, or art, everything in this world follows its own recipe.

## ABOUT THE OPPORTUNITY

During **Let's Bake Camp** we'll take the time to break down essential ideas that we often overlook or forget. We'll explore concepts like **Ikigai**, the **Japanese philosophy** that helps people find meaning and direction in life.

More than anything, we want to create a **space for open discussion**, where everyone can exchange ideas, grow, and discover new perspectives. A place that feels both comforting and inspiring, a **moment to rest, reflect, and build something meaningful** together.

The event is planned for **20 participants** (10 from the Czech Republic and 10 from the rest of the world 🌍), who will be selected primarily based on their motivation. Together we will experience **14 unforgettable days** full of **meaningful work for nature** in the region of Wallachia. During Let's Bake Camp we will focus mainly on the area of **psychohygiene** and our **well-being** but surely we will also play and make lifetime memories .

We have prepared **stress relief activities** (silence therapy, art therapy, movement activities and exercises), **trips** and **excursions** in the region. You can also look forward to **meaningful conversations and networking** 😊.

## WHAT YOU SHOULD KNOW ABOUT ESC LET'S SLOW DOWN CAMP

- The event will be in **English** (but no worries, we'll all be in this together to help with the translation and support each other)
- The camp is for participants between **18 and 30** years old
- At the end of this experience you will receive a valuable **Youth Pass Certificate**
- All participants will be involved in the **preparation of food** and **maintaining housekeeping**
- The menu will be **vegan** (But if you like to have a sip of milk, the shop is 3 minutes away from the eco-centre)
- We will reimburse your travel up to your budget based on the distance band - **Green Travel Mandatory** (Travel Allowance **HERE** and distance calculator **HERE**)
- Each participant will be supported with **6eur/day** in the form of pocket money (to be paid on the last day of the activity)



## ACCOMMODATION

During the whole Let's Bake Camp we will be staying in the Kosénka Eco-centre in a small village in Valašské Klobouky. The accommodation is fully equipped: shared sleeping area with mattresses (**sleeping bag a necessity**), meeting room, separate cosy wooden cabin with amazing stove, two separate toilets, one shower and small kitchen. We will all sleep in one shared room (**the sleeping area is gender mixed**). For the **adventure minded** participants, there is a barn in the complex or a garden where you can set up your tent 😊

Despite its size and location, the town of Valašské Klobouky is fully equipped (groceries, restaurants, bus and train stations, some shops) and everything is accessible on foot within 30 minutes from Kosénka.



## VOLUNTEER WORK

**Working in the local protected area, approximately 10 days,  
5-6 hours/day**

What can be better than **taking care** of something so precious like "baby trees"? Work will cover various maintenance and conservation work in the nearby forest nursery and meadows. We sure will take care of the Kosénka **eco-centre** building and premises as well so the eco-centre can continue with their good work in the future.

Kosénka is the nature conservation organisation based in Valasske Klobouky. It has been taking care of the local forests and meadows for 50 years. Thanks to involving locals, professionals, activists, enthusiasts and volunteers like you, they have been able to carefully manage and preserve healthy and biodiverse ecosystems and have managed to maintain a sustainable balance between people and nature, culture and wilderness.



## TIMEFRAME FOR THE ACTIVITIES

Activity duration: **April 15 - April 28, 2025** (14 days)

Arrival day: **April 14, 2025**

Departure day: **April 29, 2025**

### **Green Travel Mandatory!**

**NOTE:** The number of travel days depends on the distance from where you will be travelling. All information will be specified after your selection individually.

**Please don't buy tickets before our confirmation.**

## WHO WE ARE LOOKING FOR?

- Young people aged 18 to 30
- Country of residence in one of the EU (ESC) program countries is a condition (no visa supported)
- Participants who are ready to join volunteering activities and willing to stay for the entire duration of the activity
- Participants who want to contribute to the program with their activity
- Participants who are not afraid of challenges, are open minded and seeking to meet new people, forge friendships, learn new skills, and create memories





APPLY  
HERE



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