



## FORMIDABLE - FOSTERING SELF-ESTEEM AND SELF-EXPRESSION, DISCOVERING COMMON EUROPEAN ROOTS BY PERFORMING ARTS LED BY YOUNGSTERS

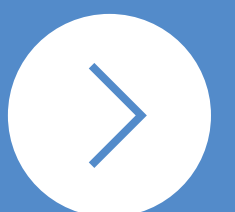
Project Code: 2024-1-SK02-KA152-YOU-000216164

Youth Exchange

From 12/07/2025 to 20/07/2025 in Ružomberok, Slovakia

### PROJECT RESUME

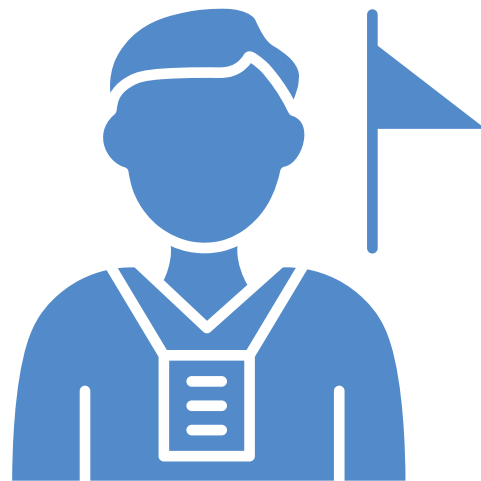
FORMIDABLE project empowers young people aged 18-25 through art, performance, and cultural exchange. The project addresses challenges amplified by the pandemic, fostering creativity, self-esteem, and self-expression while building a shared European identity.





6

COUNTRIES



32

PARTICIPANTS

# MAIN INFORMATION ABOUT THE PROJECT

**Title:** FORMIDABLE - FOsteRing self-esteeM and self-expresslon, Discovering common EuropeAn roots By performing arts Led by youngstErs

**Project Code:** Project Code: 2024-1-SK02-KA152-YOU-000216164

**Venue:** Ružomberok, Slovakia

**Dates:**

- **Advanced Planned Visit (APV):** 11/05/2025 - 14/05/2025 (travel days included - only for leaders)
- **Youth Exchange (YE):** 12/07/2025 - 20/07/2025 (travel days included)

**Participants:** 4 participants (18-25 yo) + 1 Leader (18+)

**Participating Countries:** Slovakia, Poland, Bulgaria, Armenia, Italy, Austria

**Working Language:** English

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# PROJECT DESCRIPTION

## Summary

FORMIDABLE is a project aimed at fostering self-esteem and self-expression in young people through art performances. The project seeks to reduce the gap between the perception of the local context and tradition with a wider international context, in order to find links and roots that will help to build a strong European perception.

Art is the soul of FORMIDABLE - a medium that transcends language and geography, weaving threads of creativity, critical thinking, problem-solving, and collaboration. In the colorful tapestry of artistic engagement, participants find solace, expression, and an invigorating boost to their mental and emotional well-being.



## Key Objectives:

- 01 **Boost Global Connections**
- 02 **Encourage Personal Growth**
- 03 **Enhance Self-Expression Through Arts**

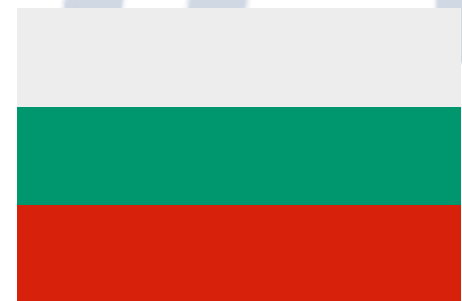
# THE PARTNERSHIP



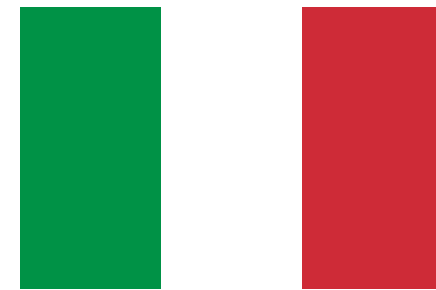
SK - IKReON (Coordinator)



PL - Fundacja I2



BG - Bright Horizons



IT - Pro.M.E.T.EU.S.



AT - Be Up



AM - F.Y.C.A.

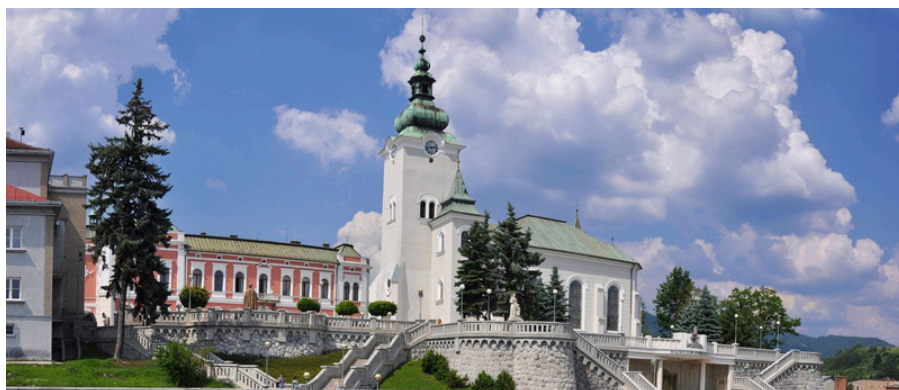


# THE VENUE - RUŽOMBEROK

Ružomberok is a picturesque town in northern Slovakia, nestled between the Veľká Fatra Mountains and the Chočské Hills. Located at the confluence of rivers combining stunning natural landscapes with rich cultural heritage.

Known as the gateway to Veľká Fatra National Park, Ružomberok is a haven for outdoor enthusiasts. The nearby UNESCO-listed village of Vlkolíneč showcases traditional Slovak wooden architecture.

With its natural beauty, vibrant traditions, and welcoming community, Ružomberok is the perfect destination for adventure and cultural exploration in Slovakia.



## Key Facts:

01

**Region:** Žilina

02

**Population:**

Approximately 27.000

03

**Elevation:** 494 meters  
(1,621 feet) above sea level

04

**Temperature in July:**

between 20° and 30°

# PARTICIPANTS PROFILE

## Youth Participants - 4 each partner

- 01 **Age:** 18-25 years old
- 02 **Language skills:** Good communication in English language
- 03 **Motivation:** Enthusiastic participants about and the topic of the YE and new cultures
- 04 **Inclusion:** Fewer opportunities participants are welcome!
- 05 **Gender balance**

## Youth Leader - 1 each partner

- 01 **Age:** 18+
- 02 **Language skills:** Very good English communication skills
- 03 **Attitude:** Very responsible, motivated with good management skills

# ACTIVITIES OVERVIEW



## Day 1: Unfolding Connections

Games, music sharing, and discussions to build relationships.



## Day 2: Rhythmic Narratives

Collaborative music and dance activities to explore cultural diversity.



## Day 3: Nature's Symphony

Artistic expression through environmental awareness activities.



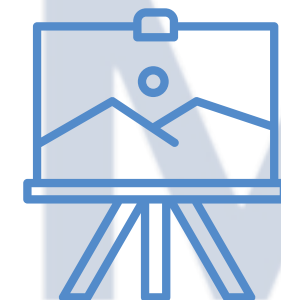
## Day 4: Multicultural Creative Insights

Address societal themes through collaborative art.



## Day 5: Exploring Your Inner Self

Role-play and self-discovery workshops.



## Day 6: Emotional Canvas

Artistic expression of emotions and Youthpass evaluation.



## Day 7: Celebratory Showcase

Community event showcasing participants' works.



# ACCOMMODATION

## Penzión Sidorovo

Penzión Sidorovo is a cozy accommodation located in Ružomberok, Slovakia, nestled near the stunning Veľká Fatra National Park. The facility offers comfortable rooms with modern amenities, a welcoming atmosphere, and proximity to natural attractions, making it an ideal spot for both relaxation and outdoor adventures. Guests can enjoy a peaceful stay complemented by traditional Slovak hospitality.

Participants will be accommodated in rooms that go from 2 till 4 beds in twins solution for each room. Each room is equipped with private bathroom.

**For more information visit the website:**

**<https://www.penzionsidorovo.sk/>**



# MEALS

The meals will be covered by the project, providing to participants breakfast, lunch and dinner daily.

Special dietary requirements (e.g., vegetarian, vegan, allergies) can be accommodated, please inform the organizers in advance.

Coffee breaks and light snacks will be available throughout the day at the venue of the activities.

# WHAT TO BRING

- Personal hygiene items and toiletries.
- Comfortable clothes for both indoor and outdoor activities (also Swimsuit).
- Any necessary medications.
- Hair-dryer (at least one per team).
- Slippers/Flip-flops.
- Private Insurance card/paper which is valid abroad and/or European Health Insurance Card (HEIC) - Please verify your country regulation **BEFORE** the project.
- Personal ID / Passport.
- Pocket money for personal expenses.
- Each group is encouraged to bring traditional items (e.g., food, music, costumes) to share their culture.
- **Good mood, Enthusiasm and Collaborative Spirit!**

# TRAVEL REIMBURSEMENT

Country	Maximum reimbursement
Poland (Green travel)	€ 285
Austria (Green travel)	€ 285
Bulgaria	€ 309
Italy	€ 309
Armenia	€ 395

# HOW TO REACH RUŽOMBEROK BY FLIGHT

Ružomberok, is a small town located in the middle of Slovakia and is not provided with an airport nearby per se. Although, is very well connected to the mayor cities and capital of central Europe.

Here are the main airports putted in order of ease of transportation and geographically closer:

- Krakow airport
- Bratislava airport
- Budapest airport
- Wien airport

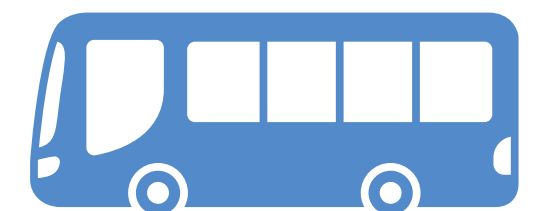
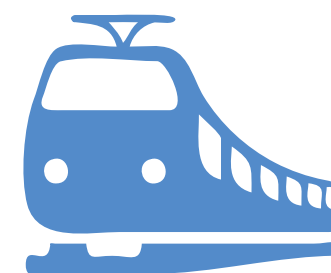
You can have a check on THIS map in which both Ružomberok. and the airport are highlighted

You can use the free app CP.sk to have detailed transportation information about the travel trip from-to Ružomberok available on internet at the following link:

<https://cp.sk/vlakbusmhd/spojenie/>

For trains you can book on the train company ZSSK at the following link:

<https://www.zssk.sk/>

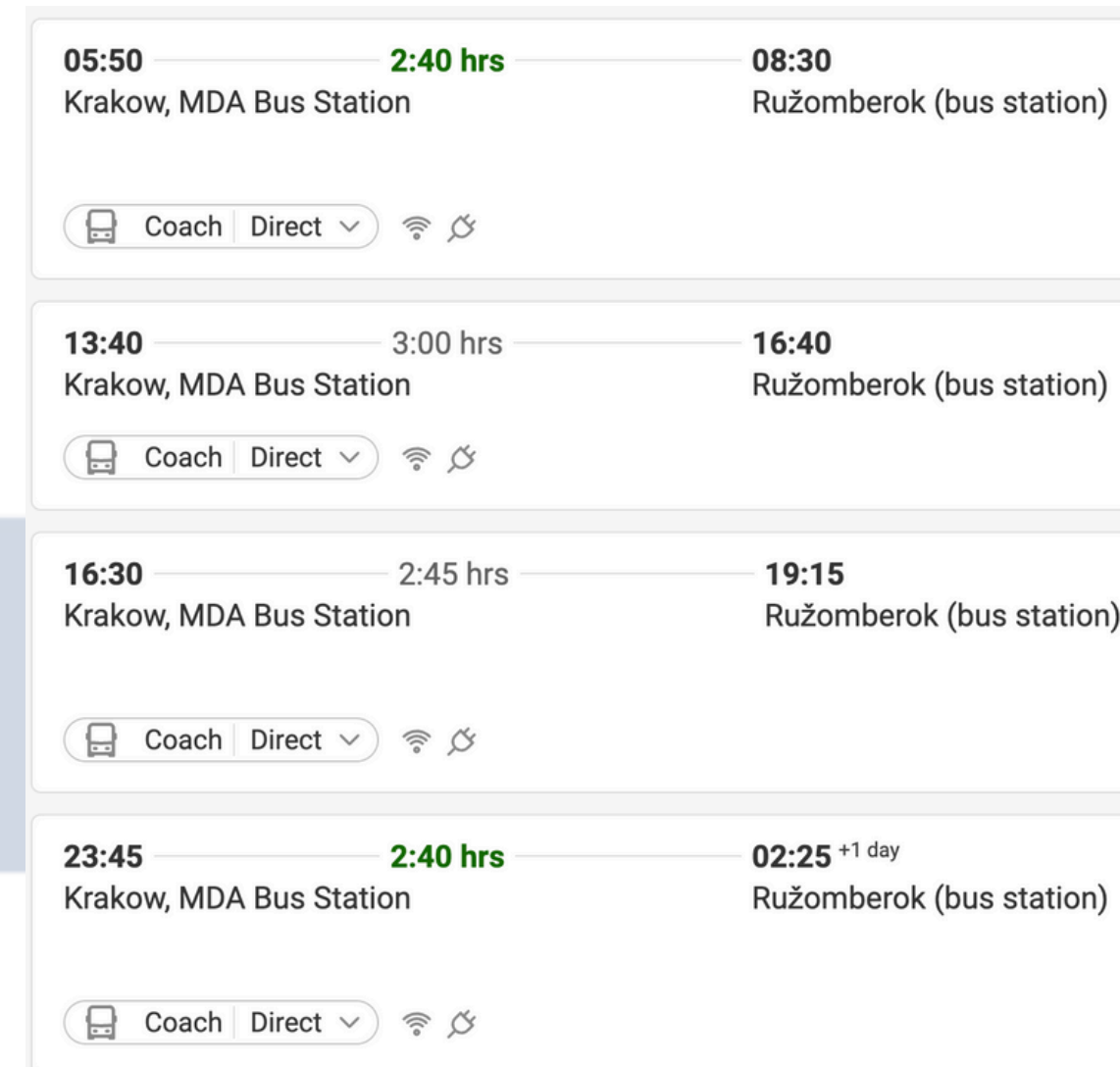


# HOW TO REACH RUŽOMBEROK BY FLIGHT - KRAKOW

From Krakow's Airport will be the easiest way to reach Ružomberok, Once arrived, you'll have to reach the Bus station in the center city of Krakow (you can check google maps to see the connections) and take a Flixbus which will stop directly to Ružomberok bus station.

As you can see from the image to the right, there are several busses you can take, be sure to arrive at least 2h before the bus departure to be able to catch it.

We advice for you to take the bus departing at 13.40 or 16.30.



05:50 Krakow, MDA Bus Station	2:40 hrs	08:30 Ružomberok (bus station)
13:40 Krakow, MDA Bus Station	3:00 hrs	16:40 Ružomberok (bus station)
16:30 Krakow, MDA Bus Station	2:45 hrs	19:15 Ružomberok (bus station)
23:45 Krakow, MDA Bus Station	2:40 hrs	02:25 <sup>+1 day</sup> Ružomberok (bus station)

Link to FlixBus website:  
<https://www.flixbus.com/>






# HOW TO REACH RUŽOMBEROK BY FLIGHT - BRATISLAVA

From Bratislava Airport will be easy as well to reach Ružomberok, Once arrived, you'll have to reach the Main Train station in the center city of Bratislava (you can check google maps to see the connections) and take a the train which will stop directly to Ružomberok train station.

As you can see from the image to the right, there are several trains you can take, be sure to arrive at Bratislava 1h before the train departure to be able to catch it.

We advice for you to take the train departing at 13.27, 14.27 or 16.27.

Book the train in advance through the website to be sure to have a reserved sit.

13:27 Bratislava hl.st. 16:24 Ružomberok	Ex 621	258 km	
⌚ 2 hrs. 57 min.			
⚠ Upozornenie!			
14:27 Bratislava hl.st. 17:24 Ružomberok	Ex 623	258 km	
⌚ 2 hrs. 57 min.			
⚠ Upozornenie!			
15:27 Bratislava hl.st. 17:22 Žilina	Ex 525	258 km	
17:44 Žilina 18:52 Ružomberok	Os 3429		
⌚ 3 hrs. 25 min.			
⚠ Upozornenie! ⚠ IDS ŽSK			
16:27 Bratislava hl.st. 19:24 Ružomberok	Ex 627	258 km	
⌚ 2 hrs. 57 min.			
⚠ Upozornenie!			
17:27 Bratislava hl.st. 20:24 Ružomberok	Ex 629	258 km	
⌚ 2 hrs. 57 min.			
⚠ Upozornenie!			

Link to ZSSK website:

<https://www.zssk.sk/en/>

# HOW TO REACH RUŽOMBEROK BY FLIGHT - WIEN OPTION 1

From Wien Airport will a bit more tricky to reach Ružomberok. From the Arrival terminal in the airport, you can either book a bus through Slovakline or Flixbus companies to Bratislava (we advice Nivy station as a stop).

Once you arrived in Bratislava, we recommend to check public transportations to reach Bratislava Main Train station (Bratislava Hlavná stanica). from which you can take the train as mentioned on the previous **SLIDE (Click here)**.

To do this path and to arrive at decent time in Ružomberok, we advice to take flights which will land in Wien no later than 12 o'clock.

Link to Flixbus website:

<https://www.flixbus.com/>

Link to Slovakline website:

<https://www.slovaklines.sk/en/>

Link to ZSSK website (for trains):












<https://www.zssk.sk/en/>

# HOW TO REACH RUŽOMBEROK BY FLIGHT - WIEN OPTION 2

From Wien Airport will you can also do another path to reach Ružomberok. There are 2 main ways: the first is to go from the airport to the bus station Wien Erdberg (VIB), once there, to take a Flixbus to Žilina. There are only 3 Flixbus available, check on the right picture.

Once in Žilina, you'll have to take a train to Ružomberok

Book the Flixbus and train in advance through the website to be sure to have a reserved sit.

10:45 Vienna Erdberg (VIB)	4:00 hrs	14:45 Žilina (bus station)	
 Bus Direct  			
17:40 Vienna Erdberg (VIB)	3:30 hrs	21:10 Žilina (bus station)	
 Bus Direct  			
21:55 Vienna Erdberg (VIB)	4:20 hrs	02:15 <sup>+1 day</sup> Žilina (bus station)	
 Bus Direct  			

Link to Flixbus website:  
<https://www.flixbus.com/>

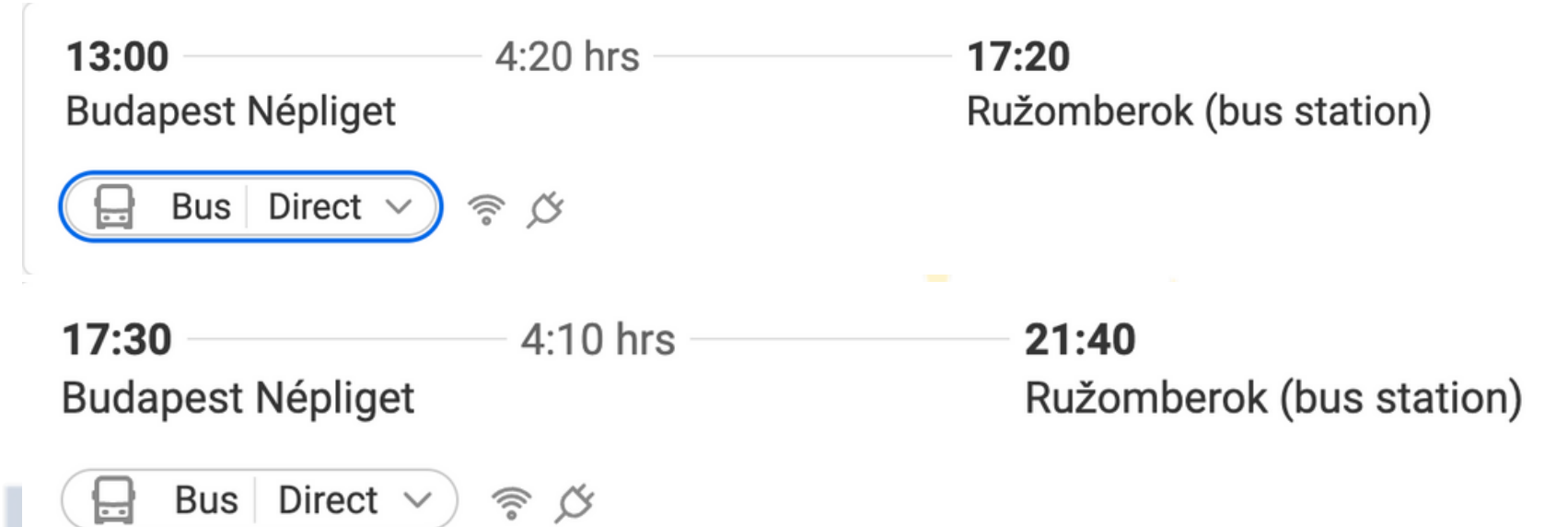
Link to ZSSK website:  
<https://www.zssk.sk/en/>









# HOW TO REACH RUŽOMBEROK BY FLIGHT - BUDAPEST

From Budapest's Airport will be the farthest from Ružomberok. Once arrived, you'll have to reach the Bus station "Budapest Népliget" (you can check google maps to see the connections). You need to buy a ticket at the airport, you can do both, at the info point inside the airport or in the automatic vending machine. Once got to Budapest Népliget you can take a Flixbus which will stop directly to Ružomberok bus station.

As you can see from the image to the right, there are few busses you can take, be sure to arrive at least 2h before the bus departure to be able to catch it.



13:00	4:20 hrs	17:20
Budapest Népliget		Ružomberok (bus station)
 Bus	Direct	 
17:30	4:10 hrs	21:40
Budapest Népliget		Ružomberok (bus station)
 Bus	Direct	 

Link to FlixBus website:  
<https://www.flixbus.com/>



# HOW TO REACH RUŽOMBEROK BY SUITABLE MEANS OF TRANSPORTS (GREEN TRAVEL)

If you are to reach us by train or bus, as in the case of our Austrian and Polish group, please find the transport route mapped for who is flying to Wien or to Krakow here:

- KRAKOW
- WIEN Option 1
- WIEN Option 2





See you in  
Ružomberok



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[www.ikreon.com](http://www.ikreon.com)

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