

THE BOREDOM LAB

Exploring how boredom and silence
can help set the path for an
intentional future during a gap year

Erasmus+ project - Youth Exchange

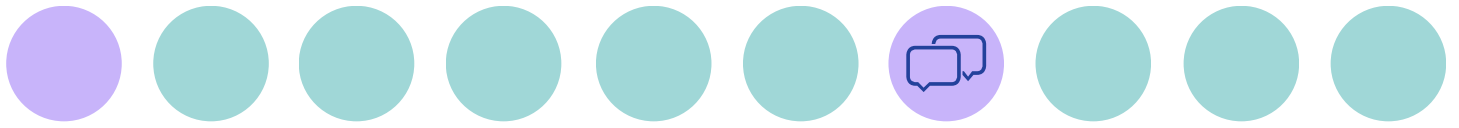
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**Brno.
For you.**



Short intro •

In an overstimulated world, it is easy to lose sight of what we actually want. Constant stimulation can distract us from our intentional goals, leaving our biggest dreams unaddressed.

This project is a space to explore what this constant stimulation does to us and discover what happens when we intentionally choose the opposite.

We are focusing this event specifically on people navigating a gap year. A gap year is space for great opportunity and growth, but without intention, it can easily run by without you even noticing. We want to look at how boredom and silence can serve as a superpower, helping you tap into deep creativity and become intentional about the year ahead.

Together, we will explore how to reclaim idle time as a resource. Through designated boredom time both individually and in groups, dedicated time away from our phones, shared reflections, and silence, we will dive into activities that foster self awareness, creativity, and visualization.

Let's step away from the screens and find out what your gap year can look like when it is driven by intentionality instead of distraction.



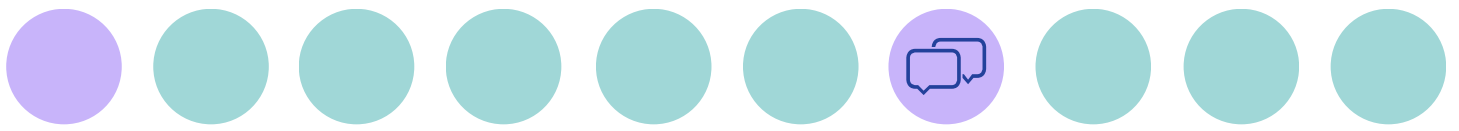
Note: People who apply should be willing to spend time in silence and put aside their phones. It is suitable for people who are not in charge of any project, work etc. Because they will be without possibility to connect! It is also an alcohol free project.



Main objectives ●

- Exploring the negative side of overstimulation/ the art of hearing one's own voice in a world of overstimulation
- Getting comfortable with boredom and silence
- Exploring idle time as a resource (for self-exploration, wellbeing, creativity, etc)
- Using idle time for reflecting and visualising (presence, past and future)
- Creating tools and plans around how to implement what was learned into everyday life and one's future
- Orientation skills: How to use my GAP year to explore what I feel naturally drawn to
- Introduction to ritual making to set up a personal daily structure





Target group.

Young people

- Age 18-24
- having an intentional or unintentional gap year
- NEETs (not in education, employment or training)
- Interested in the project topic
- Motivated to learn, share and implement workshops of your own with our support



We are able to involve up to 30 participants including **participants with fewer opportunities and special needs**. We are eager to seek for possibilities to lower the barriers to access.

Together, we will create a non-judgmental and open-minded space for learning.





Where? Moravec, Czechia



When? 13.– 20. September 2026

Travel costs

Travel expenses will be covered up to

- Between 10 and 99 Km - 28 € (green travel 56 €)
- Between 100 and 499 Km - 211 € (green travel 285 €)
- Between 500 and 1999 Km - 309 € (green travel 417 €)
- Between 2000 and 2999 Km - 395 € (green travel 535 €)

You can calculate your distance [here](#). Please **keep all of your originals of travel documents** so we can reimburse the travel expenses!

For participants from Czechia we be reimbursed only if using green travel.

The closest airports are Prague (PRG) and Vienna (VIE). **Meeting point will be Brno** (exact time to be specified).

We are here to help you to figure out how to get to the meeting point. We have to make sure that you find connections to be at there on time!

Don't buy any tickets before receiving approval from the hosting NGO!

Please note that taxi fares, Uber rides, or any similar transport expenses are not eligible for reimbursement.

Accommodation

For the youth exchange, you will be accommodated in the guest house called Penzionu u Výletů. The venue is situated in the village Moravec. The rooms are for 2 - 4 people, toilets and the showers are shared ([link](#) for the [website](#)).



Practicalities & Formalities

Never leave for a project without...



- ID or Passport – Make sure it's valid for the entire duration of your trip.



- Original Tickets or Boarding Passes – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



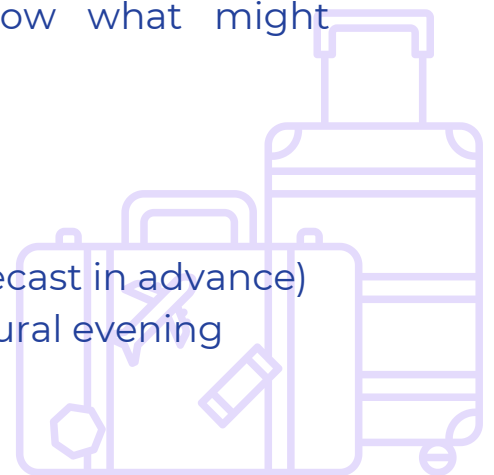
- Important Contact Details – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



- European health card - obligatory for EU citizens!
- Travel insurance – you never know what might happen on the way...

Could be useful...

- Towel & Slippers
- Comfortable clothes (check the weather forecast in advance)
- Country drinks and snacks for the intercultural evening
- Emergency Cash (in Czechia we use CZK)



Formalities

If you will be selected, you will sign the **Participants agreement and Zero Tolerance Protocol**, which commits you to certain safety rules. We take these rules very seriously breaking them may result in being sent home at your own expense.

Part of the Erasmus+ project is reporting and promotion of the program and for that we will need your consent to the storage of your personal data and taking of photos and video recordings which will be used for promotional purposes only. The documents to sign will be sent to you after closing the selection process.



Schedule*

This is an **educational project**, which means that although we will have fun, connect, and enjoy created safe and welcoming space, our focus is on learning new competencies for personal and professional development.

1

Sunday - Arrival

- Arrival, check-in, informal welcome
- Venue orientation and first group contacts, practical info
- Familiarising with the structure
- Arrival Ritual

2

Monday - Meeting Your Lab Colleagues

- Teambuilding activities in the morning
- Programme and topic introduction in the afternoon
- Dedicated boredom time in a group

3

Tuesday - Boredom Lab: Silence

- Activities focused on exploring needs and intentionality
 - Applied improvisation
 - Walking meditation in the park
 - Mindfulness exercises
- Explorative alone time in silence

4

Wednesday - Boredom Lab: What kind of Lab Alchemist am I?

- Activities focused on building self-awareness
 - Senses stations (sense awareness/body)
 - Observations (environment awareness exercise)
 - The alien (body awareness exercise)
- Creative boredom lab (1 hours time in silence - creative output)

5

Thursday - Boredom Lab: Future Path

- Activities and tools focused on visualisation, planning and embodiment
- Creation of outcomes (the idle guide)
- Boredom time - visualising the year ahead

6

Friday - Walking the Path: Hiking & Presence

- Excursion: Hiking
- Presentation of a plan for the year ahead

7

Saturday - Out of the Lab: Learnings & Outcomes

- Reflection of the week
- Planning ahead: Implementation of takeaways
- Final Questions
- Exit Ritual
- Youth Pass ceremony
- Goodbye-Party

8

Sunday - Departure

- Check-out and travel support
- Venue cleaning, final information reminders
- Safe travel home

*activities and schedule may vary based on the logistics needs and group dynamics

Our organization.

- Brno for you is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



Achievements under our coordination 2014-2025

39

implemented
projects for youth
and youth workers

333

youth workers
participated on our
projects

939

young people
experienced non-
formal education
with us

64%

of our participants
come from difficult
backgrounds

7

of our projects are
marked as examples of
good practices by the
national agency

Contact us!



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Brno for you

