

Relationship number: RLT258172

Period of Exchange: 2026-01-26 - 2026-07-22 (6 months)

Brief introduction (max. 1000 characters):

Martina Škáchová is a young entrepreneur from Slovakia with a business idea focused on community culinary workshops and food experiences. She discovered the Erasmus for Young Entrepreneurs programme while looking for opportunities to gain practical business experience abroad before launching her own company. She completed a six-month exchange in Italy with host entrepreneur Domenica Cantacessi, whose work combines community activities with gastronomy and education. Martina joined the programme to learn how to organise workshops, work with different groups of people, and better understand the daily management of a small business. She also wanted to improve her business plan and gain practical experience that she could later use in Slovakia.



Activities undertaken (max. 1000 characters):

The exchange followed a structured learning process. During the first months, Martina observed how workshops and community activities were organised and gradually became involved in preparation, planning, and communication. Later, she actively supported the delivery of workshops, helped participants during activities, and contributed to testing new workshop ideas together with her host entrepreneur. In the final stage of the exchange, both entrepreneurs reviewed the experience, evaluated the activities, and discussed how the methods and good practices could be transferred to Martina's future culinary business in Slovakia.

New Entrepreneur:

Name & surname: Martina Škáchová
Country: Slovakia
Age: 20
Status: Would-be entrepreneur/Start-up
Sector: Hospitality
Name of business: Martina's Culinary Atelier
Website:--

Host Entrepreneur:

Name & surname: Domenica Cantacessi
Country: Italy
Age: 78
Experience (years): 20
Sector: Hospitality
Name of business: Divina Misericordia
Website:--

Benefits achieved (max. 1000 characters):

The exchange gave Martina practical experience that cannot be learned only from books or university. She improved her organisational, communication, and teamwork skills and gained a better understanding of

how to plan, deliver, and evaluate community-based culinary workshops. The experience also helped her refine her business plan and develop a clearer vision for her future business. The relationship with the host entrepreneur continues after the exchange, creating opportunities to stay in contact, exchange ideas, and explore future cooperation between Slovakia and Italy.

Quotation regarding the experience:

NE (max. 300 characters): "This experience showed me what it really means to run a business every day. I am returning to Slovakia with practical knowledge, more confidence, and many ideas for my future culinary atelier."
Martina Škachová

HE (max. 300 characters) "Working with Martina was a very positive experience. She was motivated, eager to learn, and brought new ideas and energy to our activities. I believe she has a good foundation for her future business."
Domenica Cantacessi

For further information about the exchange:

- NIO/HIO, ____, ____: ____
- HIO/NIO, Instituto Tecnológico de Canarias, eye@itccanarias.org

For information on the programme and details on how to enroll visit:
www.erasmus-entrepreneurs.eu