



Co-funded by
the European Union

YOUTH FOR WELL-BEING

ERASMUS+ YOUTH EXCHANGE



PROJECT DETAILS



28 JUNE - 7 JULY



LEBORK , POLAND

TARGET GROUP:



- 30 participants: 7 young people and 1 team leader per country, representing partner organizations;
- Age: 30 participants 16-22 years old and one team leader per group without age limit;
- The youth exchange project “Youth for Well-Being” team will include 30 participants from Poland, , Italy, Spain and Hungary.



ABOUT THE PROJECT



What we would like to achieve by implementing the project

Our main need is to create safe spaces where youth can speak openly and learn coping strategies. We want to empower them with skills for resilience, self-confidence, and mutual care. We want to reduce stigma and show that asking for help is a strength, not a weakness. We also want to bring attention to digital well-being, because time online and social media affect young people's self-esteem and daily habits.



What are the objectives of the project?

- To raise awareness among participants about mental health challenges faced by young people in Europe.
- To equip them with practical coping tools such as mindfulness, sports, creative expression, and peer support strategies.
- To create an international "well-being toolkit" designed by young people, with ideas and methods they can share in their schools and communities after the exchange.
- To foster solidarity and mutual support between participants from Poland, Spain, Hungary, and Italy.
- To include young people from rural areas and NEET backgrounds, making sure that those with fewer opportunities are at the center of this project.
- To strengthen the cooperation between our organizations and build long-term partnerships that continue to work on youth well-being.



FOOD



BREAKFAST, LUNCH, DINNER AND COFFEE BREAKS WILL BE PROVIDED AT THE ACCOMMODATION. PARTICIPANTS SHOULD INFORM US FORWARD ABOUT THEIR DIETARY (VEGETARIAN, DON'T EAT PORK, ETC) OR ANY SPECIFIC NEEDS.

HEALTH INSURANCE



HAVING A RELEVANT HEALTH INSURANCE IS MANDATORY FOR EACH PARTICIPANT

WORKING LANGUAGE



ENGLISH - THE MAIN IDEA IS TO MOTIVATE YOUNGSTERS TO IMPROVE ENGLISH AND REALIZE THE IMPORTANCE OF THIS LANGUAGE AS A TOOL OF COMMUNICATION.

CURRENCY



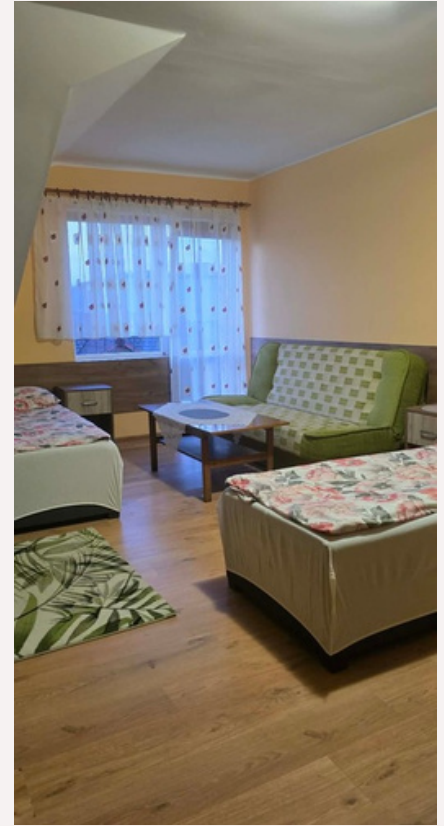
CURRENCY IN POLAND IS EURO (€).

NON OF THE CURRENCIES WILL BE ACCEPTED IN THE TRADE CENTERS, CAFES, PUBS, AND RESTAURANTS OR BY TAXI EXCEPT FOR EURO. YOU CAN PAY WITH A CREDIT CARD ALMOST EVERYWHERE.



If you buy your ticket in another currency, which might be different from EURO, we will calculate your travel costs according to the exchange rates from the official European Commission web. www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en

THE VENUE AND ACCOMMODATION



Participants will be accommodated in international mixed rooms with 3-6 participants.

SEE MORE INFO ABOUT THE ACCOMMODATION:

- **Bed linens and towels are provided**
- **Hairdryer - we are sharing two hairdryers. There are not hairdryers provided in the rooms**

PREPARATION



- CULTURAL PRESENTATION OF YOUR COUNTRY (DANCES, MUSIC, GAMES, FOOD, DRINKS, TRADITIONAL CLOTHES, SYMBOLS, ETC.). PROMOTIONAL MATERIALS TO PRESENT YOUR ORGANIZATION TO OTHER PARTICIPANTS.
- MEDICINES, WHICH YOU NEED TO GET REGULARLY;
- **KEEP ALL YOUR BOARDING PASSES AND TRAVELING TICKETS. OTHERWISE WE WILL NOT BE ABLE TO MAKE ANY REIMBURSEMENT.**

TRAVEL



IT IS POSSIBLE TO TRAVEL TO THE PROJECT VENUE THROUGH SEVERAL AIRPORTS: GDANSK INTERNATIONAL AIRPORT (THE NEAREST) AND WARSAW INTERNATIONAL AIRPORT BEING THE CLOSEST AIRPORTS TO THE PROJECT LOCATION. IN CASE ANY QUESTIONS ABOUT LOCAL TRANSPORTATION, HOSTING ORGANISATION "FUNDACJA YOUTH IN MOTION" WILL ASSIST YOU.



**PLEASE:
BEFORE BOOKING YOUR FLIGHTS, YOU SHOULD PROVIDE DETAILS
OF YOUR TRAVEL PLANS TO US FOR VERIFICATION AND APPROVAL.**

YOU CAN ARRIVE IN POLAND 2 DAYS EARLIER TO SEE AROUND OR TRAVEL A BIT. HOWEVER, THIS SHOULD BE DONE AT YOUR OWN EXPENSE.



ECO-FRIENDLY APPROACH



At our youth exchange, we believe that small actions can make a big impact! We've added some fun and eco-friendly activities to help take care of our planet.



Mug Exchange Evening – Sip, Share & Celebrate!

On our first evening together, we'll kick things off with a Mug Exchange Evening! Bring a mug from home—one that has a special story or represents your culture. This mug will be your buddy for drinks, helping us cut down on disposable cups. During the exchange, you'll swap mugs and share the story behind yours. It's a simple, fun way to reduce waste while making meaningful connections.

Green Travel Recommendations – Travel Smart, Travel Green!

We encourage you to choose eco-friendly travel options whenever possible—take a train, bus, or carpool with fellow participants. If flying is your only option, consider supporting "One Flight – One Tree," a program that helps offset carbon emissions by planting trees.

A white and blue high-speed train moving to the right.

IMPORTANT!

DISSEMINATION



IT IS MANDATORY FOR EVERY PARTICIPANT TO RUN ONLINE AND OFFLINE DISSEMINATION ACTIVITY AFTER THE PROJECT



Online: At the end of our project, we encourage you to share your personal impressions on social media. This could be through online meeting, storytelling, or creative content that reflects how the project has impacted you. By using social media and digital tools, you can reach even more people and contribute to spreading the project’s message on a wider scale.



Offline: After the project, each participant is expected to organize a local activity—this could be a workshop, a presentation, a social media campaign, or any other creative way to spread the project’s results. The goal is to inspire others, raise awareness, and create a lasting impact beyond our time together. Let’s keep the impact growing!

MaKe **A**
DiFFeRence



ORGANIZATIONS



Poland

FUNDACJA YOUTH IN MOTION

Travel costs limit: 56 EUR



Italy

RIVER APS

Travel costs limit: 309 EUR



Spain

INSTITUTO IKIGAI

Travel costs limit: 309 EUR



Hungary

Student Forum

Travel costs limit: 309 EUR

CONTACT INFORMATION



FUNDACJA YOUTH IN MOTION TEAM

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PLEASE, DO NOT HESITATE TO CONTACT US IF YOU NEED MORE INFORMATION OR WOULD LIKE TO DISCUSS ANY DETAILS!
WE ARE LOOKING FORWARD TO MEETING YOU.

