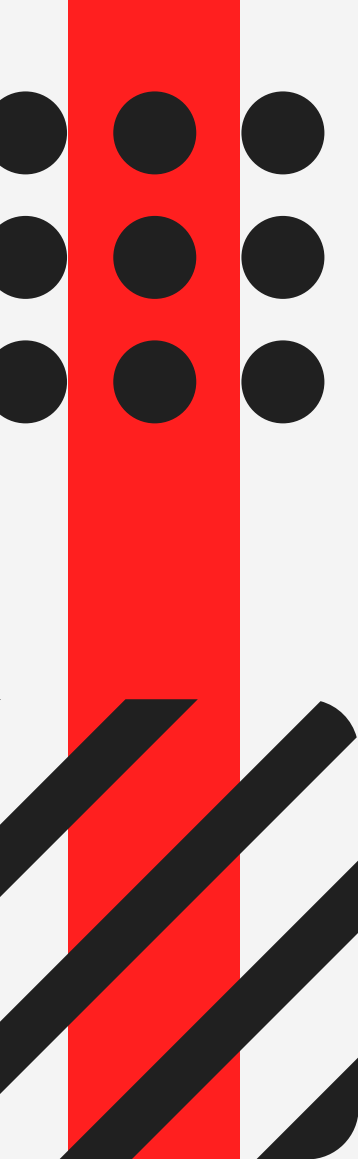




Training Course

5th Edition

“Youth Exchanges for Youth”

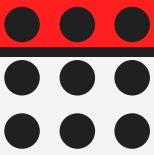
YOUTH
for
YOUTH **ES**



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25 November - 3 December 2026

 Vic, Barcelona



Who are we?

Youth BCN is an Erasmus+ accredited youth organisation based in Barcelona, Spain. We work locally and internationally through Erasmus+, the European Solidarity Corps, non-formal education and entrepreneurship.

We believe that young people learn best through real experiences that challenge them, connect them with others, and help them grow to take an active role in shaping their lives and communities.



That vision guides the Youth Exchanges, Training Courses, local initiatives and other learning opportunities we create, as well as our work supporting young people who want to turn their own ideas into action.

“What will you learn today?”



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What is a training course?

A training course aims to strengthen youth workers' professional competences, enable them to share best practices, and promote collaboration and innovation in youth work across Europe.

Erasmus + training courses typically combine informative sessions, practical workshops, discussions, and experience-sharing based on non-formal education methodologies. They are ideal for those who want to grow as youth workers and explore a specific topic in depth.

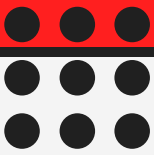


It is also a space to step out of your comfort zone and experiment. Don't be afraid to make mistakes, feel ridiculous sometimes, laugh at yourself, and laugh with others. Enjoy the learning process!



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About this project

“Youth Exchanges for Youth 5” (YOU4YOU5) is the fifth edition of a training course for people who discovered Erasmus+ KA1 and started wondering, “What if I could create this experience for young people?”

If you participated in a Youth Exchange or Training Course, it may have changed something in you. Maybe it gave you new perspectives, new friendships, or simply made you think, "I want to do more than participate." YOU4YOU5 is about taking that next step.

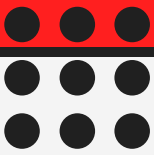
During the training, we will explore how a Youth Exchange goes from an idea to a real Erasmus+ project: identifying needs, setting objectives, designing meaningful learning experiences, creating impact, communicating, evaluating and managing a KA152-YOU project.

After-movies of the previous editions:



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What are the goals?

Support participants in taking the step from Erasmus+ participant to project creator, building the confidence to design Youth Exchanges projects.

Share practical tools and methods for creating high-quality KA152-YOU projects based on non-formal education and the real needs of young people.

Empower participants to turn ideas into learning experiences and actively involve young people in the project creation process.

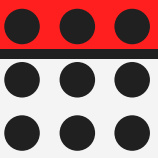
Foster collaboration and networking, helping participants connect with people and organisations with whom they can develop future projects.

Strengthen participants' understanding of Erasmus+, its objectives, project cycle, and the practical steps needed to go from an idea to an application.



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What do YOU4YOU participants say?



YOU4YOU2 training completely changed the way I approach Erasmus+ youth exchanges. I learned how to write, prepare, and implement projects step by step, and since then, two of my projects have already been approved. **Milan, Serbia.**

My experience in **YOU4YOU2** was nothing short of incredible. The Youth BCN team created a safe environment that encouraged us to think bigger and believe in our ideas. With their careful guidance and encouragement, we developed and implemented our own Youth Exchange. Thank you, Youth BCN! **Maria, Greece.**

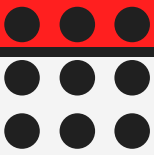


YOU4YOU3 made me realize WHY, and with whom I want to work in terms of youth work. By attending this training course, I had the chance to meet incredible people, some of whom became partners, get to know a lot of valuable Erasmus+ insights, and, of course, have a lot of fun. Youth BCN one love ♥ **Marios, Greece.**



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What do YOU4YOU participants say?



If I could, I'd do the **YOU4YOU3** TC a million times over. The quality of the project was top-notch, from the organization to the tools provided to conceive and build your project from scratch. Furthermore, the facilitation team's willingness to offer advice and suggestions was invaluable. **Leandro, Italy.**

YOU4YOU4 was a real game changer. It helped me turn the question “How can I create my Erasmus+ project?” into action and understand the importance of asking WHY we want to create it. It became my “Chapter One” and eventually led me to become an ESC volunteer at Youth BCN. **Matteo, Italy.**

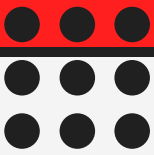


YOU4YOU4 was much more than learning how to write projects. It helped me reconnect with why I wanted to work in youth work and gave me practical insights, confidence and a real sense of purpose. The experience stayed with me so strongly that I later joined Youth BCN as a full-time team member. **Ariel, Spain.**



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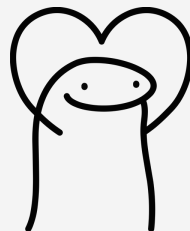
What will you take with you?

YOU4YOU is not taught from a textbook. We share practical tools, real experience, mistakes and lessons from creating international youth projects. Our aim is not to teach you how to copy our projects, but to give you the tools to create your own.



Knowledge

Understand how and **WHY** Youth Exchanges are created.



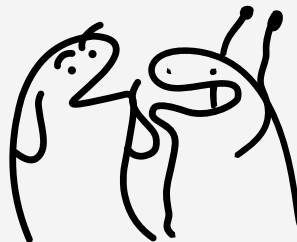
People

Build connections with potential international partners and collaborators.



Tools

Take practical methods you can use in future project applications.



Community

Join the **YOU4YOU Sparks**  Alumni Network and keep growing after the training.



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The training team



Tomás Mora is a youth worker, trainer and social entrepreneur with 15+ years of experience and 60+ international learning projects across Europe. Co-founder of Youth BCN and Youth HUB, he specialises in experiential learning, entrepreneurship, youth mobility and the full Erasmus+ project cycle.

Marina Luka is a trainer and facilitator with 10+ years of experience in social inclusion and intercultural learning. A graduate of the SALTO Training of Trainers and founder of Puentes Hungary, she specialises in experiential learning, group dynamics, reflection and creative non-formal education methods.

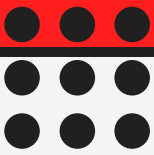


Alex Frías is a co-founder of Youth BCN & Youth HUB and oversees logistics. Together with **Clemence & Matteo**, helping both with logistics and facilitation will form the team that guides you through the YOU4YOU5 training experience.



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The venue

The training course will take place at Xanascat Vic Youth Hostel in Vic, about 1.5 hours from Barcelona. Vic is surrounded by mountains and green landscapes, offering a calm environment to learn, connect and spend time together during the training.

Participants will stay in shared rooms with people from different countries. The rooms include WiFi, lockers, bunk beds and a bathroom. We will aim to keep the number of participants per room as low as possible.



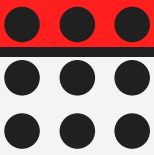
Accommodation and meals are fully covered during the official project dates. This includes breakfast, coffee breaks, lunch and dinner.

The hostel is located around 20 minutes on foot from Vic city centre, with supermarkets, pharmacies, cafés and other services nearby.



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Travel costs reimbursement

We will reimburse your travel costs in accordance with the Erasmus+ Programme rules. The reimbursement process for the relevant travel costs will begin once you present original tickets, receipts/invoices/boarding passes, & the points of dissemination have been completed.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket, receipt, or invoice.

IMPORTANT NOTE: Please do NOT buy any flight ticket without consulting us at hello@youthbcn.com. Any ticket purchased without consulting us might not be eligible for reimbursement.

IMPORTANT NOTE 2: You may travel up to 2 days (total) outside the program, but the project does not cover accommodation & food costs outside the program.

IMPORTANT NOTE 3: Full participation in this training course is required. You must complete dissemination activities and the Erasmus+ survey to receive reimbursement.



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Travel costs reimbursement

The calculation for the reimbursement will depend on the Erasmus+ official distance bands. We will calculate the distance band between your departure location and Vic. To do so, we will use the Erasmus+ Distance Calculator. You can find it [here](#) to check it in advance.

56 €

10 – 99 km

211 €

100 – 499 km

309 €

500 – 1999 km

395 €

2000 – 2999 km

580 €

3000 – 3999 km

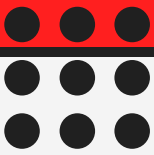
1188 €

4000 – 7999 km

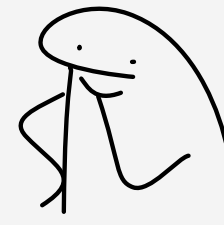


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Who can participate?



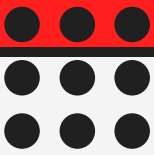
We are looking for participants with the following profile:

- 18+, with no upper age limit.
- Preferably, has already experienced Erasmus+ through a Youth Exchange, Training Course, or another KA1 or KA2 project, feels these experiences impacted them, and wants to create similar opportunities for other young people.
- Curious about what happens behind the scenes of a Youth Exchange and ready to move from participant to project creator.
- Motivated, proactive and willing to take an active role in a programme full of workshops, teamwork and experimentation.
- Interested in joining a youth organisation, getting involved in an informal initiative, or seriously considering starting something of their own.
- Willing to take ownership of their own learning, participate actively and contribute to the learning process of the whole group.



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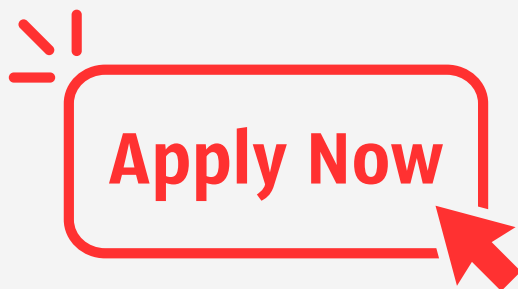
How can you participate?

For this particular training course, you must legally reside in one of the EU Member States or third countries associated with the Erasmus+ programme of the European Union. You can check them [here](#). Please check before applying. If you don't reside in one of those countries, we won't consider your application.

You should apply directly to **Youth BCN** through this open call by **October 21, 2026**. All applicants will receive an email regarding the result of their application. Participants in this training need a support organisation; you can find one before or after you are selected as a participant.

You will have 48 hours to reply if you are a selected participant. After that time, we will contact the next person on the waiting list.

You can reach out to us anytime with your doubts at hello@youthbcn.com



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See you soon!

YOU
for
YOU **S**



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