



## Youth Exchange

### General Info:

Partner organisations and countries involved: The Netherlands ([Stichting CWM Education](#))

Portugal([Associação Pó de Ser Assim](#)), + Lithuania(Centre for Creative Expression) +

Poland(YouthAct) + Spain(Luis) + LV 4-5 other program countries;

Main activities: APV, two days in September 2024; YE, 9 Days (excluding travel in November 2024);

Venue: Close to Eindhoven (city within 1 hr bus), yet outside in nature.

Participation fee: no participation fee

Participants: 1 group leader + 4 more participants from each country.

Age of participants and GL in this YE should be starting at 16 y.o. and not more than 27-29 y.o. It's preferred that participants are 16-25 y.o.

GL should be present at BOTH APV and YE; It's very important that we have a GL who is committed and eager to work on the project. Previous GL experience is not important.

It's suggested that the GL gets involved from the planning stage.

## **“Where We Belong”** **Exploring the Meaning of Home and Diversity**

Mental health is a complex issue with various underlying causes, including psychological problems, social isolation, and financial difficulties.

In response to this problem, our Erasmus + youth exchange program will focus on using theatre as a tool to create space for dialogue about mental health among youth. Through this program, we will bring together young people from different countries to develop short movies, filmed chapters, and digital performances that explore the themes of value of life, home in your body, home in our community, human rights, and discrimination in daily life.

In our Erasmus + youth exchange program, we will explore the theme of "home" and how it relates to our sense of belonging and feeling welcome in diverse environments, despite our diverse backgrounds. This theme is important because many young people struggle with feeling isolated or excluded in their communities, whether due to cultural, social, or economic differences.

To address this issue, we will use a variety of creative and interactive methods to help participants explore their own experiences and feelings related to home and belonging. For example, we may use storytelling, theatre, art, music, and other forms of expression to encourage participants to share their personal stories and perspectives on the topic.

Our program will begin with a period of preparation, during which participants will share stories from their own communities and consult with local experts to gain a deeper understanding of mental health. From there, we will work together to develop a series of short films and digital performances that combine different forms of media, including music, scripts, text, and movement. Through these projects, we hope to create a powerful and engaging way to raise awareness about mental health among young people.

In the follow-up phase, we will also encourage participants to learn about the experiences of others and to engage in dialogue about how we can create more inclusive and welcoming environments for everyone. This may involve sharing experiences of feeling excluded or discriminated against, as well as exploring strategies for building connections and fostering a sense of community across different backgrounds and cultures.

Throughout the program, we will cultivate a supportive and inclusive environment where everyone feels valued and respected. This will involve creating opportunities for participants to connect and build relationships with one another, as well as providing resources and support for those who may be struggling with feelings of isolation or exclusion.

Our ultimate goal is to help participants develop a deeper sense of belonging and connection to their communities, as well as the skills and confidence to create positive change in their own lives and in the world around them. By exploring the theme of home and belonging in a diverse and supportive environment, we hope to empower young people to cultivate a greater sense of self-awareness, empathy, and compassion for others.