

Youth Exchange 'WellVenture'

Call for partners

KA151 Erasmus+ Youth exchange

WellVenture

Slovakia

21/07/2025 - 28/07/2025

Erasmus+ Accreditation holder and coordinating organization:



With the support of:



Flanders
State of the Art



Erasmus+
Enriching lives, opening minds.



**Co-funded by
the European Union**

Key words

- ⇒ Nature
- ⇒ Physical activeness
- ⇒ Mental wellbeing
- ⇒ Group cohesion

What are the objectives?

The aim of the project is to create a dynamic and inclusive space where young people can reconnect with nature, exchange experiences on mental and physical well-being, and develop essential life skills. Through outdoor activities, mindfulness practices, and intercultural exchange, the project fosters mental resilience, social connection, and a balanced, active lifestyle, encouraging youth to step away from digital distractions and embrace realworld well-being.

What's in it for the young people/ your organization participating?

Participants will engage in hands-on outdoor experiences, movement-based activities such as hiking and water sports, and reflective discussions, helping them develop mental resilience, teamwork skills, and a deeper connection to nature. They will acquire skills for navigating in nature (e.g. fire making, map reading, etc). Participants will have acquired skills to be more active and grounded in their day to day life. The project will empower participating organizations and youth groups by equipping them with innovative practices, fresh methodologies, and hands-on tools for promoting well-being through nature-based activities. Extra attention will be given to dissemination activities to promote the skills that the participants have learnt.

Which partner organizations and participants are we looking for?

PARTNER ORGANIZATIONS

Organisations that have affiliation with the project, in particular with the topics of health and wellbeing, nature, survival and physical activities.

PARTICIPANTS

The project is designed for **young people aged 18-25**, a crucial stage of transition from adolescence to adulthood, where they begin making key life decisions about their future, identity, and well-being. For **group leaders we prioritise people between 20 and 30 years old** with a level of maturity, experience, and connection to the sending organizations. Also a good level of English will be useful (at least B1/B2), so that in case of need they could translate or explain to participants of their country that don't speak English that well.

The project will offer youth-friendly, supportive, non-judgmental space to reconnect with themselves, develop resilience, and gain practical skills for a healthier and more balanced life—both mentally and physically. We are looking for participants and group leaders that are open to participate in this kind of activities (including the reflection/mindfulness exercises). We can accommodate to a certain degree to participants that have physical or mental needs, but **we expect that participants are able to participate to at least 90% of the activities** (including hiking for a full day, a day without phone, meditation, reflection exercises etc).

What do we expect from an organization that joins as a partner in this project?

Expectations:

Regarding administration:

- ⇒ Participate in an online meeting with JOETZ before the project to discuss expectations and responsibilities.
 - Adhere to the agreed timeline, including deadlines for agreements, participant selection, ticket purchase, ...

Regarding the selection of the participants, we ask to the partner organization to:

- ⇒ spread the project in the context of selecting the participants using provided communication materials by JOETZ;
- ⇒ conduct the pre-selection of the participants based on the provided criteria. The final selection will be made by JOETZ and the facilitators;
- ⇒ To keep the conditions of Erasmus+ program fundings all the partners must guarantee to complete the group of a certain number participants (**5 participants and 1 youth leader**) and the participation of them in the whole youth exchange.

Regarding the preparation and follow up of the participants, we ask the partner organization to:

- ⇒ Provide participants with information about Erasmus+ before the activity.
- ⇒ Support participants in **planning their travel** and organizing transportation.
- ⇒ **Prepare participants emotionally**, ensuring they are ready for the experience.
- ⇒ **Facilitate a follow-up meeting** after the exchange to:
 - Reflect on the experience and its impact on the participants and the organization.
 - Discuss potential follow-up activities and support participants in taking further steps if needed.

We encourage organizations that have little or no experience with Erasmus+ to be a partner. JOETZ offers extra support in this case.

Who organizes this project?

Grant receiving and coordinating organization: JOETZ

JOETZ is a **recognized national youth association** by the Flemish government. JOETZ's mission is to be a **health promoter for children and young people** (3-30 years old) in Flanders and Brussels.

JOETZ wants to achieve this mission through various health projects (healthy workshops, online and offline health content, health campaigns), activities (children's and youth holidays, playground activities, children's events) & training (animator/youth leader trainings, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: **in a fun and playful non-formal way**.

JOETZ's specific core tasks are: [health projects](#), [activities & holidays](#), [trainings for our unpaid youth workers](#), [international youth work](#) and giving a voice to young people.

Role:

- Supporting and ensuring a high quality of the content of the activity together with the facilitators.
- Creating support for a safe project atmosphere together with the facilitators.
- Financial and administrative handling of the project (e.g. reimbursements).
- Youth passes

Contact:

- Liselotte Bekaert, coordinator international youth work JOETZ
- www.internationaaljeugdwerk.be
- [Instagram](#)

Facilitators



Kristina Castronovo is an experienced project manager and youth trainer, who has worked in Latvia, Sweden and Italy in this field for almost 20 years. Studied Political Science and Diplomatic Relations. Kristina is a professional NFE trainer belonging to Latvian National Agency Trainers Pool. Specialized in topics of youth participation, inclusion, mental health and well-being. She is also Neurographica Instructor and Aesthetic Coach.



Joris Wagemakers is involved in youth work for 15 years, first as a participant in international youth projects and later as a youth worker and trainer in Erasmus+. His working methods are focused on self reflection and collective intelligence, using informal learning methods to stimulate learning and to come to new insights and knowledge. He is a sociologist as a profession, and a passionate youth worker.

Belgian group leader



Alex Sarcinella has been working with young people for about seven years while studying to become a teacher. He is passionate about Erasmus+ projects, group facilitation, and leadership. With a strong focus on group dynamics and personal growth, he fosters openness and engagement to support young people in their development.

Practical

- Location: Slovakia
- Participants will sleep at [Hostel Skautský](#), where breakfast will be provided. Accommodation will be in **shared bedrooms**, with room assignments considering gender preferences.
- Sessions and other meals will take place at the hostel and outdoor.
- Daily physical activity is an integral part of the program.
- Duration: 6 days (excl. 2 travel days)
- Dates: 22/7/2025- 27/7/2025, excluding arrival day (21/7, starting from 4 PM) en departure day (28/7, after breakfast). On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is the last meal.
- Accommodation, food and travel expenses during the activity dates are 100% covered by the Erasmus+ grant (based on planned budgets cfr. program guide).
- There is no **participation fee**.
- The working language of the project is **English**. We expect **youth leaders** to have a **good command of English** and to act as a bridge between their national group and the facilitators.
- We aim to create a **diverse group of participants**, ensuring that young people from **socially and economically vulnerable backgrounds** and/or those with **specific support needs** have the opportunity to take part.
- We count on the **support of partner organizations** in ensuring that all participants feel included and can fully engage in the experience.

How to become a partner in this Erasmus+ project?

1. Please carefully read this call for partners.
2. Answer the questions in digital forms here: <https://forms.gle/aMSMX88XDJHvNPoR6>
3. Deadline : 19/03/2025

More questions? internationaal@joetz.be