

Presentation

YOUTH EXCHANGE

STEP: Stand Together for Expression and Participation

"STEP" is a Youth Exchange that aims to provide the youth with tools for expression and dialogue so they could become active and conscious agents of change in their communities and in the European context.

METHODOLOGY

We will focus on the participant's holistic development tackling the objectives of the project through non-formal education.

AIMS

Promote the development of key competencies (soft skills) through improvisational theater and dance workshops, we seek to enable young people to develop practical skills such as assertive communication, active listening, creativity, group problem-solving, and adaptability. Experiential learning will allow them to internalize these skills more effectively and sustainably than formal education.

Create a safe space to improve mental health and well-being: We will facilitate a trusting and supportive environment where participants can explore and express their emotions without judgment. Artistic activities will act as a channel for managing stress, strengthening self-esteem, self-awareness, and confidence in oneself and others.

Challenge stereotypes and promoting equality and inclusion: Through forum theater and role-playing techniques, participants will not only discuss gender equality and inclusive societies, but will also "put themselves in the shoes of others." The goal is for them to experience situations of inequality to generate real empathy, deconstruct prejudices, and develop actively inclusive attitudes.

Strengthen European values and group cohesion by working intensively and collaboratively in a multicultural group, the goal is for young people to move from tolerance to a genuine appreciation of diversity. We want the shared experience to strengthen values such as solidarity, mutual respect, and cooperation, pillars of a shared European identity.

Empower participants for constructive dialogue and democratic participation: The dynamics of theater improvisation require listening, accepting others' proposals, and collectively building something new. We will translate this skill into the civic sphere, empowering young people to participate in debates, form informed opinions, and collaborate in the search for solutions to social problems.

**For whom?**

30 youth (18-30 y.o.) with essential skills and experiences to enhance their personal growth and professional development.

Participating Country

To be defined (6) Partner countries + Ukraine

Numer of participants from each country: Total 5 (4 participants + 1 group leader)

Date: June 2026 (to confirm)

Venue: San Lorenzo de El Escorial, Madrid. Spain

If you are interested, please send your **PIF** to: general@euroactivat.org