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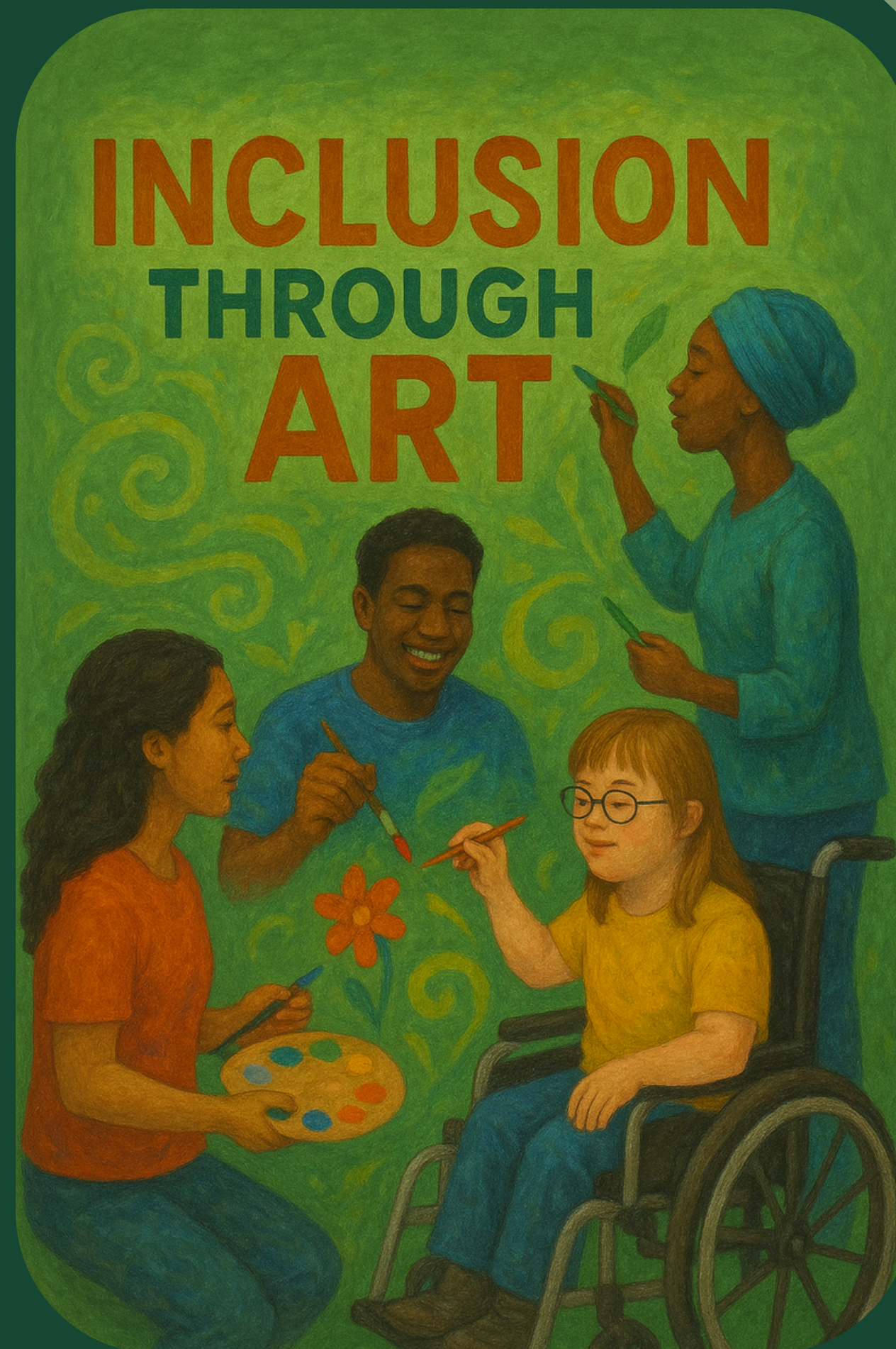
YOUTH EXCHANGE

INCLUSION THROUGH THE POWER OF ART

25.01.2026-31.01.2026

Yambol, Bulgaria

 UNITED
FUTURE



ABOUT THE PROJECT:

“Inclusion Through the Power of Art” is an Erasmus+ Youth Exchange that brings together young people from different countries to explore how art can be used to promote inclusion and challenge discrimination, racism, and stereotypes.

Through creative workshops, group discussions, and intercultural collaboration, participants will reflect on social barriers, express their personal stories, and learn how to use artistic tools like painting, theatre, music, and storytelling, to build empathy and understanding. The project will help participants develop key competences such as open-mindedness, intercultural awareness, creativity, and teamwork. It will also encourage them to think critically about exclusion and become more active in creating inclusive communities.

By the end of the exchange, participants will leave with stronger social and communication skills, a deeper sense of empathy, and practical tools for using art as a way to connect, inspire, and make change.

MAIN OBJECTIVES OF THE PROJECT:

1. Raise awareness about discrimination, racism, social exclusion, and the impact they have on individuals and communities.
2. Promote empathy, tolerance, and open-mindedness through meaningful intercultural experiences
3. Use art as a powerful tool to overcome social barriers, challenge stereotypes, and confront racism and discrimination.
4. Encourage self-expression and storytelling as tools for dialogue, connection, and inclusion.
5. Strengthen key soft skills such as creativity, communication, problem-solving, adaptability, and teamwork.
6. Empower participants to become active promoters of inclusion in their communities.
7. Foster long-term intercultural friendships and networks that promote European values of solidarity, diversity, and equality.

ACTIVITIES, PARTICIPATION AND LEARNING OUTCOMES

All activities will follow non-formal education methods such as workshops, team projects, discussions, and creative sessions. Participants will actively take part in planning, presenting, and leading parts of the program.

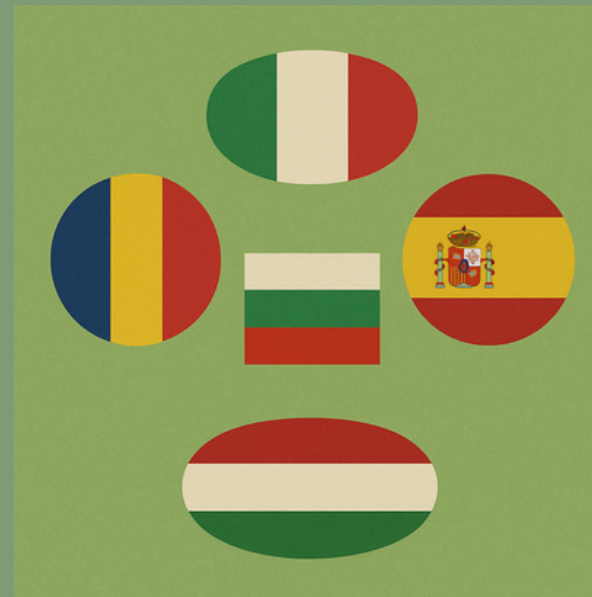
Throughout the 7-day exchange, they will explore how art can raise awareness about inclusion, diversity, and equality. Activities will include creative workshops, energizers, group challenges, and visits to places connected to the project theme.

Participants will also work on digital outputs like a short video or artistic materials to share the project's message. They will develop essential soft skills, such as teamwork, communication, creative thinking, and intercultural skills - before, during, and after the program. More details about each task will be shared in advance and during the exchange.

OUT PARTNER ORGANIZATIONS FOR THIS PROJECT:

Kulturális Kapcsolatokért Alapítvány

- Country: Hungary
- Email: institute@culturalrelations.org



Asoc Sonrie a Europa

- Country: Spain
- Email: info@smiletoeurope.org

Global Impact Hub

- Country: Romania
- Email: global.impact.hubs@gmail.com



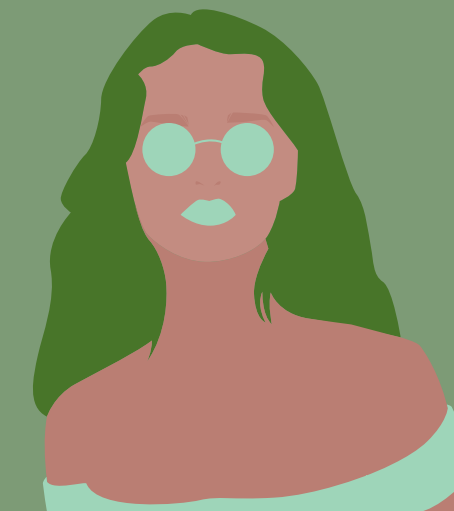
Entropia APS

- Country: Italy
- Email: entropia@unical.it

PARTICIPANT PROFILE:

30 participants from 5 different countries - Bulgaria (host), Hungary, Spain, Romania and Italy.

- 6 participants in total from each organization, 5 aged between 18-30, and 1 group leader with no maximum age (18+)
- Holding the citizenship or the residence permit of a participating country
- Participants with fewer opportunities and/or having cultural, socio-economic, or other difficulties are with priority.



ACTIVITIES OF THE PROJECT:

Planned Youth exchange activities:

Prior project : Online meeting

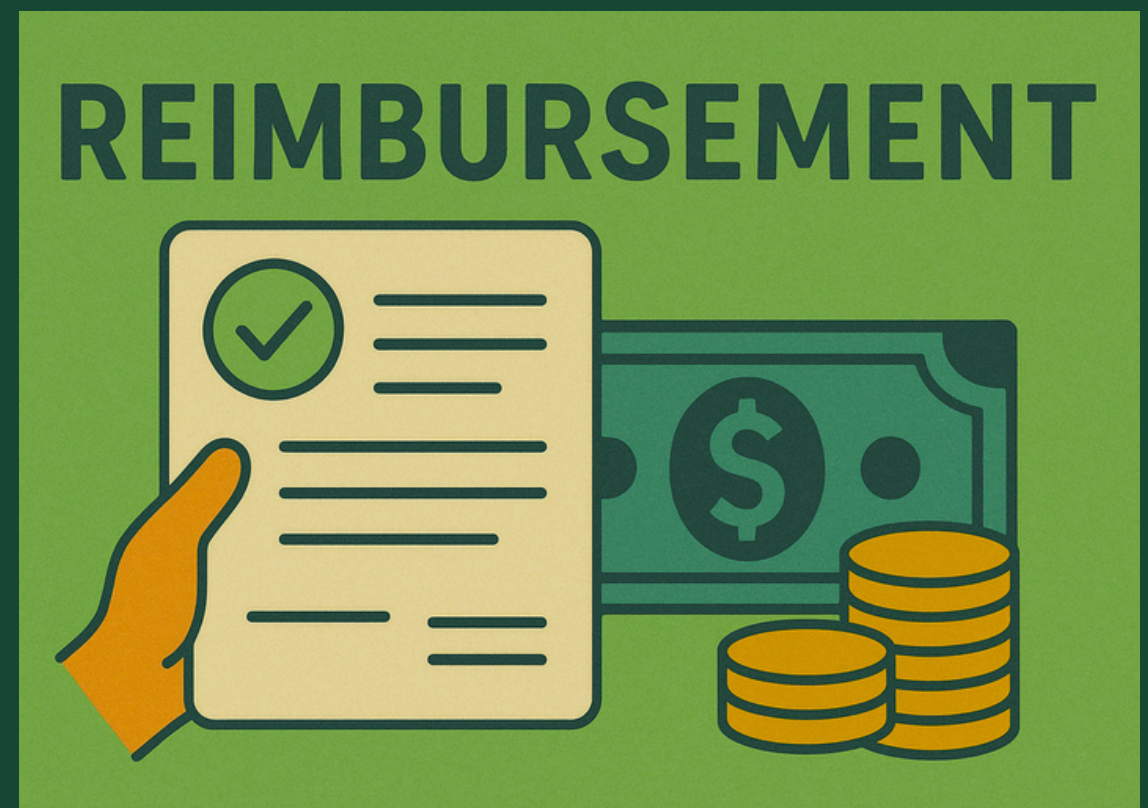
After the project:

Online session to reflect on the project's impact and local dissemination activities.



TRAVEL REIMBURSEMENT:

1. Bulgaria-56 euro
2. Romania- 211 euro
3. Italy- 309 euro
4. Spain- 395 euro
5. Hungary - 309 euro



Participants must use the most cost-efficient travel options (e.g. economy class plane, train, bus). Taxis, private cars, and first-class tickets will not be reimbursed. A small suitcase (up to 10 kg) is allowed.

To be eligible for reimbursement:

Keep original boarding passes, tickets, and invoices.

Invoices must clearly show: name, price, currency, and date of purchase.

Each group leader is responsible for collecting and submitting travel documents for their group. Reimbursement will be made only after all required documents are received in good condition.

Each participant is required to begin and end their travel journey in their country of residence, which must be one of the participating countries in the project.

 Important Notice:

Before purchasing any tickets, you must send your complete travel plan to the host organization for approval!

Tickets bought without prior approval will not be reimbursed!

TRAVEL INSURANCE

All participants are required to have a valid travel insurance for the entire duration of the Youth Exchange. European Health insurance card is recommended for the entire duration of the Youth Exchange. Obtaining and covering the cost of insurance is the responsibility of each participant or their sending organization. You can apply for a free EHIC through your national health service if you are an EU citizen.



CONCISE DESCRIPTION OF YAMBOL

Yambol is a lively and welcoming town in southeastern Bulgaria, offering the perfect setting for an Erasmus+ youth exchange. Known for its mix of history, culture, and relaxed atmosphere, Yambol provides a safe and inspiring environment for young people to connect, create, and explore. The project will take place at the end of January, when the weather is typically cold, with temperatures ranging between -2°C and $+7^{\circ}\text{C}$, so participants should come prepared with warm clothing. During their stay, participants can enjoy cultural landmarks like the Bezisten, the History Museum, and local churches. In their free time, they can relax in cozy cafés, visit the cinema or theatre, stroll through the Rosarium or Borovets Park, and try traditional Bulgarian food at local restaurants. Yambol also offers a modest but fun nightlife scene, with bars, lounges, and weekend events that bring young people together. It's a small town with a big heart, ready to welcome you.



HOW TO GET TO YAMBOL

<https://www.bdz.bg/bg>

This the official site of the bulgarian trains

OPTION 1: You can fly to Sofia. When you land you can check for the underground of line 1, which is located next to terminal 2 and change the train on Serdika station for central railway station, which is line 2. The central railway station will be in front of you. Central bus station is next to the train station. From there you can take a bus or train, it is your choice and we will wait for you in Yambol.



OPTION 2: You can also land in Burgas. This city is closer to Yambol. From there you can catch a bus, which is direct to the train station in Burgas.

ACCOMODATION:

All participants will stay in a fully equipped hotel in Yambol, close to the town center. Rooms will be shared (3–5 people per room) with participants from different countries to encourage intercultural exchange.

You'll have access to clean bathrooms, common areas, and free Wi-Fi. All bedding is provided.

Three meals a day (breakfast, lunch, and dinner) plus coffee breaks will be included. We can provide vegetarian and special meals if you inform us in advance in a personal information form.

The accommodation is fully covered by the Erasmus+ programme.

WHAT TO BRING:

Comfortable clothes and shoes for indoor and outdoor activities

Warm winter clothing (the weather in January is cold: -2°C to 7°C)

Personal hygiene items (towels, shampoo, etc.)

Traditional snacks or drinks from your country for Intercultural Nights

Cultural items (flags, souvenirs, traditional clothes, music, etc.)

Presentation materials for workshops (if your team is leading one)

EU Health Card and travel insurance documents

Passport or ID

Positive energy, open mind, and creativity!

INTERCULTURAL NIGHT:

Be creative, engaging, and proud of your culture – it's all about sharing and connecting! During the exchange, we'll have three Intercultural Nights where participants will share their country's culture in a fun, creative way. The first night will be hosted by Bulgaria, followed by two evenings where two countries present each night.

Each national team should bring:
Traditional snacks or sweets (easy to transport)

Flags, souvenirs, or small decorations

Music, dances, or short cultural games

A short presentation, quiz, or performance to represent your country



YOUTH CERTIFICATE

At the end of the youth exchange, each participant will receive a “Youthpass” certificate - an official tool of the European Commission that recognizes learning gained through non-formal education.

Youthpass highlights your effort, achievements, and personal growth during the project. It helps you reflect on what you’ve learned, whether it’s communication, teamwork, cultural awareness, or other important skills, and how these can support your future education, career, or personal development.

Learn more at:
www.youthpass.eu



Apply Here!

Contact Information

For any questions or concerns before or during the youth exchange, please feel free to contact us. Our team is available to support you throughout the entire preparation and implementation of the project.

Main Contact Person:

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 Phone / WhatsApp: +359887165499

 Organisation: NGO United Future