

Creative Path to Self-Expression in a Multicultural Environment

Erasmus+ project - Youth Exchange

under accreditation nr. 2022-1-CZ01-KA150-YOU-000111402

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Co-funded by
the European Union

**Brno.
For you.**

Short intro ●

This project brings together young people to explore creative self-expression while deepening self-awareness and discovering new ways to understand themselves. Participants will experiment with diverse artistic and expressive tools, expand beyond the methods they already use, and identify forms of expression that feel most authentic to them. The project emphasizes both personal exploration and the ability to guide others through similar processes.

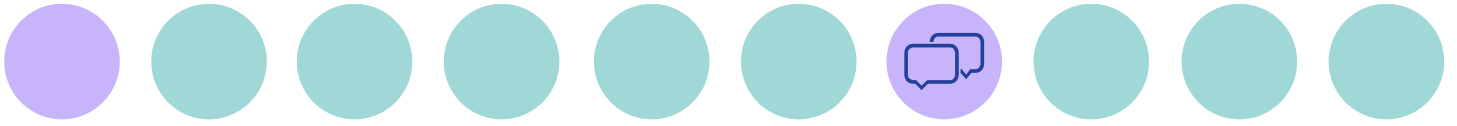
Participants will explore different forms of expression including **movement** (dance, theatre, sport), **visual storytelling** (drawing, photography, videography, writing), and **hands-on and dialogical expression** (craft, cooking, and structured debate). Working in a multicultural group also encourages reflection on intentional self-expression and personal value in both **online and offline environments**.



Main objectives

- Present creative tools for self-expression
- Provide space for learning these tools and incorporating them in the most authentic way
- Be able to facilitate the experience for others
- What are the ways to self-express creatively, let them experience them all
- At the end split into groups based on their likes and their most authentic self-expression
- Provide workshop for how to facilitate and provide feedback
- Create workshops for others about their most authentic self-expression





Target group.

Young people

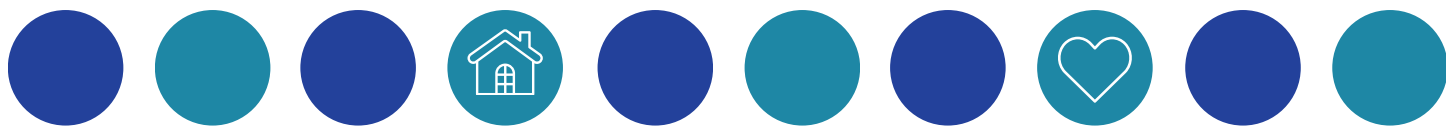
- Age 15-17
- Interested in the project topic
- Motivated to learn, share and implement workshops of your own with our support
- **To be able to participate on both phases**



We are able to involve up to 28 participants including participants with fewer opportunities and special needs. We are eager to seek for possibilities to lower the barriers to access.

Together, we will create a non-judgmental and open-minded space for learning.





1. phase.



Where?

Moravec, Czechia



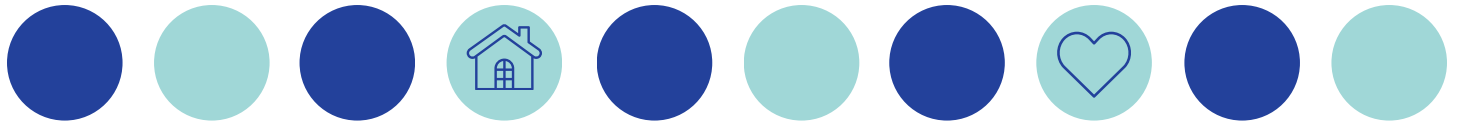
When?

4.–11. July 2026

Accommodation

For the youth exchange, you will be accommodated in the guest house called Penzionu u Výletů. The venue is situated in the village Moravec. The toilets and the showers are shared ([link](#) for the [website](#)).





2.phase.



Where?

Mersin, Turkey



When?

4.-11. August 2026

Accommodation

For the youth exchange, you will be accommodated in Turkish host families in the city of Mersin. You will be staying with a Turkish participant of the youth exchange with the same gender.



Practicalities.

Never leave for a project without...



- **ID or Passport** – Make sure it's valid for the entire duration of your trip.
- **Original Tickets or Boarding Passes** – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



- **Important Contact Details** – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



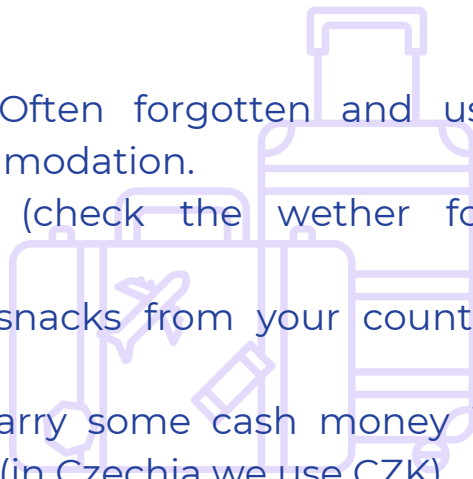
- European health card - obligatory for EU citizens!



- **Travel insurance** – you never know what might happen on the way...

Could be useful...

- **Towel & Slippers** – Often forgotten and usually not provided at the accommodation.
- **Comfortable clothes** (check the weather forecast in advance).
- **Typically drinks and snacks** from your country for the intercultural evening.
- **Emergency Cash** – Carry some cash money in case of unexpected expenses (in Czechia we use CZK)



Travel and formalities.



Travel

- The travel will be planned and agreed between the national coordinators who will inform you about the details.
- The whole national group will travel together.

Formalities

- If you will be selected, you will sign the Zero Tolerance Protocol, which commits you to certain safety rules. We take these rules very seriously breaking them may result in being sent home at your own expense.
- Since you are under 18, your parents will need to sign the legal guardian consent document.
- We will organize **online pre-departure meeting** with all participants



Schedule of the 1st phase*

This is an educational project, which means that although we will have fun, connect, and enjoy created safe and welcoming space, our focus is on learning new competencies for personal and professional development.

1

Saturday: Arrival

Participants arrive, settle into the environment, and begin informal introductions.

2

Sunday – Creating Connection

The group focuses on building trust and establishing a safe learning environment through:

- teambuilding activities
- icebreakers
- setting expectations, shared values, and group agreements

3

Monday – Movement Playground

Participants explore self-expression through the body and physical interaction. Activities include:

- dance and movement improvisation
- sport and physical games
- theatre and embodied expression exercises

4

Tuesday – Visual Stories

Participants experiment with visual and narrative forms of expression, learning how ideas and emotions can be communicated through different media:

- drawing and visual art
- photography and videography
- storytelling and creative writing

5

Wednesday – Hands & Minds

This day combines practical creativity with dialogue and critical thinking. Participants explore expression through making, discussion, and shared cultural practices:

- creative crafts using natural materials
- Oxford-style debate and structured discussion
- collaborative cooking

6

Thursday – Adventure Day

Participants take a trip to **Brno**, providing space for informal bonding, cultural exploration, and inspiration outside the workshop setting.

7

Friday – Closing the Journey

Participants reflect on their experiences and learning outcomes through:

- guided reflection activities
- evaluation of the program
- initial planning and preparation for the second phase of the project

8

Saturday – Departure

Participants conclude the first phase of the project and return home.

*activities and schedule may vary based on the logistics needs and group dynamics

Our organization.

- Brno for you is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



Achievements under our coordination 2014-2024

33

implemented projects for youth and youth workers

288

youth workers participated on our projects

797

young people experienced non-formal education with us

64%

of our participants come from difficult backgrounds

7

of our projects are marked as examples of good practices by the national agency

Contact us!



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