

Info-pack

Youth exchange

Symphony of precarious work and wellbeing



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Location

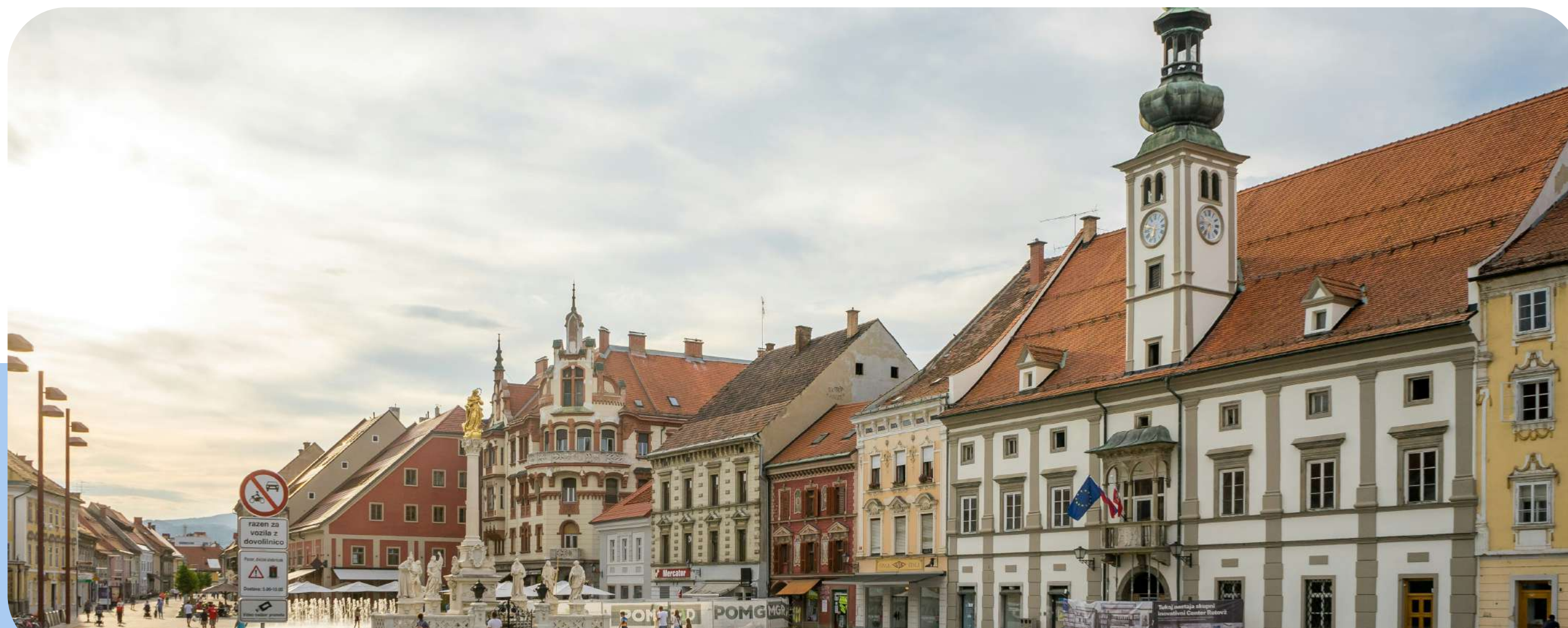
The Youth exchange will take place in a beautiful city Maribor in Slovenia. The city is rich with culture and history with many monuments, galleries, museums and greenery. It is also home to the oldest vine in the world and it is best known for Lent Festival, Pohorje hills, active lifestyle and good food.



Date and duration

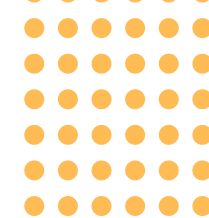
From Monday, 24th, to Friday, 28th August 2026

Travel days: 23th August and 29th August 2026





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Project theme and summary

This project addresses an important issue: precarious work among young people and its impact on our mental health and wellbeing. The goal is for young participants to recognize the negative effects of precariousness and gain the knowledge to take care of themselves in this regard, with an emphasis on art and culture – which are abundant in Maribor.

The project is strictly non-discriminatory, promotes gender equality, is inclusive and encourages the participation of people with fewer opportunities and LGBTQIA+ individuals.



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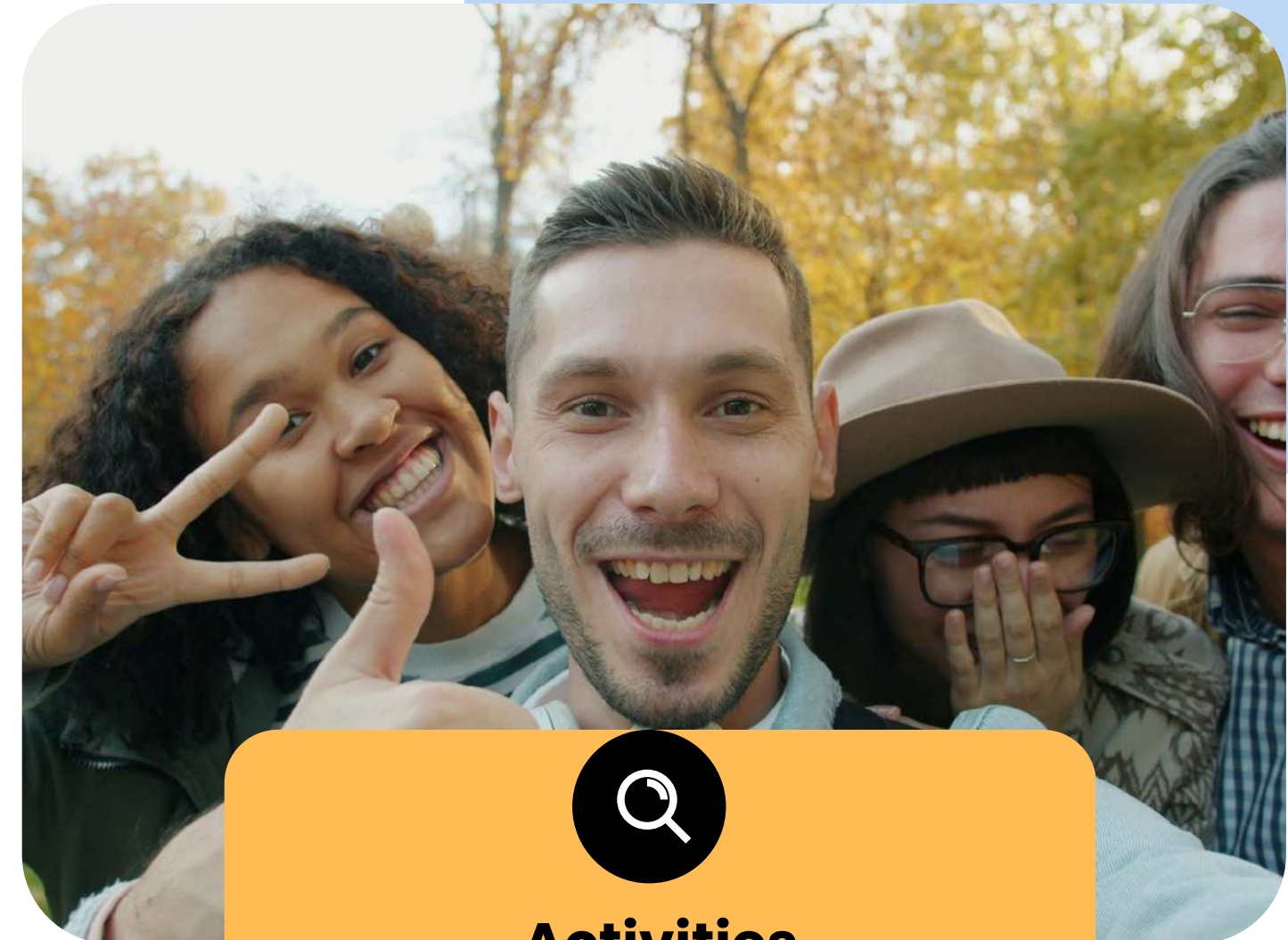
Objectives



- Raise knowledge about precarious work among youth
- Learning about the state of unemployment in youth
- Sustainable behaviour



- Participating in cultural event
- Taking care of our wellbein
- Raising awareness of the issue in different European countries



Activities

Ice-breakers, team-building, Treasure-hunt, non-formal workshops, world cafe activity, reflection, study visit, gallery visit, art crafts, concerts, hang out evenings...



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Cost

Food, accommodation and travel is covered.





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Participants

Young people from Slovenia, Italy,
Germany, Lithuania, Croatia:

- aged between 20 and 29 years old
- with some work experience,
precarious work experience,
volunteering, project work...,
- with interest in culture and art
- with interest in our wellbeing
- with knowledge of English language



Group leader of your country will invite you to join private WhatsApp group to get to know each other before the exchange and to use it as a conversational tool during and after the exchange.



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About us – MKC Maribor

Youth Cultural Centre Maribor (MKC Maribor) is the coordinator of the project. It is a public institution, established in 1993 by the City of Maribor. It operates in the fields of art, urban culture and youth sector. We organize over 300 events, activities, festivals, literary events, exhibitions, hangouts and exchanges annually. All of our activities are free of charge, we are also a part of inclusive organizations and we have a large network of LGBTQIA+ participants.

Check for more information on our website:
www.mkc.si, or via e-mail: info@mkc.si.





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Accommodation

Hostel Pekarna

Hostel Pekarna is a part of MKC Maribor. It is situated in Maribor, where the administrative building of the institution is. It holds a sustainability certificate, Green Accommodation certificate. It is modern, bright, accessible to people with disabilities. It has its own dining room, kitchen, elevator, balcony and it offers a lot of space to relax.

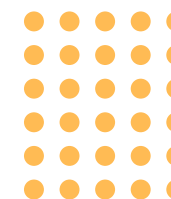
More information on:
www.hostelpekarna.eu/en

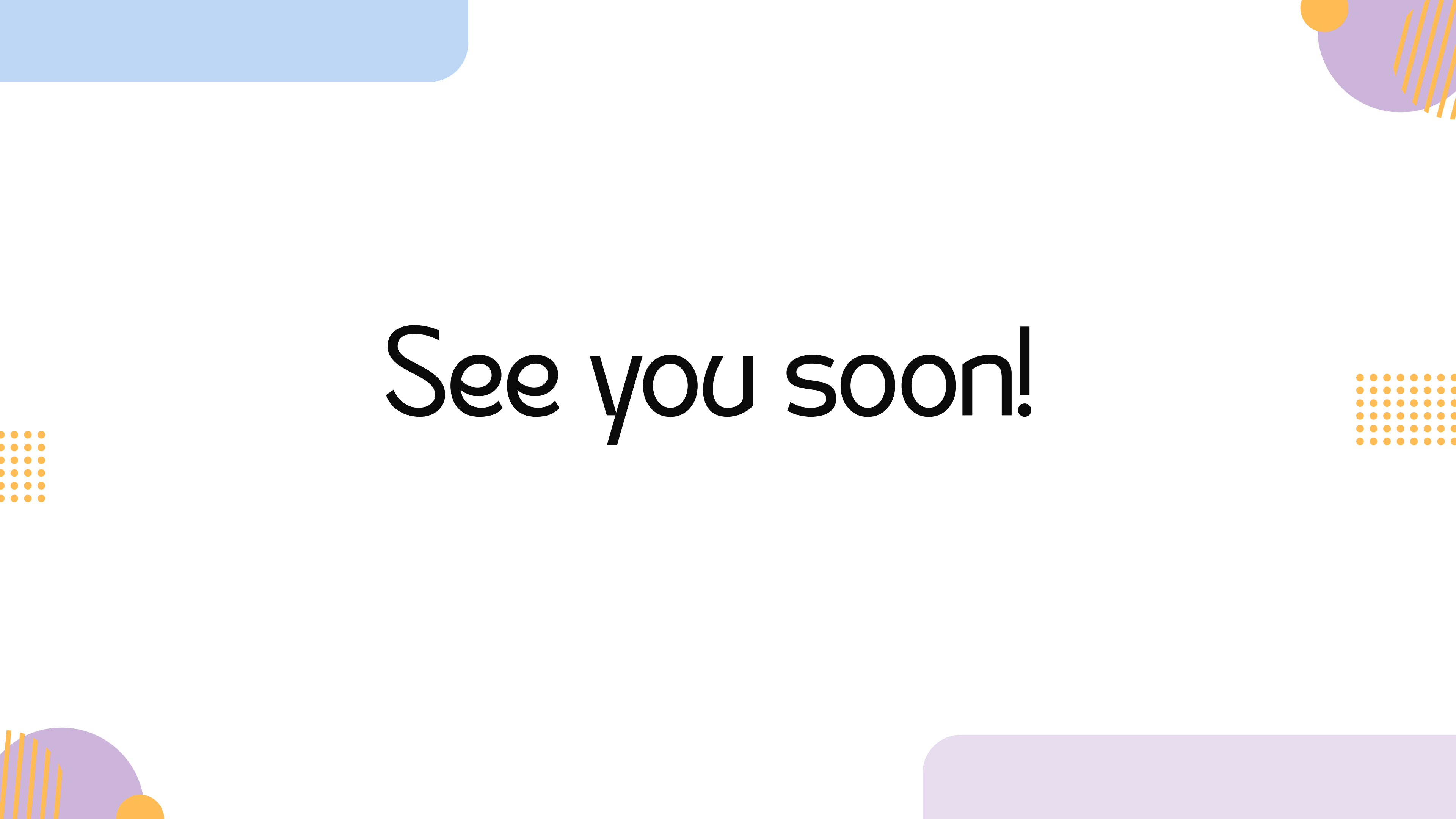


Application

To apply for a youth exchange, please contact us. We'll be happy to provide you with additional information.

We look forward to receiving your applications! 😊





See you soon!