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INFOPACK

"In Motion, In Mind: A Creative Well-Being Lab"

Youth Exchange

To understand yourself through creative movement, your surroundings and reflection.

Barcelona, Spain
18.9. - 25.9.2026



What's it about?

Before we can take care of our well-being, we need to answer a more basic question: do we actually know ourselves? Many young people today live disconnected lives, sitting for hours, thinking in loops, feeling stress in their bodies without knowing where it comes from or how to release it. This workshop starts from a simple conviction: the deepest form of self-knowledge does not come from thinking about yourself, but from experiencing yourself and that begins in the body.

The aim of this Youth Exchange is self-understanding: learning to listen to what your body is telling you, recognising your own emotional patterns, and discovering how you react, move, rest and connect. Through improvisation, guided movement practices and observation exercises, participants meet themselves in a new way: not through screens or comparisons, but through direct, lived experience.

Where and when?

18 - 25 September 2026
Barcelona, Spain

Apply until

10 August 2026

PROJECT DETAILS



What will the YE look like?

The workshop creates a safe, judgement-free space where no dance or art experience is needed — only curiosity about who you are. Each element of the lab opens a different door to yourself:

- Creative movement and improvisation reveal your habits, impulses and emotional patterns and build the confidence to embrace uncertainty;
- Practice in different surroundings nature, parks, urban spaces, reconnects you with your own pace and shows how environments shape your mood, movement and attention;
- Painting and visual reflection transform inner experience into images, making the invisible visible and turning sensation into self-insight;
- Observation and reflection circles train self-awareness, empathy and the ability to see yourself through both your own eyes and the eyes of others.

Expected Impact on Participants:

By the end, participants will have co-created a collection of movement pieces and collaborative visual works expressing who they are and what well-being means to them shared in a final open studio event.

Participants will leave with a deeper understanding of themselves, knowing how emotions show up in their bodies and what helps them find calm. Through daily movement and creative practice, they will gain practical self-regulation tools for everyday life, greater creative confidence, and stronger empathy and intercultural connections. Ultimately, they return home with a stronger relationship with themselves, the foundation for well-being and resilience.

PROJECT DETAILS



The activity is rooted in Youth Goal #5:
Mental Health & Well-being

It contributes to:

1. Improve the mental well-being of young people and end the stigmatization surrounding mental health issues, thereby promoting social inclusion.
2. Focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing

PROJECT DETAILS



Further goals of the project

1. To equip participants with practical tools for self-regulation and stress management they can use in everyday life.
2. To develop self-awareness and body awareness through daily creative movement and improvisation, learning to recognise how emotions show up in posture, breath and gesture.
3. To strengthen emotional expression and creative confidence through movement and painting as non-verbal.
4. To explore how different surroundings — nature, parks, urban spaces — shape our mood, movement and attention, and how to use them as a resource for well-being.
5. To foster empathy, non-verbal communication and intercultural connection through shared movement, observation and reflection.

Objectives



GOALS



In

We are expecting you on the 18th of September 2026 in the afternoon (between 17:00 and 19:00 o'clock).

The start of the Welcome Program will be arranged with the facilitators based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h.

and out

The departure is envisioned for the morning of 25th of September 2026 after breakfast.

TIMING

Barcelona, Spain 18.9. - 25.9.2026

Participants are expected to attend the full duration of the Youth Exchange

18th - 25th September 2026



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BARCELONA

All participants will be accommodated at

XANASCAT Hostel

Passeig de la Mare de Déu del Coll, 41, 51, Gràcia,
08023 Barcelona, Spain

Tel. +34 932 10 51 51
barcelona.xanascat@gencat.cat

Web:
<https://www.jugendherberge.de/jugendherbergen/berlin-international/>





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Please note

Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.

The Youth Exchange will be held at the residence .

Good to know !

All participants will be accommodated in **Xanascot**, located in the El Coll area, close to Parque Guell. It is very well connected to the city center by public transport, metro, buses.

Participants will be placed in 4/5-bed rooms (bunk beds) with shared bathrooms. Bed sheets are included, you should bring your own towels. WI-FI connection in the whole building.

Check-in from 14:00 (it is possible to leave the luggage in a storage room)

ACCOMMODATION

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Hostel



Rooms



Seminarroom

ACCOMMODATION

TRAVEL

For all information about booking your tickets and coming to Berlin, you should be in contact with **Veronica Bracaccini** – in charge of project logistics, by using the official project e-mail:

project17@yp-de.org



We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.

Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.



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Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

A detailed guide to reimbursement will be provided.

Please don't buy your tickets before we approve them!

When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 18th - 25th September 2026), please inform us in advance, so we can approve your tickets and travel costs.

P.S. At purchasing your travel ticket, please ask for the invoice

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Travel costs will be reimbursed only for the **cheapest way** of transport and for the return tickets. Travel expenses are co- vered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

TRAVEL

Travel budget calculation is based on the distance between your starting point and the venue of the program:

10 -99 km	28€ / 56€	green option
100 - 499 km	211€ / 285€	green option
500 - 1999 km	309€ / 417€	green option
2000 - 2999 km	395€ / 535€	green option
3000 - 3999 km	580€ / 785€	green option
4000 - 7999 km	1.188€	
8000 - more	1.735€	

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

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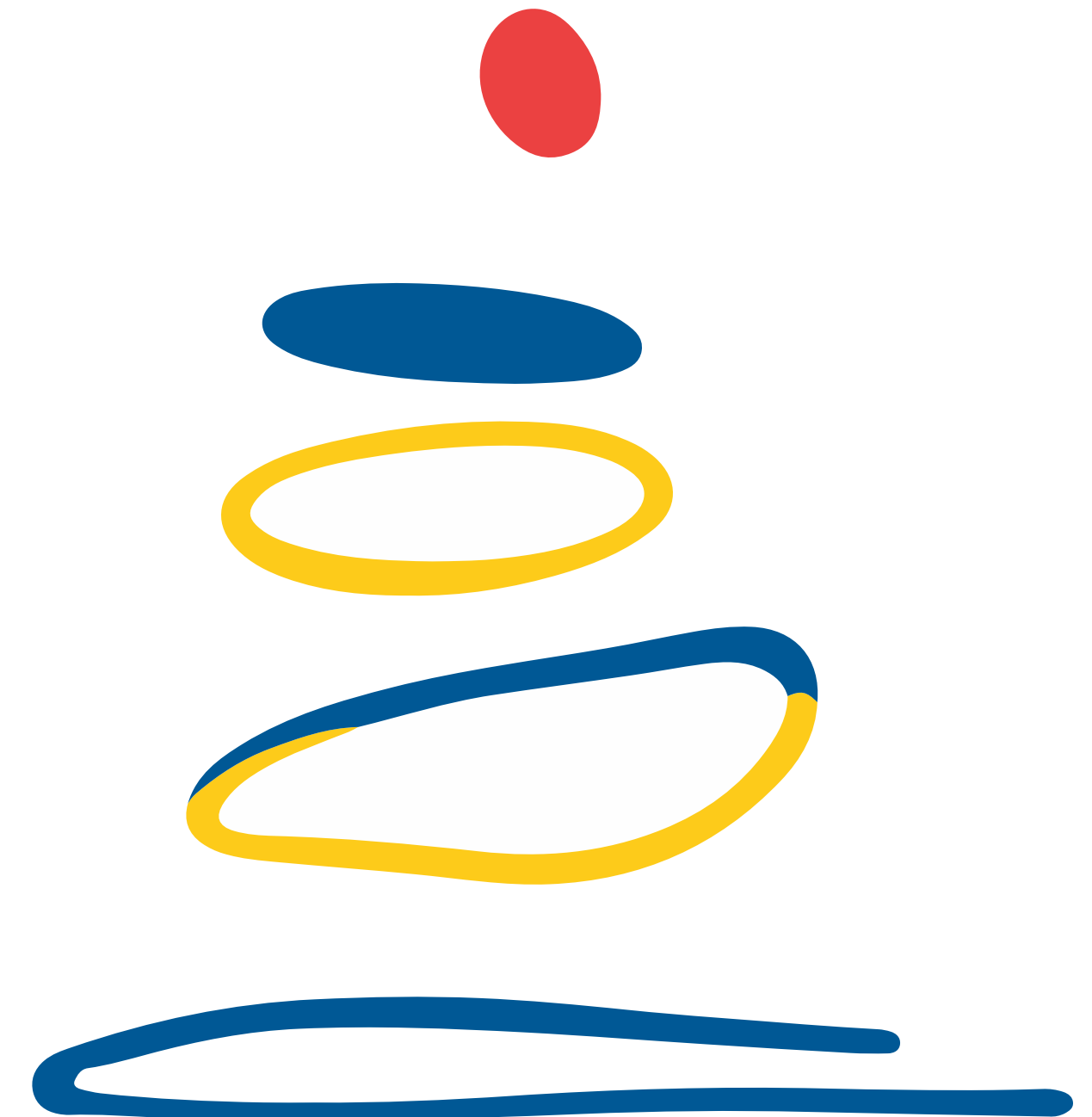
REIMBURSEMENT

The travel reimbursement **will be done by bank transfers only, after you return home** and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



Further Rules regarding the booking of the tickets and reimbursement:

1. Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), as well as extra unnecessary stops and layovers, unless needed to reach the destination. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
2. Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
3. We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
4. We can't reimburse taxi; only public transport and carpooling will be covered.
5. You can arrive maximum 1 day before the activity or depart maximum 1 day after if you want to spend more time in Barcelona on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days, which are meant to be used to reach the destination. Extra days must be approved by the Team.



CONTACTS

Veronica Braccacini
project17@yp-de.org

Logistic coordinator

Project E-mail

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!



PARTNERS