

# ERASMUS+ YOUTH IN ACTION



## YOUTH EXCHANGE IN SLOVENIA

organised by MIKK Murska Sobota

### *YOUTH EXCHANGE (10.4.-18.4.2023)*

Congratulations! You are among the 31 participants that will take part at the youth exchange **MultiMusicArt**. There will be participants from Slovenia, Portugal, Italy, Lithuania and Bulgaria.

You are among these participants, because we believe that you will be benefit for the project and that you will share your experience with others.

We hope that those 9 days will be for you a vivid and useful intercultural experience. To achieve this, we need to look at some practical needs. That's why we prepared this "SURVIVAL GUIDE" 😊.

Please, read the guide carefully and keep it with you on your travel so you can check it whenever you need the information.



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## ABOUT SLOVENIA:

### **In the Heart of Europe**

Where the Alps meet the Mediterranean and the Pannonian Plain meets the Karst, there is Slovenia. This small green country extends in the area of 20,273 km<sup>2</sup>. It is one of the countries with an exceptional number of top athletes and rich cultural creation.

**Population:** 2,055,000

**Position:** Slovenia is a Central European country.

**Area:** 20,273 km<sup>2</sup>

**Capital city:** Ljubljana

**Other major cities:** Maribor, Kranj, Celje, Koper, Novo mesto, Velenje, Murska Sobota.

**Official language:** Slovenian

## SUMMARY OF THE PROJECT:

Young participants, who met through the participating organizations, decided to shed light on the issue of mental health of young people through the youth exchange project and, through our interest in art and culture, try to give young people tools to deal with mental hardships. At the same time, we will promote tolerance at the youth exchange, and we will also learn about voluntary work, because through voluntary involvement in society, young people become active citizens, develop skills and acquire competences, meet new friends and strengthen their social life, which has a significant impact on the mental health of young people. The goals of our project are: to learn about the concept of volunteering and its impact on the local environment, to learn about volunteering and good practices of volunteering from partner countries, to learn about youth and volunteer work, to bring volunteer work closer to young participants, to develop the personal competencies of young participants, to develop the self-image and self-confidence of young people participants, developing competences in organizing events and working in a team, getting to know art and culture as a tool for overcoming mental problems of young people, spreading tolerance and diversity through art and developing personal competences and, most importantly, building on one's self-image. We want local stakeholders to be involved in our activities, especially young people who are facing hardship.

Young participants from 5 countries (Italy, Lithuania, Bulgaria, Portugal and Slovenia) want to carry out a youth exchange activity that will last 9 days. Each group of young participants has 6 members, including one group leader and 5 participants, except for the Slovenian group, which has two group leaders and 5 participants. The participants are young people from 15 to 30 years old, only some of the group leaders are older. Some young people belong to the group of young people with fewer opportunities, that



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is, we are mainly young people who live in rural areas, have a worse economic and social status, and young unemployed people.

The young participants of the youth exchange will get to know the concept of mental health and what kind of mental problems young people face. We will also get to know the concept of volunteering. Through the youth exchange, we will gain new knowledge in the field of voluntary work and get to know different methods and practices of voluntary work in Slovenia, Pomurje and partner countries. Young participants will gain new knowledge and experience, build on self-esteem and self-confidence. We will build more on ourselves and realize how important we can be in society. We will improve our competences in getting to know cultures, overcoming stereotypes, understanding different opinions, better working in a team. We will organize our learning and the way we learn. We will gain new experience in planning the trip, we will get to know the culture, traditions, customs, languages, music of the participating countries. Above all, we will get to know what volunteering and performing voluntary work in connection with art and culture really means, and how we can use them to fight against the mental hardships of young people, which are often present today. We will be able to use the acquired knowledge in our everyday life.

### **LANGUAGE:**

Despite many of you speak many different languages the official language of youth exchange will be English.

### **PARTICIPANTS:**

Each country will select 5 participants from 15-30 years old, who are motivated, creative and want to learn how to deal with mental health issues through music and art and one leader who can be over 30 years old.

### **INTERCULTURAL EVENING:**

During the youth exchange we are planning to have an intercultural evening. You will present your own countries. A culture can be presented by a song, a story or a dance. We appreciate if you can find a more creative way to present your country.

### **CULINARY CAROUSEL:**

We have a kitchen if you want to prepare small meal for the culinary carousel. But it will be easier if they bring some typical snacks with them.

### **WORKING METHODS:**

Working methods will be icebreakers, energizers,



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team/group work, interactive and creative workshops, open space workshops, discussions, evaluation, role playing, informal gatherings, etc.

### WHAT TO BRING AND PREPARE:

Participants have to prepare a brief presentation of the sending organization, presentation of the situation about mental health among young people and presentation about traditional culture (music, art) in their country.

### TRAVEL:

- ❖ Invoices and travel tickets for reimbursement
- ❖ European health insurance card or travel insurance

#### TRAVEL COSTS & REIMBURSEMENT

»MultiMusicArt« project is implemented with the financial support of the European Union through Erasmus+ program. We will cover from the project budget, the following costs:

- Food, accommodation and activities (100%);
- Transport costs will be reimbursed on a lump sum basis:

**SLOVENIA:** 20 €

**BULGARIA:** up to 275 €

**LITHUANIA:** up to 275 €

**ITALY:** up to 275 €

**PORTUGAL:** up to 360€

**IMPORTANT!** We reimburse the travelling costs **ONLY** if the participant **ACTIVELY** take part during the whole project. This is an international project with non-formal education that is granted from European fund.

Don't buy your travel tickets before getting our confirmation!

### HOW TO APPLY:

31 participants from Slovenia, Bulgaria, Lithuania, Portugal and Italy. From each country will come 6 participants (5 participants and 1 leader), from Slovenia 7.

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