



*Youth Exchange*  
**Flowrest**  
*Your time to care, share and be*  
*Elbląg, Poland*  
**May 6 - 15, 2025**



Co-funded by  
the European Union



**STOWARZYSZENIE**  
NA RZECZ ROZWOJU I POMOCY



**KAŻDY Z NAS  
OTOCZONY  
TROSKĄ I WSPARCIEM  
MOŻE ZMIEŃĆ  
SIEBIE**

**NASZE PROJEKTY:**

**nowa  
BAZA**

**OSWOJ STRES,  
UWOLNIĆ  
POTENCJAŁ**

**in-Młody  
Obywatel**

**Oswój  
konflikt**

**MOBILNY  
PSYCHOLOG**

**inQstator  
DZI  
AŁA  
NIU**

# Hosting organization

The Q Zmianom Association was established in 2004 in Warsaw, Poland, and has been active in the field of youth work since then. The name of the organization translated to English is “Towards Change - The Association for Development and Support.”

The organization aims, among other things, to support the development of key competencies, especially learning skills, social and civic competencies, and the personal development of children, youth, and adults. It works to equalize educational opportunities for people of different socio-economic statuses, promote health, and counteract social pathologies.

The organization is active in the Erasmus+ Youth Sector and has been a partner and host organization in several short-term mobility projects. Since 2024, it has been accredited as an organization in the Youth Sector.

[Website](#)  
[Instagram](#)  
[Facebook](#)



# About the project

## Project Objectives

- 1. Promote Mental and Emotional Wellbeing:** Support young people in developing self-awareness, stress management skills, and self-care practices inspired by the natural balance of the forest.
- 2. Reconnect Humans with Nature:** Help participants explore the connection between personal wellbeing and the health of ecosystems, fostering respect and care for the environment.
- 3. Encourage Sustainable Mindsets and Behaviors:** Increase understanding of how individual and collective actions impact ecosystems and inspire more responsible, sustainable lifestyles.
- 4. Develop Social and Intercultural Competences:** Create a safe space for participants from different cultural backgrounds to build trust, empathy, and meaningful connections.
- 5. Foster Creativity and Self-Expression:** Provide tools and experiences that help participants express themselves, reflect on their inner worlds, and co-create solutions for wellbeing and sustainability.
- 6. Encourage Balance Between Online and Offline Life:** Offer strategies to reduce digital overload through mindful, nature-based, and community-centered practices.
- 7. Empower Young People to Take Action:** Motivate participants to become ambassadors for mental health, self-care, and environmental responsibility in their local communities.

Pause. Breathe. Trust the process.  
Find one's own rhythm and rest in the flow.

This project is an Erasmus+ youth exchange involving 25 participants from five countries, aimed at slowing down, reconnecting, and finding balance—similar to a forest in its natural rhythm. It is based on the belief that the relationship with nature is essential for personal and collective wellbeing. By exploring the metaphor of a living, breathing forest system, participants will reflect on how human actions impact both local and global ecosystems.

Participants will engage in self-care without pressure and share their truths. Through mindful practices, creative activities, and nature-inspired reflections, the project explores sustainability as a way of living harmoniously with oneself, others, and the planet.

## Methods

- **Nature-Based Learning:** Engage in mindful walks and eco-meditations to enhance connections with nature, promoting self-regulation and reflection through nature's resilience.
- **Stress Relief & Emotional Resilience Practices:** Participate in breathwork and movement sessions to regulate emotions and release tension, along with mindfulness exercises to promote clarity and balance.
- **Creative & Experiential Methods:** Utilize artistic self-expression (collages, poetry, storytelling) to unlock emotions and gain personal insights.
- **Community & Connection:** Encourage open-hearted communication through sharing circles and storytelling, allowing tracking of personal growth via group reflections.
- **Intercultural & Social Learning:** Engage in collaborative activities to strengthen cultural understanding and teamwork while providing spaces for sharing traditions and values.
- **Personal Reflection & Integration:** Guide participants in reflecting on emotions and insights to help apply learned concepts in everyday life.



# More information



## Who will guide you?

- Arseniy Turiuk (Facilitator): A psychologist, holistic therapist, and trainer specializing in mindfulness, emotional wellbeing, and resilience. With over four years of experience in consulting and education, he combines movement, body awareness, and nature-based practices to help individuals manage stress and foster self-connection. He advocates for the power of movement and mindfulness through practical approaches using breathwork and self-reflection.
- Kvítka (Co-facilitator): A fourth-year Psychology student with a strong interest in mindfulness-based therapies. She is passionate about visual arts in both digital and analog forms.
- Aleksandra Wolska (Ola) (Project Coordinator): Responsible for overseeing all logistical aspects of the youth exchange, she will support participants during the preparation phase and manage travel arrangements to ensure a smooth and fulfilling experience.



## Who can participate?

- Residents of the EU or partner countries aged 18 to 30 (there is no age limit for youth leaders).
- **Ability to communicate** in English (imperfection in language is acceptable; the focus is on learning together).
- **Interest** in mental health, wellbeing, self-care, and connections with others and nature, or at least an open-minded curiosity about these topics.
- **Open and respectful individuals** who are excited to co-create a space of care, flow, and meaningful connection.

## What to bring?

- Water bottle
- Slippers and/or shoes for indoor use only
- Comfortable clothes
- Warm clothes for outdoor activities (it may get down to around 5 degrees at night in Poland)
- Items needed for sauna night
- Board games (optional)
- Newspapers and magazines from your country for collage-making (only if space permits in your luggage)
- Snacks from your country for the intercultural night
- EHIC blue card or other insurance card



### **Uzdrawisko Siebie Blisko**

The venue is situated in northern Poland, 60 km from Gdańsk, within a natural park. The nearest store is a 6 km walk away, but the area boasts beautiful natural surroundings.

Three vegetarian meals will be provided daily, along with coffee breaks in between. If there are any food intolerances or allergies, please inform the organizers in advance. However, it should be noted that very specific diets cannot be accommodated. There will be one cook on-site; if specialized dietary needs exist beyond what is provided, arrangements should be made to bring necessary food.

For more information about the venue, visit: [Uzdrawisko](#).

Accommodations will feature cozy rooms for 2–4 people, each with its own bathroom, along with an attic containing three separate sleeping areas and two bathrooms. There will be access to a spacious training room, as well as opportunities to enjoy the surrounding natural environment. A common area and sauna will be available for relaxation.

# Venue and rules

## **Important Rules**

This is an educational project and by participating, individuals agree to respect the program's rules.

- All participants are expected to attend and actively engage in the sessions. Although personal responsibilities are acknowledged, the training is not intended as a space for online work. It is strongly recommended to set aside work commitments during the training to fully benefit from the experience and focus on learning and wellbeing.
- Participants are also expected to contribute to the group's wellbeing by assisting with daily chores, such as cleaning common spaces and helping the kitchen team (food serving, veggie chopping, and putting dishes in the dishwasher). This fosters a positive, collaborative environment and aligns with the course's values of collective wellbeing.
- The project is alcohol-free to maintain a clear, healthy environment that supports learning and emotional support. This policy helps create a safe and supportive atmosphere for personal growth and group cohesion.

## **Additional Guidelines**

This is an educational training, and by participating, individuals agree to respect the program's rules.

- Respect and openness are key to the training environment. Thoughtful engagement, active listening, and an open mind are encouraged to enhance the learning experience and support a safe, inclusive space for all.
- Please note that this is an educational training and not a therapeutic activity. While it provides valuable skills and knowledge, it is not a substitute for professional mental health services.
- Travel reimbursement will be processed after the training upon submission of the reimbursement form, tickets, and invoices. To qualify, participants must attend the entire program and complete a follow-up task, such as organizing a community session back home, ensuring the training's benefits extend beyond the event. Please check the reimbursement regulations [here](#).

# Registrations with Tavo Europa

## Travel plan

We will be traveling by our van.

If you have any questions about the trip, please read this file and feel free to contact us for any clarifications.

The youth exchange participants will travel using the organization's vehicle. The trip will begin on May 6th from Lithuania.

You are expected to arrive on May 6th (in the evening) at the venue. The return trip will be organized in the same way. We expect you to be back in Lithuania by May 15th in the second part of the day/night.

Participants will be driving the car all the way. You will need to pay for diesel and road taxes. However, these expenses will be reimbursed once you return home and present all original invoices.

Before departure, all participants will be required to sign the rules for using our vehicle. Each invoice must include our organization's credentials:

Tavo Europa - Mozūriškių g. 17-8, LT-06298 Vilnius -  
Registration Code: 304638334

## Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:  
<https://www.facebook.com/groups/186132221744993>

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