

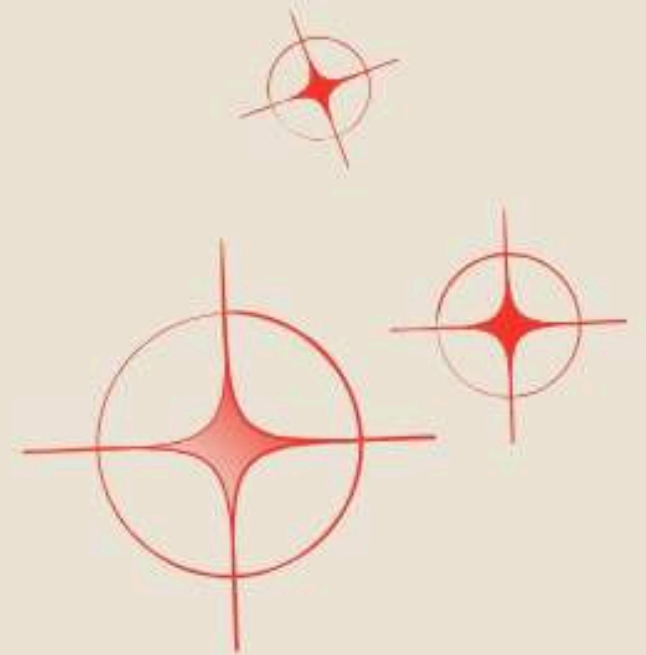
4-17.  
AUGUST



# MAKE YOUR OWN



YOUTH  
EXCHANGE







# PROJECT DESCRIPTION



Make Your Own is a youth exchange all about finding your voice, telling your story, and learning how to truly listen to others. In a world full of opinions, it can be hard to speak up—or even harder to be heard. This project gives young people the chance to explore how they communicate, how they express themselves, and how they can make a positive impact through words, art, and action. Through common sessions and creative workshops, participants will explore different ways of expressing themselves, understanding others, and building meaningful communication based on respect, empathy, and shared understanding. Participants can choose from three dynamic and hands-on workshops: Music, Dance, and Theatre. Each workshop is led by experienced mentors who will guide participants through the creative process in an open and supportive environment.



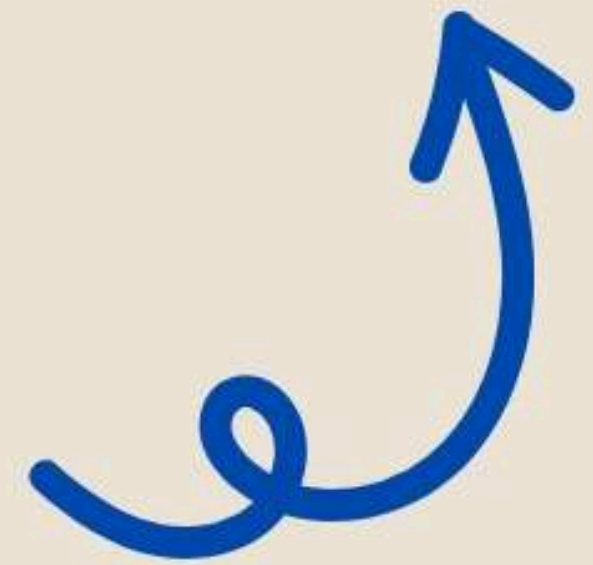




The project seeks participants between the ages of 18 and 25, who have a natural curiosity, strong commitment, and a willingness to actively engage in the entire program. Prior knowledge or experience in music, theatre or dance is not required, as the project embraces a learning-oriented approach. Participants will have the opportunity to explore and acquire new skills in these artistic domains throughout program.

An essential aspect of the project is the ability to express oneself freely in English, as it serves as the primary working language of the youth exchange. This language requirement helps everyone understand each other better and creates a friendly learning environment where everyone can participate.

# PROFILE OF PARTICIPANT







Co-funded by  
the European Union

# TRAVEL, FEE AND REIMBURSEMENTS

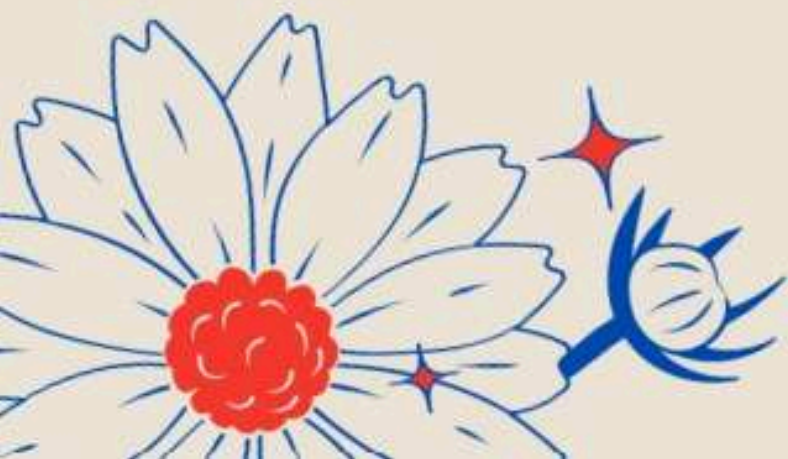


Our project is financed by Erasmus+ Programme. Organizers will provide accommodation and food. Travel costs will be covered according to the funding rules of Erasmus+ Programme based on the Erasmus+ distance calculator. Travel reimbursement will be refunded based on real costs of the tickets up to the Erasmus+ limit.

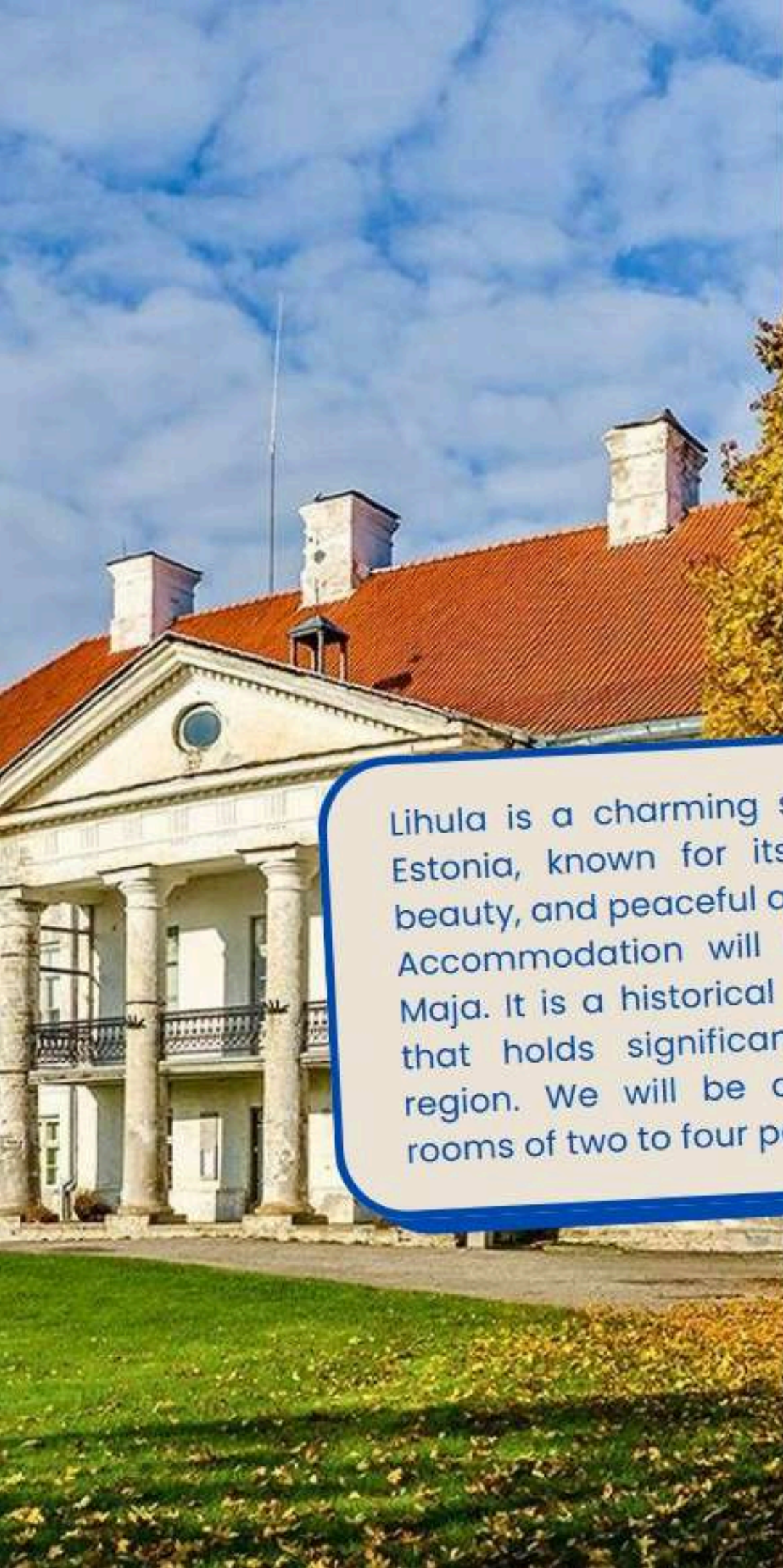
Please note that in order to be reimbursed, you need to keep and provide to us all your recipes, invoices and tickets. Please buy your flight tickets directly on the website of the flight airline. Any travel arrangements require confirmation from the host.

The participant is responsible for obtaining full insurance (travel risks, medical injuries).

The host organisation requires 20€ for participation fee.







AND

# VENUE WEATHER

Lihula is a charming small town located in Estonia, known for its rich history, natural beauty, and peaceful atmosphere. Accommodation will be offered by Sakste Maja. It is a historical and cultural landmark that holds significant importance in the region. We will be accommodated in the rooms of two to four people.



In August, Estonia experiences pleasant and relatively mild weather conditions, making it an ideal time to visit and explore the country. Daytime temperatures range from around 15°C to 23°C, with some warmer days reaching up to 25°C. Evenings and nights tend to be cooler, with temperatures dropping to around 10°C or slightly lower.

It's recommended to pack a variety of clothing options to adapt to the changing weather conditions.



# INTRODUCING LEADERS

In years of varied and intensive work and research, Malik explores and creates meeting points between the performing arts and forms of dialogue. As a theater maker, he works as a director of performative works and conceptualizes and leads original workshops and projects in collaboration with various partners and contributors. As an actor and performer, he has worked in the fields of film, text-based and physical theater, as well as political and alternative theater. Alongside this work, he writes and develops text fragments, some of which emerge from his projects while also serving as the foundation for new creations.

He collaborates with theaters, institutions, and international and local artists in Germany, Poland, Palestine, Latvia, and Estonia. He is the founder and artistic leader of the Zaytun Ensemble.



**MALIK MEYER**



# INTRODUCING LEADERS

Marcin is a nomad, artist who effortlessly moves between diverse and creative pursuits - from theatre to physical performance, music, and filmmaking. Beyond his artistic pursuits, he leads workshops and coaches different artists, empowering them to find their voice and navigate the creative landscape. Inspired by the journey of self-discovery within artistic expression, he is both a mentor and a facilitator of personal and artistic growth.





# INTRODUCING LEADERS

Dance has guided me throughout my life and ultimately led me to the realization that it is a bridge between the real and the unreal — a place where the body, soul, and imagination meet. A lifelong dancer, and for many years also a coach and teacher, Annabel has explored a wide range of styles, from ballet and folk dance to contemporary, Broadway jazz — both in the studio and on stage. Her desire to "turn dance into art" has deepened through her choreography studies at Tallinn University. These studies have given her the tools to create pieces that are thoughtful both in form and content. With adrenaline as her close companion, Annabel is always drawn to pushing boundaries in dance — seeking spaces where she can challenge herself and give her all.

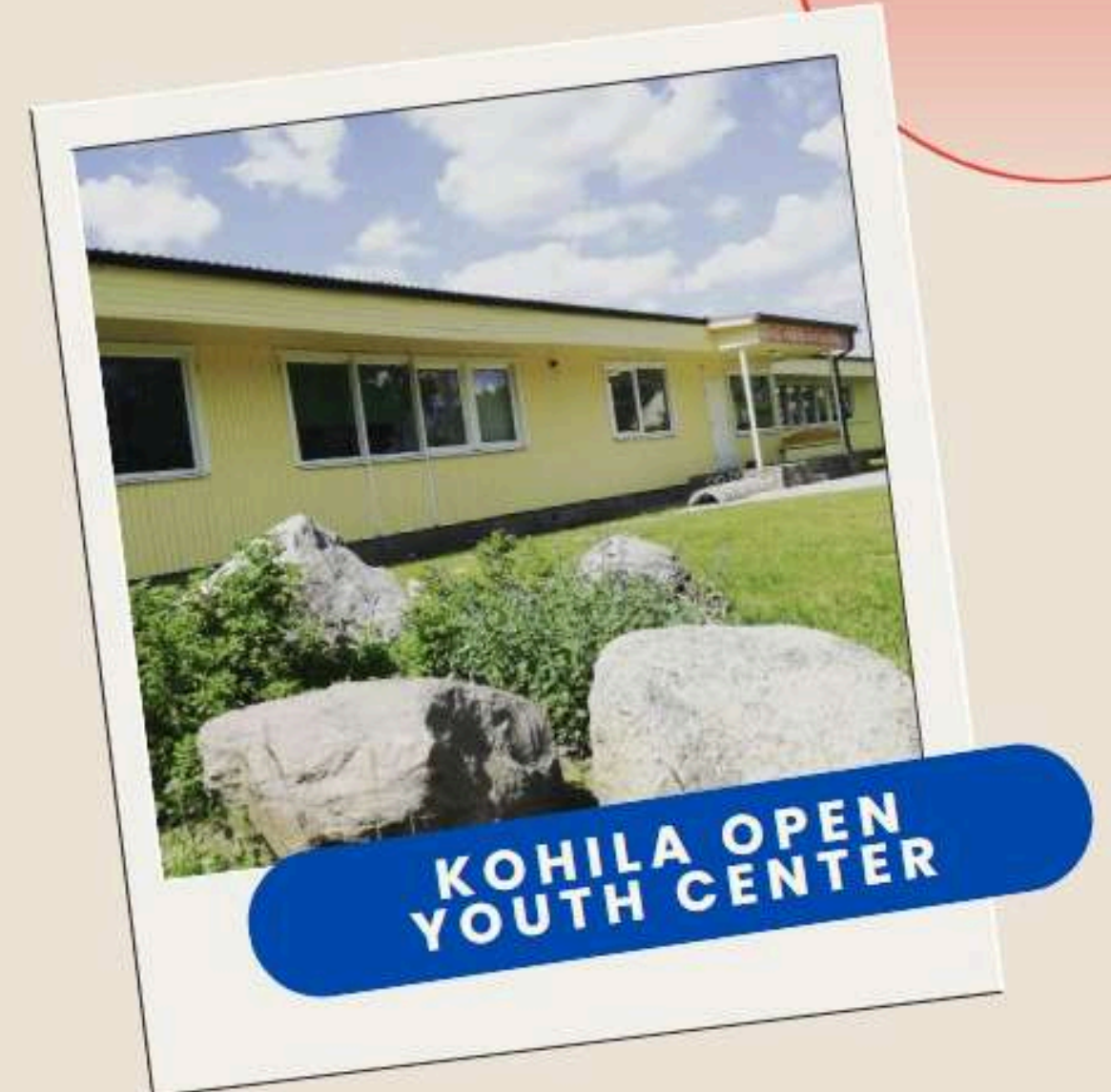


**ANNABEL VINNAL**



# INTRODUCING HOST

The Kohila Open Youth Center (Kohila Avatud Noortekeskus) stands as a vibrant institution firmly rooted in the principles of youth work, dedicated to nurturing the diverse development and growth of young people. In our everyday work, we support youth initiatives, irrespective of their backgrounds, entrusting young individuals to lead events, projects, or hobby groups. While challenges may arise, these experiences are valuable for both the youth and our organization.







# INFORMATION

If you have any questions, concerns, or need further information about the project, please don't hesitate to reach out to the project leader via email [karina.baumverk@kohila.ee](mailto:karina.baumverk@kohila.ee)





# CONTACTS

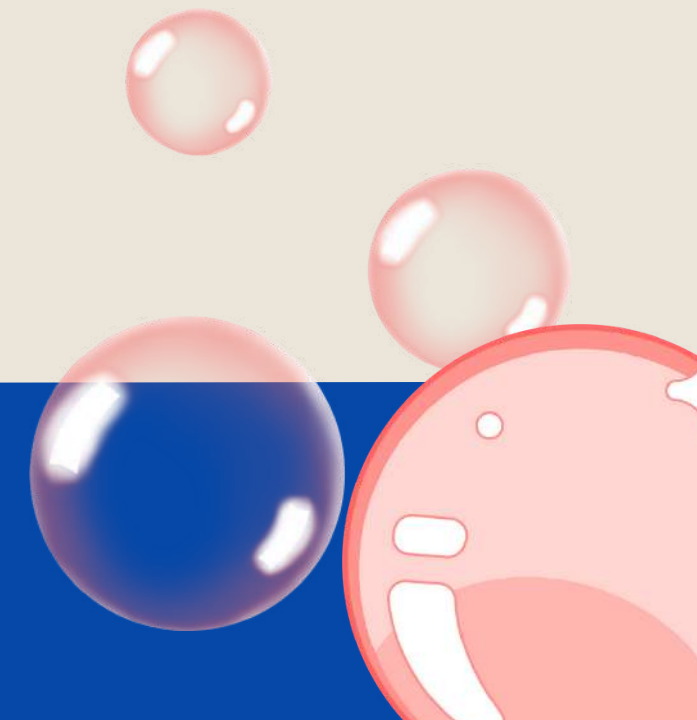


**For more informations contact us!**



*Project Coordinator in Lithuania*

**Julija Staniulytė : [julija@tavo-europa.eu](mailto:julija@tavo-europa.eu)**





# JOIN NOW WITH TAVO EUROPA!



**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>**

