



Crafting bonds

Training Course

YE:02-10 December

Countries participating:

Luxembourg; Lithuania;
Portugal; Romania; Serbia;
Slovakia; Spain.

Group size:

4 participants



Crafting bonds

This project offers a series of creative workshops designed to bring people together and encourage mindfulness. Using arts and crafts as a fun and relaxing tool, participants can explore self-expression, build emotional awareness, and share meaningful experiences. Each activity provides an opportunity to connect more deeply with yourself and others in a calm, supportive environment. The workshops are easy to join, guided in a gentle and informal way. They give room for storytelling, reflection, and creativity—whether on your own or shared with the group. No artistic experience is needed; bring an open mind and a willingness to try something new. Together, we'll create moments that nurture both personal growth and a sense of community.

The project is co-funded by the Erasmus+ program of the European Union.



Participants profile

This training course is open to young people aged 18-28 interested in arts and looking to connect through creativity and shared experiences.. An exception to the age range is possible. If this is the case, please consult us beforehand. Previous knowledge/skills related sports is welcome but not mandatory.

Good command of English is required.

Good mood, happy faces and positive energy are more than welcomed.

Please inform us in advance if you have participant(s) with handicap or disabilities within your group in order to prioritize them during the selection process.

Erasmus+ is a program that supports young people with disadvantages which is the reason why we strongly encourage their inclusion.



Accommodation

Chalet Géisserei is a scouts center located in the vicinity of Luxembourg city. The scouts center is maintained by volunteers members of the scouts federation who do everything in their power to make the accommodation venue flourish.

The venue is equipped with advanced garbage selection and we would kindly ask you to stick to it. The inhabitants in the vicinity value their calm lifestyle, meaning that a quiet and calm ambience in the period 10p.m. - 8a.m. would be expected.

Please note that the accommodation venue is not in Luxembourg city, meaning that if the project topic and the youth exchange itself is not your main motivation to visit, you might want to reconsider your participation in this project.

However, the program of activities will include a cultural visit of Luxembourg city.

Facilities:

Activity/dining room; professional kitchen;
Bathrooms/ showers (separated by gender); Shared rooms (separated by gender).



How to get to the accommodation venue?

Once you arrive in Luxembourg, the public transport is free of charge with the sole exception of the 1st class in trains.

For up-to-date information on how to get to the accommodation. You can use the website: www.mobiliteit.lu or their application called mobilitéit.

You can also refer to google maps.

Your destination is 5, rue Munchen-Tesch, Luxembourg.



Food

The food will be prepared and served for you in the accommodation venue.

It will be served as a buffet.

There will be three meals and two snacks/coffee breaks provided.

We will provide simple 'with/without meat (vegetarian)' dishes.

If you have any specific dietary needs/allergies, please let us know in advance.



Travel and reimbursement

The travel MUST be from the participating country to Luxembourg and back. The foreseen **travel days are 02 and 10 December**. Exceptions/extension of the travel dates may be possible if requested in advance and if a valid reason is provided.

The **travel costs will be reimbursed up to the limit of 309€ per participant**. All **plane tickets must be bought directly via the airline company**. The use of any providers must be approved by REACT in advance!

In order **to make the reimbursement, we will need all the tickets (originals) including the ones for the way back**.

It is very important that you keep ALL your travel documents (itineraries, boarding passes, bus/train tickets) and bring them with you on project in a hard copy (paper).

They will be used to fill in the travel cost reimbursement form on project. Travel costs will be reimbursed only if you take part in ALL the activities foreseen for the project.

Please note that we strongly encourage the idea of green travel. If you would like to organize your trip in this way, please share this info with your sending organization. Please note that in this case, extra travel days and a reimbursement ceiling of 417€ is eligible.

It is obligatory to confirm with us before buying your tickets!



Health insurance

It is mandatory to obtain a health insurance for the full duration of the project, including the travel days.

If you have a valid EU health card, this covers the basic needs, otherwise a travel insurance is needed.

In both cases, an additional travel insurance is recommended.



What to bring on project?

- ❖ **Sleeping bag or a blanket (the accommodation venue does not provide blankets).** (Bed sheet and pillow are provided)
- ❖ **Towel and hygiene essentials**
- ❖ **Flip-flops and home slippers**
- ❖ Laptop, tablet, camera (if any)
- ❖ Layered clothes (the weather can frequently change thorough the day)
- ❖ Ideas, Ice breakers, and traditional dances for your national evening.
- ❖ Materials, stickers and brochures of your organization (if any)
- ❖ Good mood and energy to be active!

Contact Us!



Laura Vanagaitė

Project Coordinator in Lithuania

Email to: laura@tavo-europa.eu



Co-funded by
the European Union



JOIN NOW WITH TAVO EUROPA!

Educator 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 training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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>



Co-funded by
the European Union

