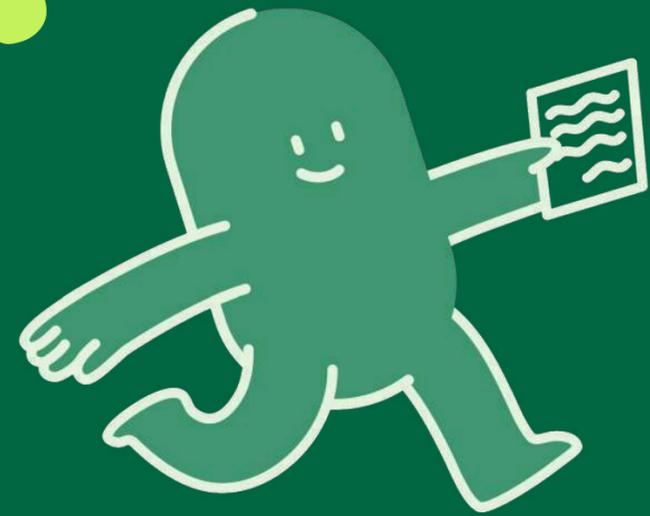


THE ART



ERASMUS+ YOUTH
EXCHANGE

Osijek, Croatia
12 – 20 May, 2026

OF BEING WELLS



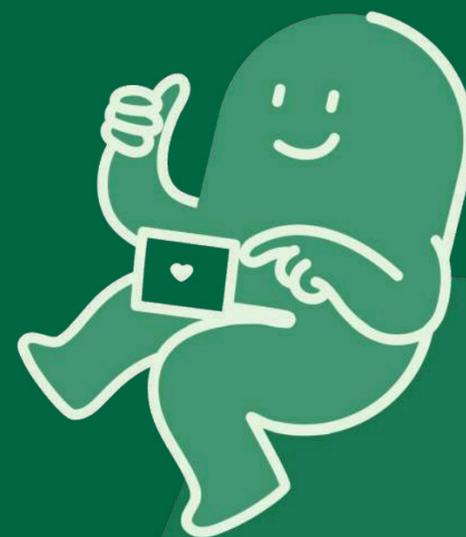
Co-funded by
the European Union

Join us for the Erasmus+ Youth Exchange *The Art of Being Well*, taking place from 12 to 20 May 2026 near the city of Osijek, Croatia. The exchange will focus on mental health, creativity, self-care, and meaningful ways to spend free time.

During the week, we will explore different ways to take care of our well-being through creative workshops, group activities, and time spent in nature.

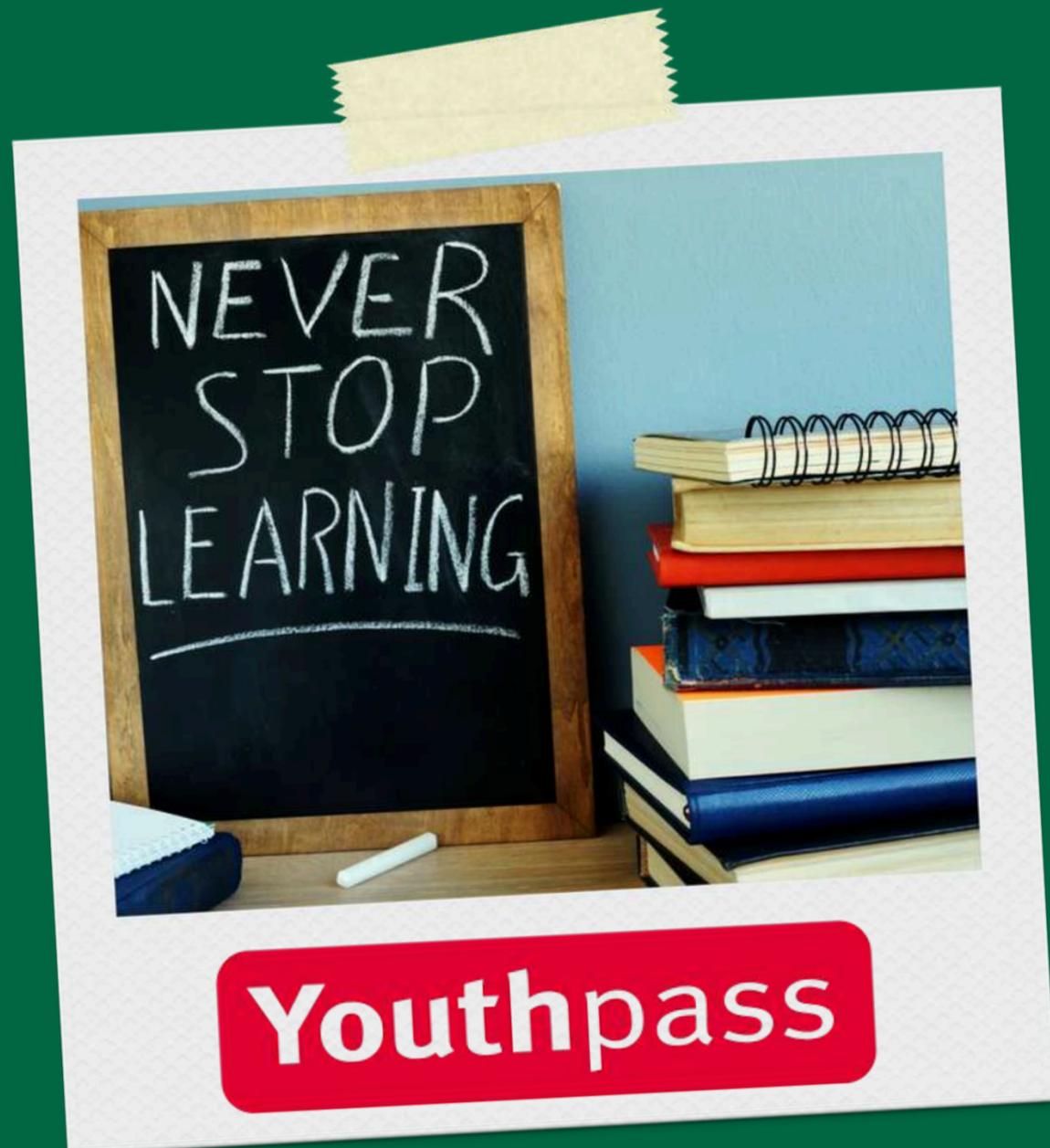
Activities will be based on non-formal learning methods, creative approaches, and art therapy-inspired exercises.

The programme will offer opportunities to share our experiences, learn from each other, and spend time together in a relaxed, safe, and supportive environment.



This youth exchange is for you if you enjoy meeting new people, trying new things, and are open to new experiences!





All participants who take part in the full programme will receive a **Youthpass certificate**, which recognises their participation in the Erasmus+ Youth Exchange and the learning that takes place during the project.

Participants will be introduced to Youthpass at the beginning of the exchange and will have reflection sessions during the programme to think about what they have learned. Those who wish can receive support from the facilitators in completing the reflection part of their Youthpass certificate, which can later be useful for studies, job applications, or personal development. 🌟

WHO CAN PARTICIPATE?

- Young people aged 24–30
- No previous Erasmus+ experience needed (priority will be given to newcomers)
- Able to communicate in basic English
- Open to intercultural learning and group work
- Willing to take part in the full programme from 12–20 May and attend all activities
- Ready to actively contribute, share experiences, and respect the group and learning environment
- Willing to take part in follow-up and dissemination activities after the exchange

We especially encourage participation of young people with fewer opportunities, for example those who:

- have financial difficulties,
- live in rural or remote areas,
- have fewer opportunities to travel or participate in international projects,
- face social or personal challenges that may limit access to such opportunities etc.



Meet the organizer

BREZA ASSOCIATION

Breza is an NGO based in Osijek, Croatia, founded in 2001. We work with children, young people and different groups in our community through creative activities, workshops, and projects that encourage learning, self-expression, and the development of practical life skills. Over the years, we have organized many local and international projects, youth exchanges, and the international festival Land Without Borders. Our work is also supported by a network of local and international volunteers.

YOUR FACILITATORS



Tajana, psychologist



Ana, art therapist

OUR VENUE

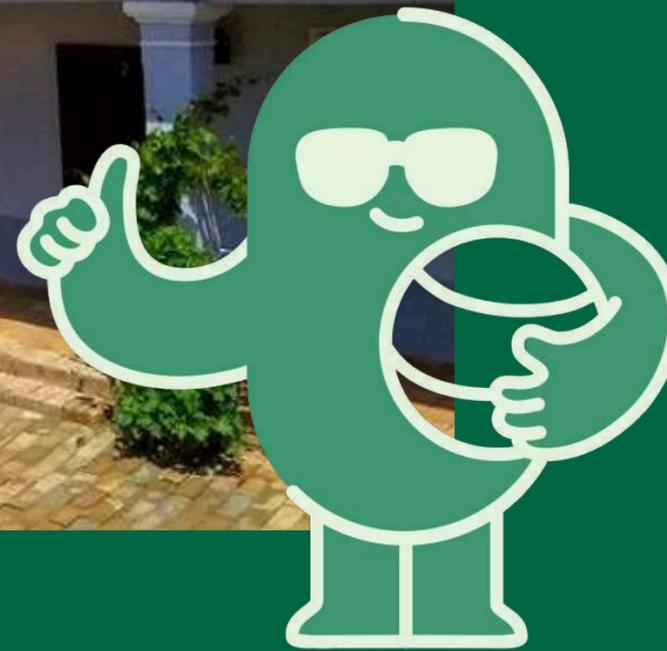


The youth exchange will take place in Vardarac, a small village near Osijek in the Baranja region of eastern Croatia, known for its peaceful rural atmosphere, beautiful nature, and rich local traditions.

We will stay at Pannonia Terranova Art Eco Heritage House, a magical property surrounded by greenery that offers privacy and plenty of outdoor space to enjoy the natural surroundings.

Pannonia Terranova offers:

- Single bedrooms and shared rooms (2, 4 or 6 people), each with a private bathroom
- Outdoor spaces for workshops, sports and leisure time
- Kitchen and dining facilities
- Wi-Fi in each room
- Towels provided





TRAVEL INFO



Arrival date: 12 May (Tuesday)

Departure date: 20 May
(Wednesday)

OPTION 1: Flight to Zagreb Airport → Arriva or Flixbus (book online) from Zagreb Bus Station to Osijek → Organized transport to the venue

OPTION 2:
Flight to Budapest Airport → Shared transport from the airport to the venue may be organized for participants arriving around the same time

You will be asked to send your travel plan to the organizer for confirmation before booking your tickets.

REIMBURSEMENT

The project is co-funded by the European Union, which covers accommodation, food, and programme costs. Travel costs will be reimbursed according to the Erasmus+ distance bands shown below, **after completing the youth exchange, submitting proof of travel, and carrying out the agreed dissemination activities. Please keep all original travel documents (tickets, invoices, and boarding passes), as they are required for travel reimbursement!**

| Travel distance | Non-Green travel | Green travel |
|-----------------|------------------|--------------|
| 10 – 99 km | 28 EUR | 56 EUR |
| 100 – 499 km | 211 EUR | 285 EUR |
| 500 – 1999 km | 309 EUR | 417 EUR |

*Green travel: using low-emission transport (such as train, bus, or car-sharing) for more than 50% of the journey instead of flying.

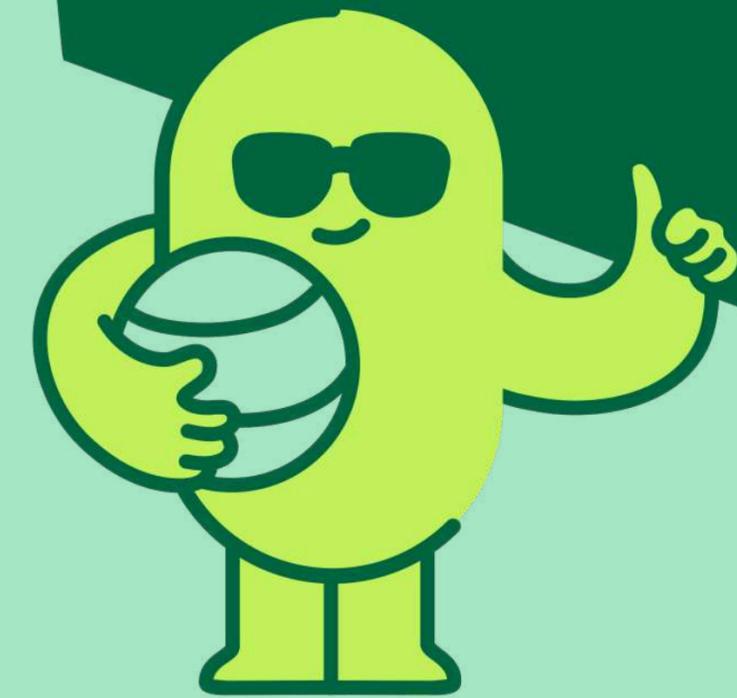
WHAT TO BRING?

- Comfortable clothes and shoes for indoor and outdoor activities
- Clothes suitable for nature and outdoor time
- Refillable water bottle
- Light jacket or sweater for cooler evenings
- Personal toiletries and any medication you may need
- Something small to share during the intercultural evening (snacks, music, games...)
- Valid identity card or passport
- European Health Insurance Card (EHIC)



GOOD TO KNOW

- **Currency:** The official currency in Croatia is the Euro (€). Card payments are widely accepted. **Weather:** In May the weather is usually pleasant and warm, around 20–25°C during the day and 10–15°C at night. If we're lucky, we might even have summer-like temperatures.
- **Meals:** You will be asked to fill out a questionnaire about your dietary needs so that meals can be adapted accordingly. You can expect hearty continental and homemade cuisine, three meals per day, and plenty of snacks.





SEE YOU IN OSIJEK

CONTACT INFORMATION

Project Coordinator in
Lithuania

Austeja Amankaviciute

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Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

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>



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