



Info pack Youth exchange

YOU(th) in Music

Number of participants: 6 participants from each country including the group leader (5+1)

Date: 15-21 of June 2026 (Arrival day 14th of June 2026/ Departure day 22nd of June 2026)

Duration: 7 working days 2 travel days

Location: Lefkas, Greece

Partners/Participants:

Partners: Six Youth organizations from six EU & partners countries

Participant's profile: Motivated young people 18+ including young people with disabilities.

Each team need to involve at least: two participant who play musical instrument

General Description

The Youth Exchange "You(th) in Music" is a multicultural project that focuses on traditional music and dance as powerful tools for expressing cultural identity, collective memory, and history.

Across the world, music and dance have always played a central role in shaping communities, transmitting values, and telling stories from one generation to another. They reflect social realities, historical experiences, celebrations, struggles, and shared emotions. At the same time, music and dance go beyond language barriers and function as universal means of communication that bring people together.

This youth exchange aims to create a shared intercultural space where young people from different countries explore how traditional music and dance express their culture and history, while also discovering common elements that unite them. Through non-formal education methods, experiential learning, and artistic collaboration, participants will connect, communicate, and co-create using rhythm, movement, and sound.

Objectives of the youth exchange

- To highlight traditional music and dance as expressions of cultural heritage, identity, and historical memory.
- To explore how music and dance reflect social values, traditions, and collective experiences of different countries.
- To promote intercultural dialogue and mutual understanding through artistic expression.
- To strengthen social cohesion and solidarity by using music and dance as common languages.
- To encourage active participation, creativity, and cooperation among young people from different cultural backgrounds.
- To empower young people to use music and dance as tools for connection and community building in their local contexts.



Participants' Profile

Age: 18–30 years old (group leaders may be older than 30).

Interest in music, dance, culture, tradition, and intercultural exchange.

Motivation to actively participate in workshops, group work, and artistic activities.

Willingness to share elements of their own culture and learn from others.

Basic knowledge of English, which will be the working language of the exchange.

Open-minded attitude, respect for diversity, and readiness to work in multicultural teams.

The program is based on non-formal education and experiential learning methods and includes:

- Ice-breaking and team-building activities using rhythm and movement
- Presentations of traditional music, dances, and cultural backgrounds from each country
- Experiential workshops on traditional music (rhythm, instruments, vocals)
- Experiential workshops on traditional and contemporary dance
- Group discussions on the link between music, culture, and history
- Intercultural evenings with music, dance, food, and cultural elements from each country
- Creation of a common music & dance performance combining elements from all cultures
- Reflection groups, evaluation sessions, and Youthpass process

Provisional Youth Exchange (7 Days)

Day 1: Arrival, welcome activities, getting to know each other through music and movement.

Day 2: Team building, rhythm exercises, introduction to traditional music & dance and intercultural night.

Day 3: Region presentation – local music, dance, culture, and history.

Day 4: Experiential workshops on music and dance (mixed international groups).

Day 5: Creation of a common music & dance performance.

Day 6: Rehearsals and final public presentation/performance.

Day 7: Evaluation, reflection, Youthpass, farewell circle and final collective dance.





Final performance: At the end of the exchange, participants will present their **musical performance** to the local public. This final event will be an opportunity to showcase their work, celebrate their achievements, and share the message of inclusion and diversity with a wider audience.

Participant’s Profile:

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- Willingness to share elements of their own culture and learn from others.
- Basic knowledge of English, which will be the working language of the exchange.
- Open-minded attitude, respect for diversity, and readiness to work in multicultural teams.

Expected Outcomes:

Participants will gain new musical and dancing skills, as well as improved social and communication skills.

Participants will develop a deeper understanding of inclusion, diversity, and intercultural dialogue, and will be empowered to promote these values in their local communities.

The exchange will result in a musical and dance performance, that promotes the idea of inclusion.

Participants will leave the exchange with new friendships, a sense of accomplishment, and a renewed commitment to creating inclusive and diverse communities through music, dance and tradition.

Travel costs per participant per country

Country	Total of participants	Amount covered for the travel cost per participant
Greece	8 participants (3 young people, including 1 with disability + 1 group leader + 1 accompanying person + 2 facilitators)	0 €
EU and Other Partner Countries	5 young people + 1 group leader	309 € /395 € on the base of the distance calculator





Venue: Our project will take place in Lefkada Island.

The island of Lefkada, also called Lefkas, is the fourth largest island of the Ionian Islands, after Zakynthos, Kefalonia and Corfu. It has an area of 303 square kilometres, a coastline of 117 kilometres and a population of about 23.000 inhabitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens.

Discover the emerald island at: www.lefkada.gr



Accommodation and food for the exchange

Participants will be hosted in "Nirikos Camping Village" in Lefkada (3 km from Lefkas town). Nice camping, and we are allowed to prepare food and to organize easily our workshops.

<https://camping-nirikos.com/glamping-tents/>, Safari Mazi: 10 Pax, Safari Midi : 4 Pax, Vevor Midi: 4 pax, Vevor Mini 1: 2 Pax, Vevor Mini2: 2 Pax, 4* pyramids: 8 pax

The Internet connection is available in the camping.

In the same place you will take your meals. If you have some special needs for food or if you are vegetarian, vegan etc., please, inform us about your need beforehand in order to provide you proper food. Please fill this form: <https://forms.gle/JfHY26C2B1tPtJALA>

Insurance

All participants must have travel and health insurance for the entire duration of the exchange. European participants should bring their European Health Insurance Card.

Transportation - How to arrive to Lefkas:

From Aktio Preveza, 20 km from Lefkada. From there are buses to Lefkada.

Bus schedule:

<https://ktel-lefkadas.gr/%ce%ac%ce%ba%cf%84%ce%b9%ce%bf-%cf%80%cf%81%ce%ad%ce%b2%ce%b5%ce%b6%ce%b1/>

Mohamed will pick them from the bus station of Lefkas to the camping.

From Athens:

When you arrive to Athens El. Venizelos Airport you have to take the city bus X93 to the bus station Kifissos, it will take about 60 min and the ticket costs about 6 €. There you have to take the bus to Lefkas which takes 5,5 hours and costs 38 €. We will pick you from the bus station of Lefkas to the camping.

Pay attention that there are only 3 buses from Athens to Lefkas (At 7:00, 13:00, 19:00), please organise your flight so as to arrive early in Athens and catch the bus to Lefkas.

<https://ktellefkadas.gr/%ce%b4%cf%81%ce%bf%ce%bc%ce%bf%ce%bb%cf%8c%ce%b3%ce%b9%ce%b1/>

We can also reserve your bus ticket to Lefkada with 25% discount.

Young people with disabilities can benefit 50% discount if they have justification's document.





Very important: Please KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES from your travel, and to send your boarding pass of your return trip, when you will be back home. If you arrange to arrive in the same time to Athens Airport we can rent a private bus to pick all of you from Athens Airport to the hosting place.

Participation Fee

100% of accommodation and basic food are covered by the Erasmus+ programme. 100% of activities fee are covered by the Erasmus+ programme. Your travel cost (up to the amount mentioned above) is covered by the Erasmus+ programme. Each participant **should pay 30 Euros** participation fee.

How you prepare yourself for the exchange

Before coming, each team will prepare:

1. Create a Short Video: "Music and dance in my community"

Film a 3–5 minute video showcasing how young people in your community play music and dance while they connect with others.

2. Imaginary music and dance Backpack- symbolic backpack with music, songs, traditions and small musical instruments I from your culture to share with others. These could include: folk song, dance to teach in a workshop, musical instrument, rhythm, or soundscape from your culture, a myth, legend, or social issue from your country that could inspire the group.

What you can bring with you?

- Sleeping bag
- Swimsuit
- Comfortable clothes and shoes suitable for dance and movement
- Personal hygiene items
- Traditional music, dance elements, costumes, or small instruments (if possible)
- Food, drinks, music, or symbols for the intercultural evening
- Motivation, positive energy, and openness to new experiences



Useful Greek Words

ENGLISH	Greek
Hello	γεια σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is...	Ονομάζομαι... (Onomazome)
Thank you!	ευχαριστώ! (Evkaristo)
I need help.	Χρειάζομαι βοήθεια. (khriazome voithia)
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά (Lipame, then millaw Ellinika)
Do you speak German/English?	Μιλάτε Γερμανικά / αγγλικά; (Millate yermanika, anglika)
Excuse me?	Συγγνώμη; (Signomi)
Yes	Ναι (Ne)
No	Όχι (Okhi)
Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you !	σ' αγαπώ (Sagappo)
Goodbye !	Αντίο (Adio)

Website: www.tamonopatia.org

Facebook: Solidarity Tracks

Instagram: @solidaritytracks



Communication strategies with deaf people

To communicate with a deaf person, the most important thing is do not be afraid to do so and have an open mind. Keep in mind that deaf people are used to communicate with hearing people who don't know sign language or other communication strategies.

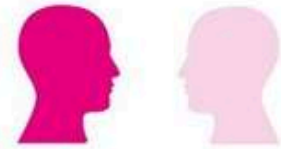
Try not to forget some guidelines as:



Get the listener's attention before you start speaking.



Find a well-lit place to talk, away from noise and distractions.



Be face-to-face with the person you're talking to.



Don't cover your mouth with hands or clothing.



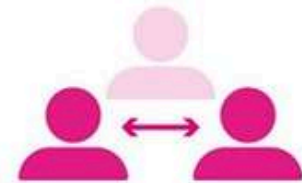
Speak clearly but not too slowly.



Exaggerated lip movements are harder to lipread.



Shouting is uncomfortable for hearing aid users and looks aggressive.



Talk directly to the person, not the interpreter.



Don't keep repeating things. Say them in a different way.



Make sure that your colleagues are included in conversations - don't assume they will notice and are choosing not to take part.

Contact Us!



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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:

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Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



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