


MOVING NATURE

22/06 - 1/07/2026
POLAND

Erasmus +
youth exchange



Co-funded by
the European Union

A photograph of a person from the waist down, wearing a long, flowing white dress. They are standing in a field of tall green grass with small white flowers. The person's feet are visible, and they appear to be barefoot. The background is a soft-focus green field.

"When I am among the trees"

Mary Oliver

*When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness,
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."*

Moving Nature creates a space where young people can slow down, reconnect with themselves and others, and explore what it means to be present in today's fast-paced world. Through experiential learning, participants will engage in the activities which will embrace the integration of body, mind, and emotions.

We believe that by connecting with ourselves, each other, and nature, we can develop a deeper sense, and therefore also an attitude of belonging, responsibility, and care. "Moving Nature" is an invitation to explore what it means to live in a more holistic, connected, and conscious way – as individuals, as a member of a group and as a part of the ecosystem, and in a way that supports our mental health.

About



A hand holding a small bouquet of white daffodils in front of a white plate with a floral pattern. The background is a blurred natural setting.

About

This 8-day youth exchange will actively engage 20 young people and 5 group leaders from GERMANY, LITHUANIA, ITALY, POLAND, SPAIN.

The mobility will be held in the north of Poland, near Elblag.

Please note that this project follows a sobriety policy, meaning that no alcohol, drugs, or other stimulants are allowed during the whole programme.

The youth exchange intends to be a personal development space and not a therapeutic setting. Participants are expected to assess their own readiness to engage in group-based learning so it supports their mental and emotional wellbeing.

In this youth exchange you will...

- *learn methods which support mental health*
- *cultivate care for yourself, for others, and for the natural world*
- *strengthen connection with nature as a source of grounding and inspiration*
- *develop self-awareness and connection with own body*
- *deepen relationships with others and learn to empathise*
- *explore holistic well-being*
- *experience values of care, belonging and sustainability*



Objectives




For whom?

- young people 18-30 years old (group leader no upper age limit)
 - with level of English that allows to participate
- willing to reflect and participate actively in self-developmental process
- curious to practice movement, embodiment and activities in nature
 - doesn't mind to get dirty :)

A close-up photograph of a hand holding a paintbrush with a blue handle and a red tip. The hand is positioned over a canvas that features a nature scene with green foliage and purple flowers. The word "Methods" is written in a white, cursive font across the middle of the image.

Methods

- non-formal education and experiential learning
- embodiment practices (intuitive dance, somatic practices, contact improvisation)
 - nature-based practices (eg. forest bathing)
 - mindfulness
 - artistic tools (based on art therapy)
- empathic communication (inspired by Nonviolent Communication)
 - group-based & individual processes



Youth exchange isn't only a mobility...

Preparation

May-June

- application form
- travel plan and tickets
- prepararational tasks

Youth exchange

22 June -1 July

- active participation in the mobility
- cleaning chores

Follow up

July-August

- organizing at least one activity in local community
- sharing about the project
- filling up evaluation forms

You are expected to participate in the whole programme. By deciding to join in this youth exchange, you declare to participate actively also in the follow up part.



Juna Sadczuk

Facilitator

Juna is a creative soul who merges art, group facilitation, and social work, creating colorful, engaging, and inspiring workshops that provide lasting impact. Often working in natural settings, she combines the development of soft skills, teamwork, communication strategies, and self-awareness with artistic tools such as theatre exercises, intuitive movement, and art creation. She uses her facilitation training and acting degree to help workshop participants develop their creativity and express themselves through art in a safe atmosphere where every idea counts.

Krzysztof Hertling

Facilitator

Graduated as music theorist. Nowadays in life trying to turn his way more and more into practice in various paths. Enthusiastic of working with body and movement where it can meet psychological meaning and be inspiring into daily life. Actively dancing 5Rhythms and Movement Medicine. Very important for him are deep listening practices also very often connected with body e.g. Contact Improvisation and Playfight where he willingly explore self awareness and being "connected" with self and others. Trying to find path between healthy lifestyle and spontaneous artistic needs. Loving wild animals and climbing trees.



the Team

Bea Peciakowska

Project supervisor

Bea is a trainer and a president of StoPro Association. Graduated in Cognitive Science, Education, Nonviolent Communication, Dance and Movement Therapy practices. She has extensive practical experience working with youth and adults within non formal settings. Designing and implementing Erasmus+ projects for the last 8 years.



Kasia Groszkowska

Project support

Kasia is a sociologist, currently writing her master thesis on embodiment and movement. Through her 5 year experience of going to European projects she was able to learn from many non-formal methodologies - and now her goal is to contribute to opening these kinds of welcoming places to new people. She loves poetry, long days spent on a hike and believes in the transforming power of spontaneous adventures and chance encounters.





The youth exchange will take place in a developmental center in the north of Poland, near Elbląg. We will be surrounded by nature – natural forests, meadows as well as big, beautiful garden with a pond.

You will be accommodated in the cosy rooms of 2–4 people. Most of the rooms have own bathrooms. There are also chilling corners and common spaces to use.

The activities will take place in the spacious activities room as well as outdoors.

There will be 3 vegetarian meals per day and some snacks in between. Hot drinks will be available for the whole day. There is no shop nearby accessible on foot in the breaks so take everything you need with you.



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Financial aspects

This youth exchange is co-funded by the European Union from the Erasmus+ Programme. It means that all the costs of accommodation, food, materials and the activities are covered, and we reimburse your travel costs up to the allowed limits.

In order to get refund for your travel costs, you must:

- provide all original travel documents, including: tickets/invoices, boarding passes (in case of flights) as well as fill up the reimbursement form
- take part in all youth exchange phases (including follow up that happens AFTER the mobility)
- fill up evaluation forms (up to 30 days after the mobility)
- within 2 months after the youth exchange organize a follow up activity in your own country and provide us the evidence of it taking place

Please take into consideration that the travel refund can be send to your accounts approximately after 3-4 months after the youth exchange.

Under the Erasmus+ Programme, your travel expenses can be reimbursed up to the maximum amount allocated for the distance between your home and the project venue (Elbląg).

We strongly encourage you to choose sustainable means of transport such as bus or train – especially if your travel is less than 1000 km. We want to support eco-friendly travel, and by choosing greener options you not only help the environment but also contribute to the sustainability goals of Erasmus+ and our association. To be eligible for the green travel funding, at least 51% of your travel must be sustainable.

| Distance | Green travel limit | Non-green travel limit |
|--------------|--------------------|------------------------|
| 100-499 km | 285 EUR | 211 EUR |
| 500-1999 km | 417 EUR | 309 EUR |
| 2000-2999 km | 535 EUR | 395 EUR |

[check distance calculator here](#)

Travel limits



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LITHUANIA: Tavo Europa, austeja@tavo-europa.eu

GERMANY: Cambio, erasmusprojects@cambio-aktionswerkstatt.de

ITALY: EUnexus Italia, office@eunexus.it

SPAIN: Mediterraneando, asociacionmediterraneando@gmail.com

Partner NGOs



Contact Us!



Project Coordinator in Lithuania
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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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