

YOUTH
EXCHANGE

MIND MAKERS

FROM THOUGHT TO VOICE

29. JULY
-
11. AUGUST

LIHULA, ESTONIA



PROJECT DESCRIPTION

This project focuses on exploring and understanding how mentality is shaped by social and cultural environments as well as personal experiences. Mindsets influence decision-making, the way challenges are approached, and how individuals respond to the world around them. The project encourages participants to reflect on their own ways of thinking, become more aware of them, and learn how to shape and strengthen them with confidence and intention.

As part of an international youth exchange, participants are given the opportunity to share perspectives, express ideas, and stand up for what matters to them. At the same time, the project creates space to better understand how external influences affect personal thinking and behavior, while learning from people with diverse backgrounds.

The program combines group sessions and interactive activities that support both individual reflection and collective learning. In addition, participants can take part in creative workshops such as Music, Dance, or Theatre, where mentality can be explored through artistic expression. Together, these elements create a supportive environment for personal growth, exchange, and self-discovery.





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 40€ for participation fee.



The project seeks participants between the ages of 16 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 the 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





VENUE AND 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 TEAM

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

DANCE WORKSHOP

INTRODUCING TEAM

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

THEATER WORKSHOP

INTRODUCING TEAM

Karina Baumverk is a youth worker and student. She has been organising youth exchanges for the past several years and, drawing on her experience, she brings young people's ideas to life. She coordinates the youth centre in Kohila as well as international youth projects and currently serves as the head of youth work in Kohila.

Over the past years, she has gained extensive experience in organising youth camps and supporting young people in project management. As a youth worker, she actively promotes youth participation in social and cultural life, creating opportunities for young people to engage, express themselves, and take initiative.



KARINA BAUMVERK

ORGANIZER

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.

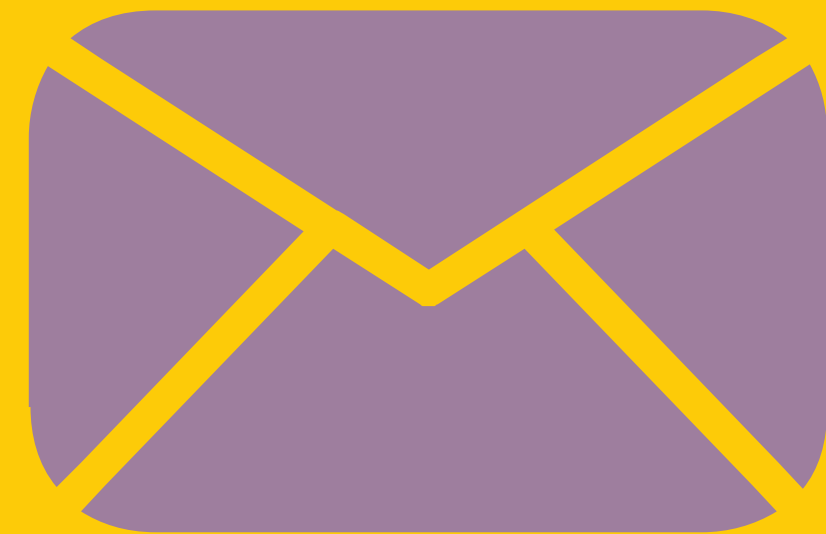


**KOHILA OPEN
YOUTH CENTER**

CONTACT US!

Project Coordinator in Lithuania

Austeja Amankaviciute
austejai@tavo-europa.eu



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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