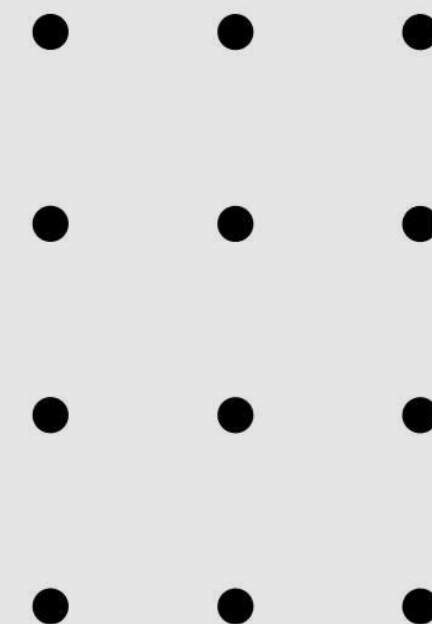
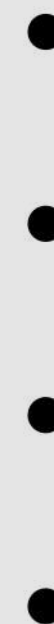


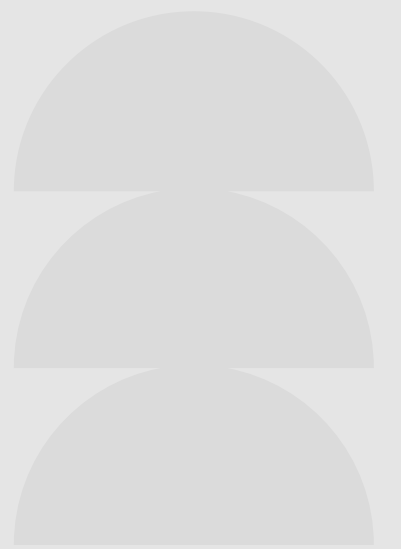
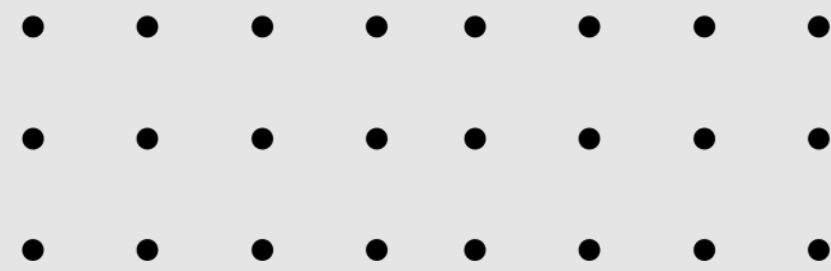
SpeakUp Exchange

Erasmus + Youth Exchange

18-27 September 2026

Godinesti, Romania





Find your voice. Inspire others. Create impact.

Public speaking is more than speaking in front of an audience, it is about expressing your ideas with confidence, building meaningful connections, and inspiring positive change. This Youth Exchange will bring together young people from different cultures to develop public speaking skills through interactive workshops, practical exercises, and non-formal learning methods. Whether you're already comfortable on stage or just beginning your journey, this experience will help you discover your unique voice, overcome challenges, and gain the confidence to speak up in any situation. Get ready to learn, grow, and create unforgettable memories with participants from across Europe!



Basic Info & Context

Be welcome to **SpeakUp Exchange**, a Youth Exchange on Public Speaking, a dynamic international project designed to help young people develop the confidence and skills needed to communicate effectively in today's world. Throughout the exchange, participants from different countries will engage in interactive workshops, practical speaking exercises, group challenges, and intercultural activities that foster personal growth and mutual understanding. Using non-formal education methods, the project will create a supportive environment where participants can overcome the fear of speaking in public, strengthen their communication abilities, and discover how their voice can inspire, influence, and create positive change in their communities.

The project will bring together participants from Romania, Italy, Spain, Poland and Lithuania and will take place in Godinesti, Romania.





Key Objectives of the Youth Exchange

Enhance public speaking skills by learning how to structure, deliver, and adapt messages for different audiences and situations.

Build self-confidence and overcome stage fright through practical exercises, presentations, and peer support.

Promote intercultural understanding and collaboration by sharing ideas, experiences, and perspectives in an international environment.

Participants profile



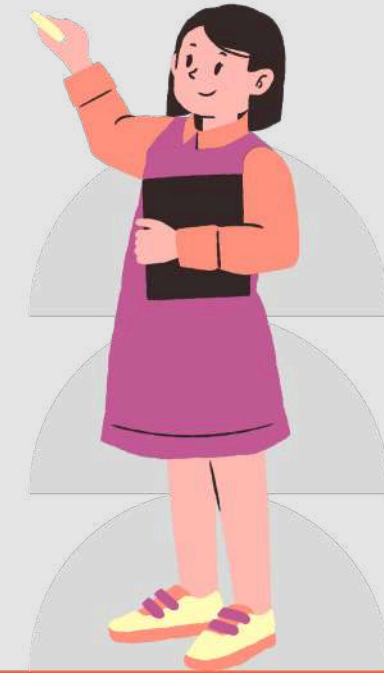
Motivated & curious minds

We are looking for participants who are genuinely interested in the topic and ready to take part actively in all activities.



English speakers

A good level of English is needed so you don't miss any part of the sessions, discussions, and international fun.



18–30 years old

Participants must be within this age range. (No age limit for group leaders — one per country)

Dates & Transportation

1) Arrival in Romania

Participants travel to Romania by plane, train, or bus.
If flying, the nearest airport is Bucharest (OTP/BBU).

2) Meeting Point – Bucharest

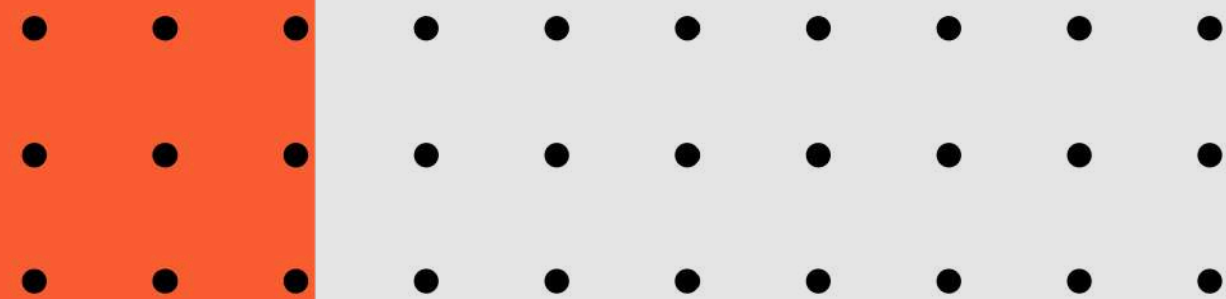
Travel from Bucharest airport to Godinesti by bus (5 hours).

Project Dates

Arrival Day: 18 September

Main Activities: 19 – 26 September

Departure Day: 27 September



Travel reimbursement

The costs of your travel will be reimbursed from the project grant based on the documents you provide.

WHEN YOU BUY THE TICKET, ASK FOR THE INVOICE! KEEP ALL TICKETS, BOARDING PASSES & RECEIPTS!

We can reimburse the costs for which we get the official document needed for accounting.



Reimbursement Budget Limits

Romania – 50 €

Italy – 309 €

Poland – 309 €

Spain – 395 €

Lithuania – 309 €

Accomodation

Being selected for this course, all costs (accommodation, travel, food, etc.) relevant to participation in the course will be covered.

Accomodation:

<https://www.booking.com/Share-cklQTL>





What to bring with you:

- Travel tickets & boarding passes
- Reusable water bottle
- Comfortable shoes
- Notebook & pen
- Fancy outfit for the intercultural night
- Traditional food, sweets or non-alcoholic drinks from your country
- Positive attitude & motivation to learn

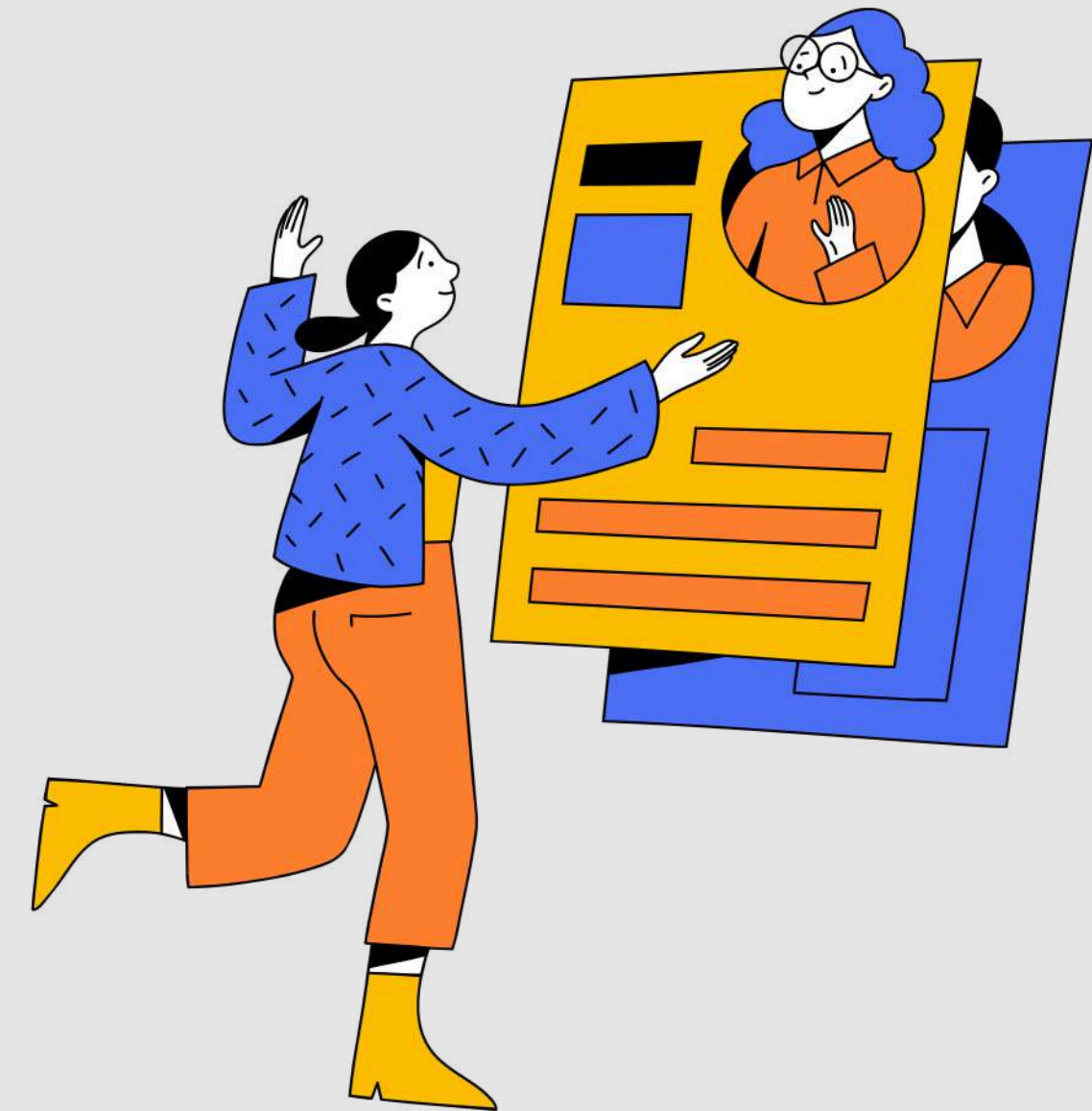
Application & Selection

Are you interested ?

- 1) Fill in the application form carefully. Selection is based on your profile and your motivation.
- 2) The best applications will be invited in **Zoom discussions** (Check your email after you apply, also the spam folder. You will receive our invitation there)

After you receive our final feedback, **you have 3 days to buy the tickets** and to **confirm 100%** your participation in our project. If you don't do this, you will lose your place and another participant will replace you.

DO NOT book any tickets before receiving an e-mail from us confirming your participation in the project.





Participating Countries:

Romania

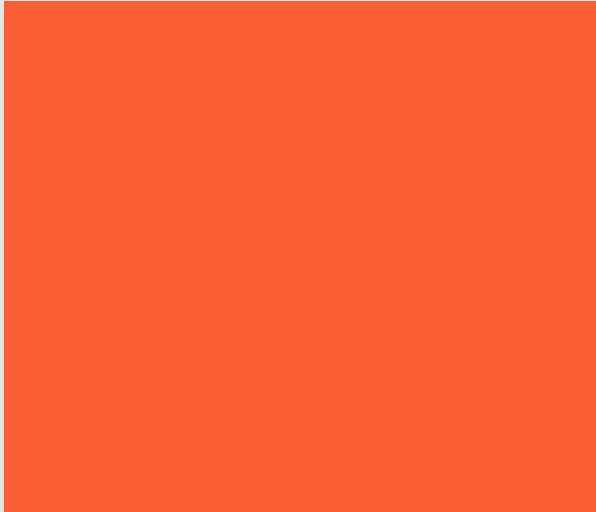
Italy

Spain

Poland

Lithuania

***IT IS MANDATORY TO BE RESIDENT OF PARTNER
COUNTRIES**



Contact Us

Project Coordinator in Lithuania

Laura Vanagaitė

laura@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: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

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