

THINK **DIVERSE** ACT **INCLUSIVE!**

Youth Exchange



17.10 - 25.10.2026
(TRAVEL DAYS INCLUDED)

Dren, Bulgaria

EMPOWERING YOU:

To explore diversity, foster inclusion, share experiences, and induce critical thinking.

WHAT TO BRING:

Bring an open mind, curiosity, and a willingness to share, learn, and embrace diversity.

WANT TO LEARN MORE?

Check out this infopack!



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YOUTH EXCHANGE WHAT??

Think Diverse, Act Inclusive! is a fun, interactive, and eye-opening youth exchange that brings young people together for seven days of hands-on learning. Forget boring lectures, this program is all about learning by doing!

Through games, discussions, and creative activities, you'll dive into important topics like diversity, inclusion, human rights, and breaking stereotypes.

We'll explore how discrimination affects our world, what inclusive policies look like, and how young people can make a difference. Plus, with gamification at the heart of the experience, expect an exciting and engaging way to learn, connect, and challenge your thinking!

OUR AIM:

To open minds and spark conversations about diversity and inclusion, while giving you the tools to think critically and assess how policies shape our world-both locally and globally.



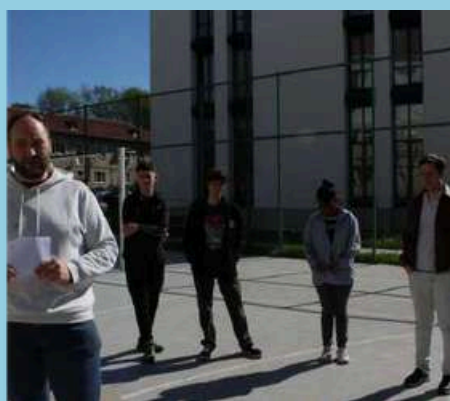


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WHAT ARE OUR OBJECTIVES FOR THIS YOUTH EXCHANGE?

- **Help you understand and appreciate diversity in a deeper, more personal way.**
- **Explore intersectionality and non-discrimination because identities are complex, and everyone deserves respect.**
- **Dive into what inclusion really means and how we can make it a reality.**
- **Give you practical tools to analyze policies on diversity and inclusion with a critical mindset.**
- **Create a safe space to share experiences, ideas, and perspectives from different cultures.**



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OUR DRAFT PROGRAMME:



DAY 0		DAY 1 18.10	DAY 2 19.10	DAY 3 20.10	DAY 4 21.10	DAY 5 22.10	DAY 6 23.10	DAY 7 24.10	DAY 8	
9:30	ARRIVAL	Official Opening!	Stereotypes: More Than Meets the Eye	Power & Privilege	Discrimination & Exclusion	Study visit	What Does Inclusion Mean?	Tomorrow starts from now!	DEPARTURE	
11:00		Coffee Break					Coffee Break			
11:30		Building our Team.	From Difference to Discrimination	What Is Normal?	The Barriers Around Us		Equality, Equity & Belonging	Planning follow-up activities		
13:00		Lunch								
15:00		Our Space, Our Rules	The Way We See Things	Diversity & Society	Equality & Inequality	Free afternoon	Creating Inclusive Spaces	Evaluation		
16:30		Coffee Break					Coffee Break			
17:00		Mapping My Reality	Beyond a Single Identity	More Than One Identity	My Diversity & Inclusion story		The Future We Create	Official Closing!		
18:30		Reflection					Reflection			
19:00		Dinner								
20:30		Welcome Evening	Evening activity	Intercultural night	Evening activity					

Got something interesting to share? Bring along books, leaflets, stickers, or any materials related to diversity and inclusion to help build our common library! There will also be an opportunity to exchange resources with others. And don't forget to bring some snacks and drinks from your country for our intercultural evenings - a great chance to share flavors, stories, and traditions.

HOST ORGANISATION



INFINITE
OPPORTUNITIES
ASSOCIATION

ABOUT US:

IOA is an NGO established at the beginning of 2010, committed to youth work, active citizenship, promotion of non-formal education and encouraging young people to develop their social and creative potential for a better future for everyone.



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LOCATION:

Sos Children's Village
Training Centre,
Dren, Bulgaria
(45min from Sofia)



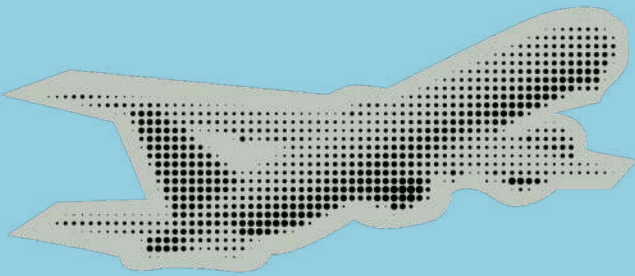
THE VENUE:

The training course will take place at the SOS Dren facility, located in the peaceful village of Dren, Bulgaria. Surrounded by nature, the venue offers a calm and welcoming environment for workshops, group activities and intercultural exchange. The facility provides accommodation and the spaces needed for our training programme, while its quiet surroundings offer plenty of opportunities to relax and enjoy the outdoors.

WHAT TO BRING?

Comfortable and warm clothes - the training will take place in October, so please be prepared for cool autumn weather. We will have dynamic activities and, weather permitting, spend some time outdoors. Bring comfortable clothes, warm shoes, a jacket and layers for changing temperatures.





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REIMBURSEMENT AND TRAVEL BUDGET

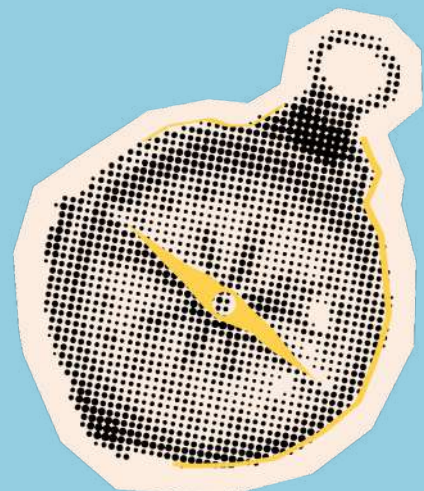
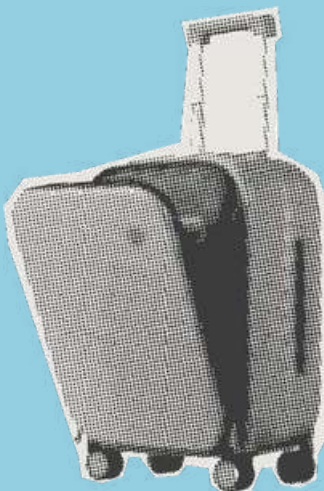
Reimbursement of your travel expenses will be made **AFTER** the project on the basis of **ORIGINAL** documents (CONFIRMATIONS, TICKETS, BOARDING PASSES, BANK STATEMENTS and INVOICES). Tickets which are not approved by the hosting organization will not be reimbursed.

If you have electronic tickets, we will require them over email as per the instructions you will receive. If you have physical tickets we have to receive all original tickets by post. This means that you will bring and leave your originals with us and you will post the ones for your way back to our address with a **RECOMMENDED LETTER** after sending us photos of all tickets/boarding passes.

In exceptional cases where participants from non-EU countries provide **ALL** original travel documents by Day 3 of the youth exchange, the reimbursement can be made in cash in euro before departure.

Participants can arrive up to 2 days earlier and stay up to 2 days after the project if there are better (more convenient and cost-effective) travel options. Please keep in mind that in such cases, you will be responsible for paying all your expenses for the extra days (accommodation, food, etc.) on your own.

Only the most economical way of travel will be reimbursed! As per the Erasmus+ guide, we can only reimburse you up to the travel budget limit below. All travel costs will be reimbursed based on the distance calculator.



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YOUR FACILITATOR:



Based in: Sofia, Bulgaria

Role: Facilitator & trainer

Languages: Dutch · English · French

Fuelled by: Coffee & curiosity

Weakness: Cannot say no to a good game

My name is Arne, and I'm thrilled to be your facilitator for this Youth Exchange!

I'm a 27-year-old Belgian who has been living and working in Sofia for the past five years — so I guess I'm slowly becoming more Bulgarian than Belgian! I'm passionate about human rights, mental health and social justice, and I love creating spaces where people can share ideas, challenge perspectives and have a good time doing it.

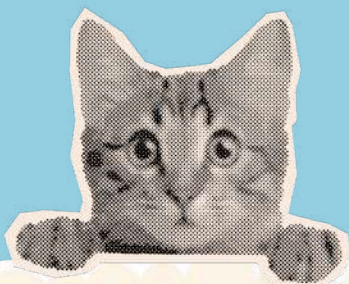
Outside of work, you'll usually find me reading, cooking, travelling, listening to absolute bangers, or hanging out with friends in one of Sofia's many bars. A healthy balance, obviously.

Together with the IOA team, I'll make sure you have an amazing week exploring diversity and inclusion, discovering Bulgaria and its culture, and learning from the amazing mix of people joining us from different backgrounds.

I can't wait to meet you all, hear your stories, challenge some assumptions and make some great memories together.

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WHY SHOULD YOU APPLY?

Joining "Think Diverse, Act Inclusive" is more than just a learning experience, it's a unique opportunity to connect with young people from different European countries, share your culture, and discover new perspectives. You'll explore diversity and inclusion while engaging in meaningful discussions, interactive activities, and cultural exchanges. Expand your horizons, make lifelong friends, and gain insights into how diversity shapes our societies. If you're curious, open-minded, and eager to grow, this experience is for you!



We hope to welcome you soon!

YOU CAN APPLY
UNTIL 01.10





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/1861322217449>



Contact Us!

Project Coordinator in Lithuania

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