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Musik verbindet • Glasba povezuje

An Erasmus+ Youth Exchange

A Musical Journey Towards Acceptance



Mladi Zmaji / Young Dragons

Guideline for Participants

Project Background and Rationale

This project invites young people to explore music, creativity and emotional expression as tools for connection, self-awareness and belonging.

Many young people today face challenges related to social pressure, isolation, anxiety and the search for safe spaces where they can express themselves and feel accepted. Music and artistic creation can offer meaningful ways to share emotions, build confidence and connect with others beyond words.

Music is a particularly powerful medium because it transcends language and cultural barriers. Through singing, listening, rhythm, movement and collective creation, participants can experience trust, cooperation and mutual understanding in a direct and engaging way.

During this youth exchange, participants from Austria and Slovenia will explore how music can foster acceptance, inclusion and community. The focus is not on musical perfection, but on participation, creativity, emotional awareness and the experience of creating something together in a safe and supportive environment.

The project encourages young people to use their voices, share their ideas and discover new perspectives on themselves, others and the role of music in social and intercultural contexts.

Project Approach and Methodology

The project is based on non-formal education, experiential learning and artistic participation. Rather than focusing on musical performance, participants will learn through creative exploration, direct experience and collaborative work.

Music will serve as a shared language through which participants can connect, communicate and create together. Throughout the exchange, young people will explore different forms of musical expression, including singing, rhythm, improvisation, movement, collective creation and voice work. Activities may also include songwriting, sound exploration and basic performance techniques.

The project places a strong emphasis on participation and co-creation. Participants will actively contribute their own ideas, experiences and creativity while exploring themes such as acceptance, belonging, emotional expression and intercultural understanding.

Learning will take place through workshops, group activities, artistic experimentation, discussions and shared experiences within the city of Graz. Music will be used as a medium to explore places, encounters and everyday life, creating opportunities for reflection, intercultural exchange and creative expression.

Participants from Austria and Slovenia will work together throughout the exchange, sharing perspectives, experiences and cultural backgrounds. Through this process, they will build meaningful connections and discover how creativity can foster dialogue across cultures.

Objectives

The main objectives of this project are:

- Create a safe and inclusive space where young people can explore self-expression, creativity and personal development through music and artistic activities.
- Encourage participants to develop greater awareness of their emotions, experiences and strengths through reflection, creative work and group processes.
- Promote acceptance, belonging and mutual understanding by bringing together young people from different cultural backgrounds.
- Strengthen intercultural learning through exchange, dialogue and shared artistic experiences between participants from Austria and Slovenia.
- Develop key competences such as communication, teamwork, creativity, active participation and critical reflection.
- Explore how music and artistic expression can contribute to wellbeing, social connection and community building.
- Empower participants to share their experiences and learning within their local communities after the project.

Overall Structure

Main Activity:

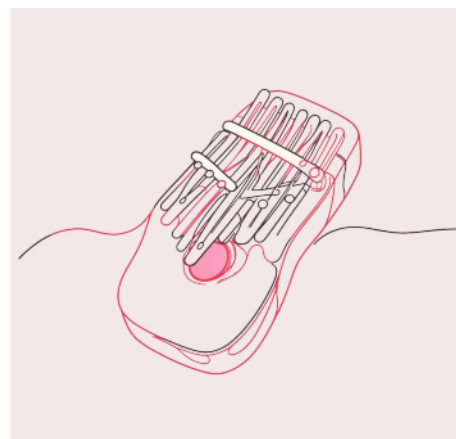
5-day Youth Exchange in Graz, Austria
(14–18 September 2026)

Participants:

16 participants (8 from Austria and 8 from Slovenia)

Group Leaders and Facilitators:

International team from Austria and Slovenia



Follow-up Phase:

Participants will be encouraged to share their experiences and learning within their local communities and organisations after the exchange.

Planned Activities

- Arrival, welcome and team building
- Music and voice workshops
- Creative and artistic activities
- Group discussions and reflection sessions
- Intercultural learning and exchange
- Exploring Graz through music, creativity and shared experiences
- Collaborative creation and artistic experimentation
- Final presentation and celebration
- Reflection and Youthpass learning recognition

Profile of Participants

Age:

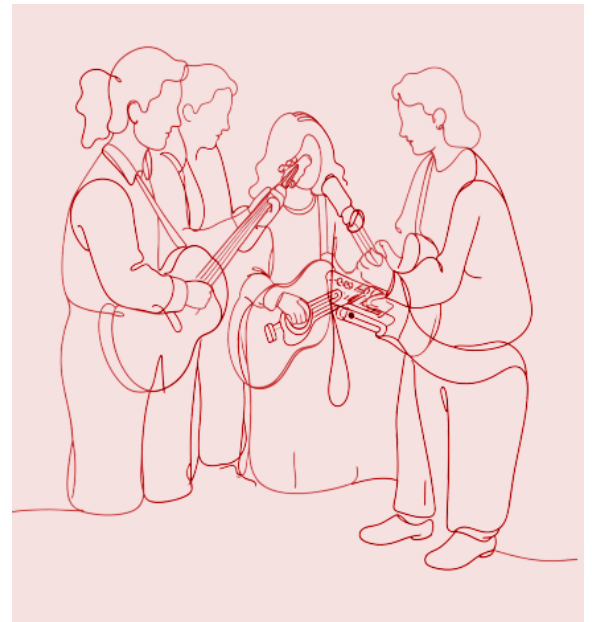
16–26 years

Countries:

Austria and Slovenia

We are looking for young people who are interested in:

- Music and singing
- Creativity and artistic expression
- Meeting people from different cultures
- Exploring emotions, identity and belonging through artistic activities



No previous musical training is required.

Whether you already sing, play an instrument or simply enjoy music, you are welcome to join.

Participants should be willing to:

- Actively participate in all activities
- Contribute to a respectful and supportive group atmosphere
- Explore new forms of creative expression
- Share ideas, experiences and perspectives with others
- Be open to intercultural exchange and group learning

The project welcomes participants with different levels of musical experience and diverse personal backgrounds.

Profile of Group Leaders and Facilitators

The project will be facilitated by an international team from Austria and Slovenia with backgrounds in music, arts education, psychotherapy, youth work and social pedagogy.

The facilitation team brings experience in:

- Music and voice work
- Artistic and creative processes
- Non-formal education
- Group facilitation
- Intercultural learning
- Youth participation
- Emotional wellbeing and personal development

Responsibilities include:

- Supporting the learning process



- Facilitating workshops and group activities
- Ensuring participants' wellbeing and safety
- Creating an inclusive and supportive environment
- Supporting reflection and recognition of learning outcomes (Youthpass)
- Coordinating the overall programme and group process

Accommodation

The Youth Exchange will take place in Graz, Austria.

The accommodation is currently being finalised. Participants will be informed about the exact venue as soon as it is confirmed.

Accommodation will be provided for the full duration of the project and will be covered by Erasmus+.

Participants can expect shared rooms and a group-friendly setting suitable for workshops, reflection sessions and creative activities.

More detailed information about the accommodation, meals and practical arrangements will be shared with selected participants before the exchange.



Travel Costs

Travel costs will be reimbursed according to Erasmus+ regulations.

Participants will receive detailed information regarding eligible travel costs and required documents after the selection process.

Local transportation related to the project activities may also be covered.

General Rules

To ensure a safe, respectful and enjoyable experience for everyone, participants are expected to:

- Participate actively in the programme and group activities.
- Respect all participants, facilitators, accommodation staff and local communities.
- Be open to intercultural learning, different perspectives and new experiences.
- Inform the organisers in advance about any important health, dietary or accessibility needs.
- Follow the agreed programme schedule and group agreements.
- Take responsibility for their own belongings, travel documents and personal expenses not covered by the project.
- Contribute to a positive, inclusive and supportive group atmosphere.

The organisers reserve the right to exclude participants whose behaviour seriously affects the safety, wellbeing or participation of others.

More detailed practical information will be provided before the exchange.

Travel Costs

Participants should not purchase travel tickets before receiving confirmation and travel instructions from the organisers.

Travel costs are funded separately through the Erasmus+ programme and will be handled according to Erasmus+ regulations.

Detailed information regarding travel arrangements, reimbursement procedures and eligible expenses will be communicated directly to selected participants.

Travel Allowances

Travel costs are covered through the Erasmus+ programme according to the applicable funding rules.

Detailed information regarding travel arrangements, eligible expenses, reimbursement procedures and required documentation will be provided to selected participants before the exchange.

Participants are advised not to purchase travel tickets before receiving instructions from the organisers.

Health Insurance

All participants must have valid health insurance during the project.

Participants from EU countries are encouraged to bring their European Health Insurance Card (EHIC). Participants may also use private health and travel insurance if applicable.

If you have any health-related needs, allergies, dietary requirements or accessibility requirements, please inform the organisers in advance so that appropriate arrangements can be made.

Ground Rules

To create a safe, respectful and enjoyable experience for everyone, participants are expected to:

- Respect the programme schedule and agreed meeting times
- Take an active part in the activities
- Treat all participants, facilitators and staff with respect
- Contribute to an inclusive and supportive group atmosphere
- Be open to intercultural learning and different perspectives
- Communicate openly and responsibly
- Take care of themselves and others
- Enjoy the experience and have fun!

What to Bring

- Passport and/or ID card
- Comfortable clothes for workshops and group activities
- Clothes suitable for changing weather conditions
- Comfortable walking shoes
- Personal toiletries and hygiene products
- Any medication you may need
- Notebook, sketchbook or journal (optional)
- Musical instrument (optional)
- Water bottle
- Positive energy, curiosity and openness to new experiences

Ready to Apply?

If you would like to participate, please send an email expressing your interest to:

spela.adam@gmail.com

An application form and further information about the selection process will be sent to you after your initial contact.

If you have questions about the project, accessibility requirements or participation conditions, please do not hesitate to get in touch.

We look forward to hearing from you!

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