

Infopack for participants:

UNILO CKA YOUR POTENTIAL

YOUTH EXCHANGE IN LEIPZIG, SEPTEMBER 23-29





ABOUT (

"Unlock Your Potential" is a sixday youth exchange taking place in Leipzig from September 23 to 29.

The main aim is to empower young people to discover and develop their personal and professional potential through skill-building, reflection, and intercultural learning.

The project focuses on employability, self-confidence, soft skills, and providing participants with tools and experiences that support their transition into adulthood and the job market.

PARTICIPANTS



- Must be between 18 and 23 years old at the time of the first program day
- are available for the entire duration of the program
- are resident of one of the partner countries
- are motivated to actively participate in all activities
- understand and communicate in English (B2 recommended)



SPECIFIC GOALS



- Foster self-awareness and help participants identify their strengths, values, and aspirations
- Develop key soft skills such as communication, teamwork, problem-solving, and leadership
- · Support participants in setting personal and professional goals using tools like SMART goal planning
- Increase participants' confidence in presenting themselves, their ideas, and their experiences
- · Provide practical knowledge on CV creation, motivation letters, and public speaking

VENUE

Leipzig - A City of Change, **Creativity and Green Spaces**

Leipzig, often called the "City of Heroes," is known for its vibrant culture, of history, innovation. Once a center of peaceful revolution, today it's a hub for art, music, and alternative thinking. From the legacy of Johann Sebastian Bach to its lively street art and



creative districts, Leipzig invites you to explore and get inspired.

At the same time, it's one of Germany's greenest cities – with countless parks, canals, and urban forests offering space to relax, reflect, and reconnect with nature. Our project takes place in this dynamic and refreshing environment – perfect for exchanging ideas, discovering new perspectives, and shaping visions for the future.

ACCOMODATION





Wombat's City Hostel (Jacobstr. 1, 04109 Leipzig)

- Shared rooms (for 4 or 6 people) (not mixed)
- Towels, bed linen, and breakfast provided

PROGRAMM POINTS



The final program and schedule will be sent to the participants about 4 weeks before the start, changes and adaptations are possible, as we want to work as participantoriented as possible. The program will start on September 23, approx. 19:00 and ends on September 28 in the evening. September 29 is departure day only.



Teamwork & Leadership

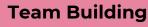
Working together, taking initiative, and supporting others

Career & **Future**

CVs, motivation letters, portraits, goal-setting

Communication & Presentation

Public speaking, storytelling, and expressing yourself



Kayak tour on the canals of Leipzig



PARTNERS





Die VILLA is a modern youth, cultural and social institution close to the center of Leipzig, Germany. With over 100 events and courses each week, it offers a wide range of activities for every age group. The centre has five differently equipped event rooms, a media lab, a self-help bicycle-repair center, a café, a band practice room and a sound laboratoryband an open youth club. The VILLA also offers a variety of opportunities for young people to participate in European mobility programmes. In addition to the European Solidarity Corps, the VILLA has run almost 60 youth exchanges and trainings since 2018, mainly in cooperation with local youth centers.





MO(ve)MENT is a youth-led NGO based in Latvia, emerging from years of experience and collaboration with the local Youth Council. Our team shares a strong passion for empowering young people and fostering inclusive communities. With creativity, dedication, and a clear vision, we focus on promoting personal and professional growth among youth. The organization focuses on creating meaningful opportunities through a wide range of activities - outdoor education, creative expression, and international projects. By combining movement, dance, outdoor education, and non-formal learning methods, we help young people explore their potential and gain confidence.





Roes Cooperativa from Greece is a social cooperative enterprise of the '20s created by professional trainers, social workers, project managers and informal groups aiming to create an alliance that hosts innovative, experiential and nonformal education approaches. Their Vision is to create an open world where everyone has learning opportunities to develop and grow. Their Goal is to redefine experiential learning by offering fresh and professional educational programs through customized methods and approaches. All of their activities are based on 4 pillars: Personal Growth, Professional Development, Social Inclusion, Sustainability.





La Víbria Intercultural is a youth non-profit organization based in Terrassa, Catalonia, founded in 2003. It was created by a group of passionate professionals to promote interculturality, international volunteering, and active citizenship. organization takes its name from a local dragon legend and aims to share Catalan culture while embracing global diversity. Through European mobility programs, La Víbria hosts international projects locally and sends young people abroad for both short- and long-term experiences. It works through non-formal education to foster values such as social justice, tolerance, critical thinking, and equality in diversity. Since 2009, La Víbria has also been offering free guidance on international mobility to young people and organizations across the region.



Travel hints





A sustainable way to travel to Leipzig is by **train** – the city is well connected within the European rail network and can be reached comfortably from many major cities.

If you prefer **long-distance buses** such as FlixBus, there are also regular services from across Europe. The long-distance bus terminal is conveniently located right next to the main train station in the city center.

For those **arriving by plane**, we recommend flying into Berlin Brandenburg Airport (BER). From there, you can continue your journey to Leipzig by train, which takes about 1.5 hours.



Travel reimbursement



Your travel expenses can be reimbursed up to a maximum fixed amount (see table). To calculate your distance, please **use only** the EU <u>Distance</u> <u>Calculator</u>.

Travel distance	Green Travel	Non-Green Travel
10 - 99 km	56 EUR	28 EUR
100 - 499km	285 EUR	211 EUR
500 - 1999 km	417 EUR	309 EUR
2000 - 2999 km	535 EUR	395 EUR



Origin: The starting point and end point of your travel is usually your place of residence. If your travel does not start from or end at your place of residence, please prove to us that the cost of your ticket is no more expensive than if you had traveled from or back to your **place of residence (city).**

Green Travel: Green Travel is defined as a travel that use lowemissions means of transport for the **main part of the travel** (>50%), such as bus, train, bike or car-pooling. The decisive factor is the number of kilometers traveled, not the travel time.

Travel arrangement: Please arrange your travel based on economy class / 2nd class tickets. Please do not book any tickets before you got our confirmation of participation. If you need help or advices, please contact us.

All selected participants will get more detailed travel advices after the date of selection.

Travel days: In order for us to recognize your travel documents, you must arrive no more than 3 days before the official arrival date and depart no more than 3 days after the official departure date.

So you are welcome to use the time before and after the project for free time. Please note that we cannot provide food and accommodation for these additional days.

Travel receipts: Please provide us with your complete original travel receipts. Copies and Scans are not permitted. Digital receipts can only be accepted if there are no physical travel receipts.

Team







Silvan Carius | Coordinat. (DE)

Silvan Carius is a project coordinator for European youth projects at sociocultural center "Die Villa". He has coordinated, managed and accompanied more than 50 Erasmus+ Projects since 2018 - most of them with a focus on young people with fewer opportunities. He advises young people and youth work organizations to get their projects off the ground. Silvan knows the opportunities and challenges on the european labor market and supports young people in their career planning.





Ilias Giannopoulos | Facilitator (GR)

Ilias Giannopoulos is a member of the Pool of Trainers for the Greek National Agency for Erasmus+ Youth and Co-Founder of Monada, our Estonian partner. Ilias brings a wealth of expertise in project design and the European Training Strategy (ETS). He has led numerous Youth Exchanges and Training Courses for various youth organizations. His extensive experience equips him to create valuable learning opportunities and support the inclusion of individuals and organizations in the Erasmus+ world.



Vreni Striggow | Facilitator (DE)

In her role as a teacher and theatre educator Vreni Striggow has worked with various people across all ages and backgrounds. In her trainings, she strives to move people and connect to our inner urge to play in order to learn and express creativity.

Vreni already led several Erasmus+ Youth Exchanges and has many years of experience in leading group learning settings, especially with young people.

HOW TO APPLY



If you would like to participate and you live in one of the project partner countries (Germany, Greece, Latvia, Spain), please follow the procedure given by your responsible partner organisation (see contact list below).

The deadline for applications is **June 25.**

The selection of participants is made by the respective partner organizations.

PARTICIPATION FEE

As the coordinating organization, the VILLA charges a participation fee of **75.00 €.**

This includes accommodation, meals, the costs for program content and staff. Payment details will be sent to you

after the confirmation of participation.

NOTES

CONTACTS



Germany:

Silvan Carius | VILLA gGmbH silvan.carius@villa-leipzig.de

Greece:

Vasiliki Labrou | Roes Cooperativa mobilities@roes.coop

Latvia:

Laine Paupere | MO(ve)MENT laine.paupere@gmail.com

Spain:

Elena Atienza Guijarro | La Vibria Intercultural voluntariat.internacional@udg.edu

"Unlock your potential" your potential is a Youth Exchange organized by the socio-cultural center "die VILLA" (VILLA gGmbH), Lessingstr. 7, 04109.

Project lead: Silvan Carius, Fachstelle für Europäische Jugendarbeit der VILLA Telephone: +49 341 355 204-22 | Web: www.villa-leipzig.de Instagram: www.instagram.com/villa.leipzig.europa/