



Erasmus+

This project is funded by the European Union.



**ROCK SOLID
FOUNDATION**

The impact waves are getting bigger!

Training course 2-10 November 2025

Bant, The Netherlands

MEET THE TEAM

Organiser



Chris Van Mannen

Trainer



Filaretos Cio Sangigas

Co-Trainer



Raluca Oancea

Facilitator



Carmen Chesnoiu

Facilitator



Kyamile Mehmedali

VENUE & ACCOMMODATION



Participants will stay at Vakantiepark **Eigen Wijze in Bant**, located in the peaceful Flevoland countryside.



Accommodation:
You'll be housed in comfortable holiday houses (**4-6 people per house**) with shared living spaces



About the Venue:
The venue is 12 km away from the nearest amenities, shops, etc.



Venue: Click [HERE](#) for more information

ABOUT THE PROJECT

The training course

It is the foundation for creating **two inclusive Youth Exchanges** for young people with and without disabilities. During the course, you'll step into the role of an organizer, working in one of two groups - each responsible for developing one Youth Exchange.

Throughout the training, you'll receive tools and methods for creating **inclusive activities**, experiencing them firsthand so you can better understand what works. Together with your group, you'll brainstorm topics, design activities, and plan outcomes that **ensure full participation for all young people, regardless of their abilities.**

Don't worry about getting everything perfect, what you develop here is just the beginning. During the APV (Advanced Planning Visit), you'll have another opportunity to refine and finalize the programs with a smaller team. **This training is about learning, experimenting, and building the foundation for meaningful inclusive youth projects that will make a real difference!**



WHAT TO PREPARE!



Intercultural nights (food, dances, music, etc.)



White T-shirt for T-shirt Painting



Clothes for Carnaval night



Presentation about your NGO



Rain clothes



Towels and toiletries (soap, shampoo, toothpaste etc.)



Medication & personal care



Extra information: Tobacco in the Netherlands is costly

PARTNERS TC & PARTICIPANT PROFILE

#	COUNTRY	ORGANISATION NAME	NUMBER OF PARTICIPANTS
1	NETHERLANDS	ROCK SOLID FOUNDATION	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS + 2 FACILITATORS (INCLUDING ASSISTANTS IF NEEDED)
2	GEORGIA	DRONI	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
3	GREECE	KANE	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
4	NORTH-MACEDONIA	ASSOCIATION	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
5	HUNGARY	TUDATOSSÁGÉRT ÉS KÖRNYEZETÉRT ALAPÍTVÁNY	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
6	UKRAINE	UNIT	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
7	UKRAINE	STELLA	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
8	BULGARIA	ABV	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
9	SERBIA	SREDNJA STRUCNA SKOLA PIROT	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
10	EGYPT	HAVE A DREAM	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
11	ROMANIA	ADAPTO	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
12	AZERBAIJAN	COMMON SENSE	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
13	TUNESIA	LE QUAI CULTURAL	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)
14	AZERBAIJAN	RESOURCE HUB	3 PEOPLE OF ORGANIZATION THAT WILL WORK WITH THE YOUNGSTERS (INCLUDING ASSISTANTS IF NEEDED)



There are 12 participatcipating countries with 14 partner organisations: Ukraine and Azerbaiijan join with two different partners



Number of participants: 3 people of organization that will work with the youngsters (including assistants if needed)

PARTICIPANT PROFILE



MUST SPEAK ENGLISH



RED LINE PERSON



PARTICIPATE ACTIVELY



OPEN MINDED PERSON

TRAVEL PLAN & REIMBURSEMENT

Participants are responsible for purchasing their own travel tickets, either independently or via their organization.

Reimbursement will be provided after the Training course by us or your organization, but **ONLY** upon fulfilling both requirements: **completing the follow up tasks and submitting all necessary reimbursement documentation.**



A group pickup will be arranged from Schiphol (Amsterdam Airport) to the venue- please arrive on time for the announced departure hour (around 20:00).

Otherwise is a hustle to get to the venue via train+bus!!

Facilitators will be present at the airport to guide you to the bus. The pickup service costs €35, which will be deducted from your transport budget allocation.

Calculations:

The reimbursement amount is based on the travel distance in kilometers from your location to the venue.

Green Travel Option:

To qualify for green travel reimbursement, most of your journey must be completed using low-emission transportation methods such as trains, buses, etc.

Example:

If you're traveling from Ukraine, you would take a bus for the majority of the trip and only fly for 2 hours - this would qualify as green travel.

Travel distances	Green travel - Amount	Non-green travel - Amount
Between 10 and 99 KM:	56 EUR per participant	28 EUR per participant
Between 100 and 499 KM:	285 EUR per participant	211 EUR per participant
Between 500 and 1999 KM:	417 EUR per participant	309 EUR per participant
Between 2000 and 2999 KM:	535 EUR per participant	395 EUR per participant
Between 3000 and 3999 KM:	785 EUR per participant	580 EUR per participant
Between 4000 and 7999 KM:	1188 EUR per participant	1188 EUR per participant
8000 KM or more:	1735 EUR per participant	1735 EUR per participant



FOLLOW UP PROJECTS

APV 1ST YOUTH EXCHANGE: 23-26 January 2026

1st YOUTH EXCHANGE: 20 February-2 March 2026

APV 2ND YOUTH EXCHANGE: 27-30 March 2026

2nd YOUTH EXCHANGE: 24 April- 5 May 2026



Important: Start recruiting participants now for both Youth Exchanges, and make sure to include at least two people with disabilities



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FOUNDATION**

BE PART OF THE WAVE KEEP ON ROCKING WITH US!

Contact: chris@chrisvanmaanen.nl
Join the Rock Solid Foundation group

Bant, The Netherlands