



Erasmus+

*This project is funded by the European Union.*



**ROCK SOLID  
FOUNDATION**

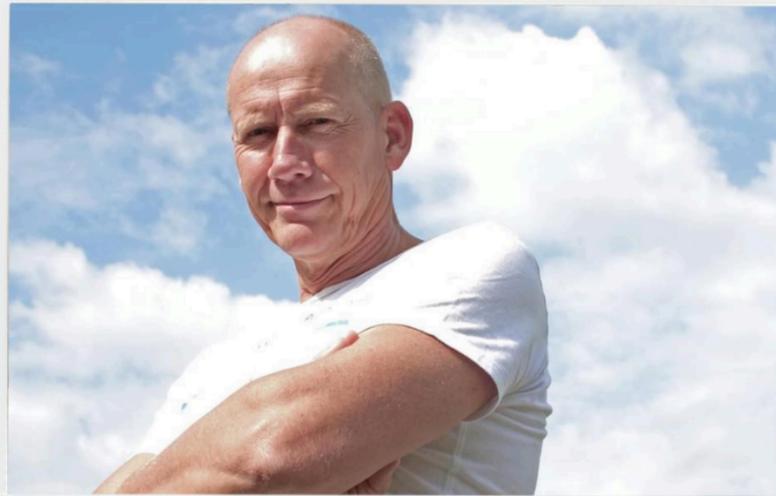
# Art of Movement

**Youth Exchange 24 April- 5 May 2026**

**Bant, The Netherlands**

# MEET THE TEAM

Organiser



**Chris Van Mannen**

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

# WHAT TO PREPARE!



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



**Medication & personal care**



**Clothes for Carnaval night**



**Presentation about your NGO & local activities**



**Rain clothes**



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



**Extra information:** Tobacco in the Netherlands is costly

# IMPORTANT!



**Important:** Please start recruiting participants for the **YOUTH EXCHANGE** as soon as possible.

Make sure to reach out to potential participants early so we can incorporate their input into the programs and topics. Put out the calls within your organisation [immediately!](#)



Ensure that **at least two** participants with disabilities and the red line person are included in the Youth Exchange.



Collect photos and videos of local activities and the Youth Exchange for evaluation and think of the future collaboration.

Before the Youth Exchange, each country will organize small local events with young people and create photo and video content to share with the group. These activities are a great way to disseminate your ideas locally, see what works, gather your experiences, and bring them to make the Youth Exchange even more exciting.

# ABOUT THE PROJECT

## TRAINING COURSE

02 Nov-10 Nov 2025

## APV YE I

23 Jan-26 Jan 2026

## YOUTH EXCHANGE I

20Feb-03 Feb 2026

## APV YE II

27March-30March 2026

## YOUTH EXCHANGE II

24April-05May 2026

## EVALUATION MEETING

22June-29June 2026

The key concept is to gather participants to share and find ways of experiencing non formal learning methods for inclusion. Inside the training we will also write the content of the two Youth Exchanges together.

The Advanced Planning Visit (APV) will take place in Bant, the Netherlands, from March 27 to 30, 2026, at the same venue as the training course and the upcoming Youth Exchange. Together, we'll revisit and refine the ideas developed during the training, adapting the program to the group's needs.

Each country will send two participants, preferably a young person and the red line person who will also join the Youth Exchange.

The Youth Exchange "Art of Movement" will take place in Bant, the Netherlands, bringing together young people from different countries in an inclusive and creative environment. Through art, movement and non-formal education activities, participants will explore ways to express themselves, collaborate and build mutual understanding. The programme aims to encourage equal participation, strengthen connections between participants and inspire them to bring inclusive ideas back to their communities.

We'll review the workshops from the two previous youth exchanges to identify what worked and what can be improved for the next edition. We'll also discuss possible updates to participant profiles, while maintaining the inclusion of participants with different abilities. Lastly, we'll work together to finalize and submit the project's final report.

### APV & YOUTH EXCHANGE

# APV YE II (27 MARCH – 30 MARCH 2026)

#	COUNTRY	ORGANISATION NAME	NUMBER OF PARTICIPANTS
1	NETHERLANDS	ROCK SOLID FOUNDATION	1 LEADER + 1 PARTICIPANT
2	TUNESIA	LE QUAI CULTUREL	1 LEADER + 1 PARTICIPANT
3	TURKEY	EBAGEM	1 LEADER + 1 PARTICIPANT
4	GREECE	KANE	1 LEADER + 1 PARTICIPANT
5	UKRAINE	STELLA	1 LEADER + 1 PARTICIPANT
6	SERBIA	SREDNJA STRUCNA SKOLA PIROT	1 LEADER + 1 PARTICIPANT
7	AZERBAIJAN	COMMON SENSE	1 LEADER + 1 PARTICIPANT
8	EGYPT	PROGRAMS HAVE A DREAM	1 LEADER + 1 PARTICIPANT



There are 8 participating countries with 8 partner organizations



Number of participants: 1 leader + 1 participant (preferably a youngster)



Travel and arrival for the APV is done by pick up in Emmelord (check travel page )

## PARTICIPANTS PROFILE



**Participate actively**



**The leader must speak English**



**The red line person must be present**

# YOUTH EXCHANGE II (24 APRIL - 05 MAY 2026)

#	COUNTRY	ORGANISATION NAME	NUMBER OF PARTICIPANTS
1	NETHERLANDS	ROCK SOLID FOUNDATION	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
2	TUNESIA	LE QUAI CULTUREL	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
3	TURKEY	EBAGEM	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
4	GREECE	KANE	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
5	UKRAINE	STELLA	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
6	SERBIA	SREDNJA STRUCNA SKOLA PIROT	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
7	AZERBAIJAN	COMMON SENSE	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30
8	EGYPT	PROGRAMS HAVE A DREAM	1 LEADER + 1 ASSISTANT + 4 PARTICIPANTS (OF WHICH A MINIMUM OF 2 PEOPLE WITH PHYSICAL OR MENTAL DISABILITIES) LEADER AND HELPER CAN BE OVER 30



There are 8 participating countries with 8 partner organizations



Number of participants: 1 leader, 1 assistant, and 4 participants (including at least 2 people with physical or mental disabilities).

## PARTICIPANTS PROFILE



**Participate actively**



**The leader must speak English**



**The red line person must be present**



**Preferred ages 16-25 (can be exceptions)**



**Minimum 2 participants with physical or mental disabilities**

# TRAVEL PLAN



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

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.

## HOW TO GET TO BANT?

### EASY WAY

- We will arrange a bus from Schiphol Airport (Amsterdam) to the venue on Friday, 24 April (~20:00) and back on Tuesday, 5 May (~06:00).
- Meeting point: Arrival hall, near Burger King
- If your flight times differ slightly, we can adjust.

Long waiting hours? Amsterdam city center is just 15 minutes by train.(travel own expenses!)

### HARD WAY

- You can fly to any airport in the Netherlands (Amsterdam or Eindhoven are easiest) and travel by train to Lelystad Central Station, then bus to Emmeloord and Bant.
- The final stretch is ~5 km walking (we can pick you up if possible).

Book trains at [www.ns.nl](http://www.ns.nl), the NS app or NS train ticket machines. , 2nd class, one-way tickets. Tickets are valid all day, so you can explore the city on the way. Travel costs will be reimbursed!



# REIMBURSEMENT

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

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

## **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.

<b>Travel distances</b>	<b>Green travel - Amount</b>	<b>Non-green travel - Amount</b>
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**

**Evaluation: 22-29 June 2026**

# **BE PART OF THE WAVE KEEP ON ROCKING WITH US!**

Contact: [chris@chrisvanmaanen.nl](mailto:chris@chrisvanmaanen.nl)  
[Join the Rock Solid Foundation group](#)



**Erasmus+**

*This project is funded by the European Union.*



**ROCK SOLID  
FOUNDATION**

Bant, The Netherlands