



**TRAINING COURSE**

2026-1-NL02-KA151-YOU-000392026

# THE NEXT CHAPTER OF INCLUSION

**New Partners, Same Mission - Moving Forward Together**

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**8-16 November 2026**

**Bant, The Netherlands**



# The training at a glance

**This training starts the new annual Erasmus+ programme and brings experienced and new partner organisations together around one shared mission: meaningful inclusion.**

## What we will do

- Experience inclusive non-formal learning methods firsthand.
- Share experience, good practice and challenges from our organisations.
- Work in two groups to co-create the two upcoming Youth Exchanges.
- Use buddy systems, accessible communication, daily check-ins and the 3-2-1 reflection.

**What we develop during this week is the beginning. The APVs give the smaller teams time to refine and finalise the programmes.**

## 48 participants

Young people, volunteers, youth workers, trainers and assistants

## Main result

**Two strong Youth Exchange programmes shaped by young people and refined later during each APV.**

# Meet the team



**ORGANISER**

**Chris van Maanen**



**CO-TRAINER**

**Raluca Oancea**



**FACILITATOR**

**Carmen Chesnoiu**



**FACILITATOR**

**Kyamile Mehmedali**

**The team supports the learning process, practical organisation and individual inclusion needs throughout the course.**

# Venue & accommodation

## Vakantiepark Eigen Wijze

**Bant, Flevoland, The Netherlands**

- A peaceful countryside location for focused group learning.

- Comfortable holiday houses for 4-6 people, with shared living spaces.

- The venue is around 12 km from the nearest shops and other amenities.

- Please bring everything you need for the week, including medication and personal care items.



**Visit the venue website**

# What to prepare

- ✓ **Something for the intercultural nights: food, music, dances or another way to share your culture**
- ✓ A white T-shirt for T-shirt painting
- ✓ Clothes for the carnival night
- ✓ **A short presentation about your NGO**
- ✓ Rainproof clothing and suitable shoes
- ✓ Towels and toiletries: soap, shampoo, toothpaste and other personal items
- ✓ Medication and personal care items

## PACK SMART

**The venue is in the countryside, around 12 km from the nearest shops.**

Bring what you need for the full week and label personal medication clearly.

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**Please note: tobacco is expensive in the Netherlands.**

# How the training works

**During the course you step into the role of an organiser. You will join one of two working groups, each responsible for developing one Youth Exchange.**

## Our working methods



### BUDDY SYSTEMS

Participants support each other in daily life and learning.

### ACCESSIBLE LEARNING

Clear instructions, mixed-ability groups and different ways to contribute.

### DAILY CHECK-IN

We notice needs early and adapt the programme when necessary.

### 3-2-1 REFLECTION

Three things learned, two questions and one next step.

**The aim is full participation for everyone, regardless of ability, background, confidence or language level.**



# Project timeline

**08-16 NOV 2026**

## **TRAINING COURSE**

Connect, learn and co-create both Youth Exchanges.

**05-08 FEB 2027**

## **APV 1**

Refine the programme and practical arrangements.

**19 FEB-01 MAR**

## **ACCESS FOR ALL!**

From Barriers to Belonging

**02-05 APR 2027**

## **APV 2**

Refine the programme and practical arrangements.

**18-27 MAY 2027**

## **PLAY WITHOUT LIMITS!**

Inclusion Through Sports & Games

**21-28 JUN 2027**

## **EVALUATION**

A New Network, A Shared Mission!

**Connect & prepare → understand & remove barriers → practise inclusion → evaluate & strengthen the network**



# Partners & participant profile

**NETHERLANDS**

**Rock Solid Foundation**

**HUNGARY**

**Tudatosságért és Környezetért Alapítvány**

**SERBIA**

**Srednja stručna škola Pirot**

**GREECE**

**EKO**

**UKRAINE**

**UNIT**

**SERBIA**

**POENTA ASSOCIATION**

**GREECE**

**KANE**

**UKRAINE**

**Stella**

**ROMANIA**

**ADAPTO**

**GREECE**

**I-PARTICIPATE**

**BULGARIA**

**MOGA ZNAM TVORIA**

**ROMANIA**

**ASOCIAȚIA TINERII 3D**

**NORTH MACEDONIA**

**Association**

**BULGARIA**

**WALK TOGETHER**

**TÜRKIYE**

**EBAGEM**

**3 people per partner organisation, including assistants if needed. Rock Solid: 3 team members + 2 facilitators.**

Participant profile: speaks English • open-minded • reliable “red line” contact person • ready to participate actively  
Disabilities may be visible, non-visible/hidden, or include mild intellectual disabilities or mental health challenges.

# The two Youth Exchanges

## ACCESS FOR ALL!

### From Barriers to Belonging

Participants explore physical access, communication, attitudes, social inclusion and participation. They investigate their surroundings, interview each other and carry out accessibility challenges.

**Outcome: a youth-created Access for All Checklist for Erasmus+ activities.**

## PLAY WITHOUT LIMITS!

### Inclusion Through Sports & Games

Participants experience how sports and games connect people and how activities can unintentionally exclude. Mixed groups adapt existing activities and create new inclusive games.

**Outcome: an Inclusive Games Toolkit with 10-15 games for mixed-ability groups.**

**Start recruiting now for both exchanges. Each national group must include at least two participants with disabilities. These may be visible, non-visible/hidden, or include mild intellectual disabilities or mental health challenges.**

# Reimbursement & green travel

**Participants buy their own tickets, independently or through their organisation. We transfer the reimbursement by bank shortly after the project, once the mandatory participant reports, follow-up tasks and all required travel documents have been completed.**

Travel support is based on the Erasmus+ distance band. Always agree the route and maximum amount with your organisation before booking.

**Open the official Erasmus+ distance calculator**

## ORGANISED BUS TRANSFER

Arrival day: departure from Schiphol Airport at 20:00

Departure day: departure from Bant at 06:00

€35 per person will be deducted from the travel reimbursement.

## Green travel

Most of the journey must use lower-emission transport such as train, bus or car sharing. A short flight within a mainly overland journey may still qualify if approved in advance.

| Distance       | Green  | Standard |
|----------------|--------|----------|
| 10-99 km       | €56    | €28      |
| 100-499 km     | €285   | €211     |
| 500-1,999 km   | €417   | €309     |
| 2,000-2,999 km | €535   | €395     |
| 3,000-3,999 km | €785   | €580     |
| 4,000-7,999 km | €1,188 | €1,188   |
| 8,000+ km      | €1,735 | €1,735   |

Maximum amounts shown in the previous project information. Final entitlement depends on the approved route and project rules.

## Follow-up & contact

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

### Follow-up dates

- APV 1: 5-8 February 2027
- Youth Exchange 1: 19 February-1 March 2027
- APV 2: 2-5 April 2027
- Youth Exchange 2: 18-27 May 2027
- Evaluation Meeting: 21-28 June 2027
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### IMPORTANT

**Start recruiting participants now for both Youth Exchanges. Make sure each group includes at least two people with disabilities.**

### Contact

**Chris van Maanen**  
**chris@chrisvanmaanen.nl**  
**Bant, The Netherlands**

**Join the Rock Solid Foundation Facebook group**