

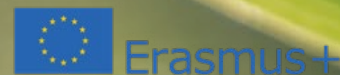
Team Up

Step in, team up, stand out!

info letter

Ommen, the Netherlands

Youth Exchange: 12 – 23 June 2025



About the project

Looking for a tailor-made learning experience?
Are you curious about your best qualities both to belong and to welcome?
Do you enjoy outdoor activities?
And are you willing to learn about teamwork and cooperation?

It seems that Team Up might be your opportunity to change perspective!

We believe that being aware of your characteristics, qualities and soft skills is one of the key elements for growth! It supports you to actively contribute, create balance and motivate growth in the groups you are part of! It is also a superpower that allows you to welcome different people, teams, and experiences in your life!

We are committed to creating a meaningful and inclusive learning experience for young people, an experience that fosters cooperation, an experience that values co-creation. Through a unique and informal learning environment, we aim to strengthen your teamwork skills.

Together, we will plant seeds that can blossom later on and deeply influence your life back home. You may change your perspective and learn to reframe the contexts you create around you!

Team Up is all about learning by doing, together with others, caring for a shared space, and exploring your role in the groups while solving the arising challenges on your journey!



About the project

Being part of **Team Up** you will have the chance to discover:

- how you can include yourself in a group;
- what your unique strengths are and how you can use them;
- how you can explore and share your values and your vision;
- how you can learn through informal settings;
- how you can guide your own learning process;
- how you can connect with others while overcoming communication barriers;
- how you can share your experience and knowledge with others;
- how to do all this in a sustainable community created by you and all the others;
- how you can be resilient and use cooperation to achieve your goals.

You have an active role in the concept of this project! You should count on experimenting the unexpected and co-creating from scratch, thus absorbing all the magic that such a learning frame can hold!



How do we do it?

In the **Team Up** playground, we invite you to experience pure and hard cooperation, from simple games to most challenging tasks. We encourage you to reflect on your attitudes as part of a team while appreciating the beauty of peer-to-peer education.

Despite all the games and activities, we encourage you as a team to brainstorm, create, shape, experiment, and take the experience into your own hands, in other words, to create activities and learning opportunities for yourselves!



Our core beliefs are:

01. Learning is deeper and more lasting when it is based on **learning by doing**. Through this experience, you can all feel responsible for your learning process while developing your skills and testing your own ideas – you should be prepared to take action and create!
02. Everyone has something unique and valuable to offer. The context of **peer-to-peer** learning will allow you to share your full potential. You will return home inspired by other people that share this experience with you!
03. Our method relies on **outdoor** and **nature-based education** as an empowering tool when it comes to leadership, teamwork, and resilience skills – you can expect from radical outdoor activities to reflection sessions in a natural environment!

How do we do it?

When people **have fun** they are better, enjoy life more and are more tolerant. **Team Up** is a summer opportunity for you to play and have fun while moving, growing and changing perspectives!

Your active participation as part of the group will:

- support **self-development** – communication, conflict resolution, and active listening;
- **build cooperation abilities** – you will have opportunities to take on leadership roles, delegate tasks, and motivate your team members;
- **foster cross-cultural understanding** – by working together with various countries and cultural backgrounds on shared objectives;
- **develop problem-solving skills** – while looking for solutions, analyzing challenges, and adapting to changing circumstances;
- **expand creativity and resilience** – you will find your role in a team and co-create experiences together, your imagination will run wild.



You will:

- play and learn outside in different settings;
- create a common living space with the rest of the group;
- discover practical ways how to include yourself and others;
- create and organize games/activities for each other;
- go on a hiking/biking/rafting adventure in the Netherlands;
- share your learnings within an intercultural group;
- have an unforgettable summer experience.

During this project...

You will create, play and experiment within an intercultural group of 42 people from 7 different countries.

During the **online preparation meeting**, one participant together with the group leader will have the opportunity to get to know us while working on the program design of the youth exchange. This is how we prepare the ground for learning and we focus on creating a tailor-made educational experience.

During the **exchange**, you will learn and exchange work forms around the topic of self-development – focused on teamwork and peer-to-peer learning – a combination of tools, processes, and theories. We plan to offer and engage the group to create the ultimate mixture of active-like and zen-like activities.

You can expect 10 packed and dynamic days through which you will have the chance to design your own learning process. This experience also includes outdoor challenges – a chance to put into practice all your learnings while testing your cooperation skills.

You must be ready for the **EXTRA**ordinary! You might even spend 48 hours completely in nature, spending the night out or swimming in the river despite the bipolar Dutch summer weather!



After experimenting in a professional playground, you will have the chance to transfer the knowledge to the real world, back home.

In your national group you will create local activities. Moreover, you will create media content to share on public platforms – visual media (pictures, videos) from the project and paragraphs about your experience in the exchange (and in the whole project).

After returning home, you will create a storytelling video to share the many benefits of informal and intercultural learning focused on peer-to-peer education and cooperation.

Who is invited?

Do you dare to Team Up?

PV: 1 group leader and 1 participant

YE: 1 group leader and 5 participants



as a **group leader** you are:

- 20-25 years old;
- excited about cooperation and teamwork topic;
- willing to experiment with outdoor games and activities;
- preferably having some background in working with young adults;
- enthusiastic, supportive, willing to take initiative and to encourage others;
- willing to work more with us and give input while creating the project;
- ready to create and deliver workshops for the group;
- able to work in simple English.

as a **participant** you are:

- 16-23 years old;
- excited about cooperation and teamwork;
- willing to experiment with outdoor games and activities;
- preferably without any previous experience with Erasmus+ projects;
- active and creative;
- excited to work in an informal learning environment.

Timeline

Pre-learning preparation: June 2025

Before the YE you will have the chance to get in touch with other participants through our Facebook group, to introduce yourself and to already do some online missions created by us.

Preparation visit (PV): **Where?** Online
When? May 2025

Youth Exchange (YE)*: Arrival day: 12 June, whole day
Program starts: 13 June at 14.00
Program ends: 22 June at 20.00
Departure day: 23 June, before 10.00

Where? Olde Vechte Foundation, Ommen, the Netherlands

Follow-up activities: July – September 2025

Having so many activities in your pockets, you will organize an event back home together with your national group in order to share all you have done and seen.

Also each national group will write an article about the experience as well as share storytelling videos from the exchange to make the results visible for the world!



*we would like to start and end the program together, so we invite you to plan your trip so that you are here for the entire duration

Travel reimbursement

For the YE, you can either use the green travel option or the non-green option. Regardless, you will get the full travel reimbursement amount at the end of the event, according to the country you are coming from.

Participation fee:

In case you choose the non-green travel option, there is a 75 euro participation fee for the exchange. It will be deducted from the travel reimbursement that you will receive after the exchange. This way, you will not be asked to pay the fee in cash. For example – if your travel cost up to 234 euro, that's what you receive as a reimbursement (309 euro reimbursement minus 75 euro fee).

	green* travel	non-green travel
travel reimbursement	The Netherlands 28 euros Latvia, Italy, Czechia 417 euros	Latvia, Portugal, Spain, Italy, Czechia, Greece 309 euros
participation fee	No participation fee	75 euros, which you can pay from your reimbursement.
ways of travel	Environmentally friendlier way of travelling, for example taking a bus, train or car-sharing.	Faster way of travelling, for example, flying.

*green travel counts if 51% of the total distance in kilometers from the city of your sending organization you have done with green travel means (bus, train, car sharing)

How to apply?

In case you have any further questions regarding the project, feel free to contact either our partner organizations, or us directly through impact.stichting@gmail.com.

If you are selected, **we will send you a confirmation letter** with further information regarding your participation. **Only then** can you start booking your tickets!

[Click here to send your application form!](#)



Partners



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IMPACT

The Netherlands



impact.stichting@gmail.com

Stichting ImpACT

Stichting ImpACT was established in 2023 with the motto of creating impact through action!

As an organization, we create hands-on, experience-based learning experiences that focus on personal and professional development, where nature, adventure and connection are key components. We aim to inspire (young) people to realize their strengths, become more active and create an impact in their own lives and communities.

Based on experiential learning, outdoor education and context-based learning, we design immersive, tailor-made and hands-on experiences using movement, games, adventure-based learning, and somatic processes. This means that participants are at the center of their own learning journey – shaping their experience, and actively co-creating the process.

Follow us:  

About the venue and accommodation

Olde Vechte is a non-profit organization based in Ommen, the Netherlands. It has been functioning as a training center for non-formal education, personal development, coaching, and social and cultural work. The project will take place in and around the main accommodation, in the small city of Ommen, surrounded by nature. The house will serve as a home and working space during these days, which means that we will also take care of it and refresh it by ourselves.

Catering will be provided by the foundation.

You can learn more about the venue **OLDE VECHTE** here.



Our team

Carolina Horta

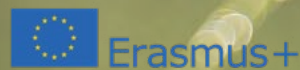
Carolina (PT) is a facilitator starting a journey as a trainer. She has been working in the field of youth work for more than 3 years, managing a youth association. Human interactions, behavior, and nature have become powerful working tools for her – and she enjoys exploring them. She brings kindness and good energy to this project. When she is not designing and managing the project probably she is making sure someone is very busy with some random challenge.



We have a wonderful team full of creative and joyful people together with us. This project will be an unforgettable journey!



Team Up



IMPACT

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