

Make Your Move!

youth exchange

*PV: 30-31 August
2025*

*YE: 18-25 October
2025**

**excluding travel days*

Olde Vechte Foundation | The Netherlands

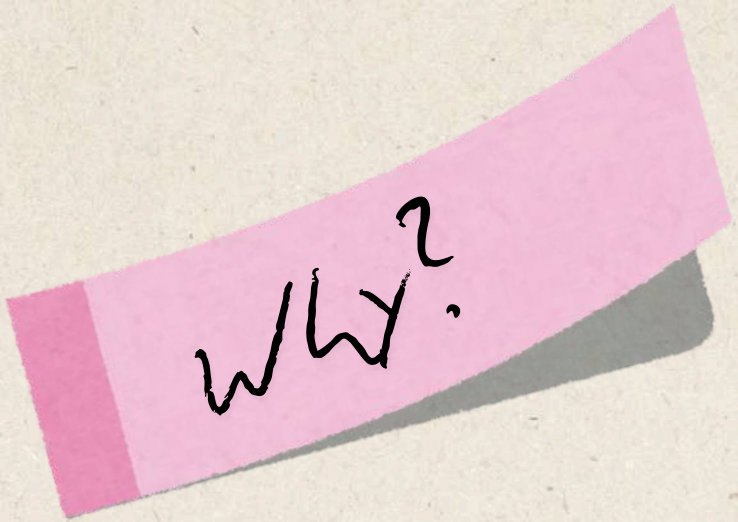
A woman with multiple tattoos is captured in a dynamic pose, wearing an orange crop top and black shorts. She has her arms raised and crossed above her head, and her legs are spread wide in a dance-like stance. The background is a simple indoor setting with a white door and a dark patterned curtain.

Hey there!

Make Your Move! is a movement-based youth exchange.

8 EXCITING DAYS
MADE TO MOVE YOU

We'll use movement as a tool for self-expression and connection.



why?

Connection

Make Your Move! is a space to connect not only with others, but also yourself, your body, your creativity and passion.

Freedom

All forms of movement are welcome: yoga, gymnastics, judo, ballet and just about anything else you can think of. All fun, no judgement. So step into your confidence and dance like nobody's watching!

Discovery

Unravel your story, learn new ways to express, share your knowledge and uncover new perspectives. There is always something fresh!

feel your body...



Share what you know and learn
from your peers!



Yoga, contemporary dance, martial arts,
hip-hop: there are many ways to move!

and show your moves!

Be ready to:

Move 8-9 hours a day

The activities will be physical; make sure to have comfortable clothing and footwear

Create your own experience

What you give is what you get, so bring the energy and values you wish to see around you!

Share & organize

You will have the chance to organize and facilitate activities with your fellow participants during the exchange. Also, you will be living, cooking and maintaining your space together with others.

METHODS

PEER TO PEER
Share your gifts
and learn from
others.

NON-FORMAL EDUCATION

The exchange style of
learning is very hands-
on and action-oriented,
so expect to actively
participate!



Participants' Profiles

PV participant

18+ years

Motivated to lead, support and facilitate.



NOTE: this program is designed to give priority to those facing **fewer opportunities**, as in dealing with economical, financial, geographical and other obstacles.

Participant
18+ years




We're looking for movers with creative ambition and lots of passion!

If you are someone who likes teamwork, self-expression through movement and experimenting, then this might be the place for you!

Preparatory visit



Meeting the
team



Planning initial
activities



Supporting your
national team

PV participants must be ready to participate in the exchange as well. You will be involved in creating some starting activities, and during the exchange, you will support your national team with info from the PV and become the contact person for your team.

THE TIMELINE

PREP. VISIT
30-31 AUGUST



LOCAL ACTIONS
UNTIL END OF 2025

YOUTH EXCHANGE
18-25 OCTOBER



save the dates!

Follow-up

Move the locals!

After the youth exchange, you'll create an activity with your national team and share it with people in your home country.

Follow-ups are created in cooperation with the partner organizations, so we'll ask for pictures and videos of these events!



Travel reimbursement?

Travelling to and from the Netherlands is covered by Erasmus+ funds.

Preparatory visit: you will be reimbursed the **exact** amount you have spent on travel tickets (within budget limitations).

Youth Exchange

	green travel	non-green travel
Reimbursement amount	417 EUR	309 EUR (395 EUR for Greece)
Participation fee	no fee	50 EUR (deducted from travel money)
Transportation	by train, car, bus	by airplane



The venue



Olde Vechte is a training centre for non-formal learning since 1966.

We host projects for supporting social and cultural work through coaching, systemic work and embodiment, with a focus on personal and professional development.

Our target group is youngsters regardless of gender, nationality, physical limitations, religion, culture, educational and social background. As an organization, we provide a playground where people can experiment and experience different aspects of self-awareness and group dynamics.

Partners

The Nertherlands

Stichting De Olde Vechte

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Estonia

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Ready to
join?



Apply.