

ID: Roots and Routes

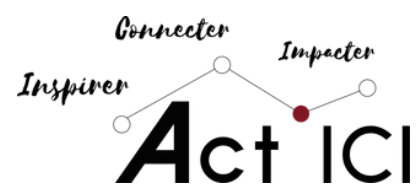


Erasmus+ Youth Exchange



July 3rd - 14th

Mtskheta - Georgia



Co-funded by the
European Union



Erasmus+



Across Europe and beyond, we are facing **growing tensions, rising inequalities, and persistent discrimination**. These experiences are not isolated incidents but are rooted in **social and political systems** that reproduce exclusion and inequality.

Despite existing policies, discrimination persists and often remains unspoken, leaving many young people, particularly those from marginalized backgrounds, feeling excluded and powerless. **We want to create a brave space** where young people from diverse backgrounds can explore their identities and realities, identify how discrimination and privileges operate in their lives, and collectively explore how to take action.

We want all participants to leave this project with more creativity and critical thinking skills to become active agents of change in their communities. Together, let's take a step towards more **inclusive, just, and solidarity-driven societies** across Europe and beyond.



Objectives



1

To cultivate an environment where we can **safely explore and share our identities and experiences**

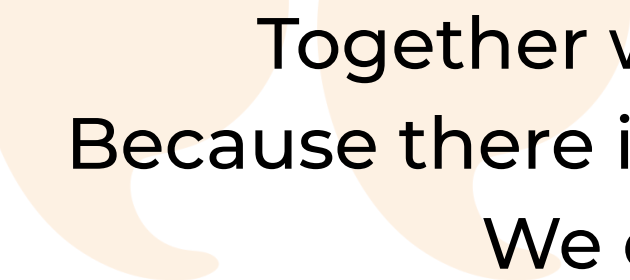
2

To develop critical awareness of the mechanisms of **discrimination and privilege**

3

To transform personal and collective **experiences and learnings into action**

Welcome to this Brave Space



Together we will create a brave space
Because there is no such thing as a “safe space”
We exist in the real world
We all carry scars and we have all caused wounds.

In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to
grow.

We have the responsibility to examine
what we think we know.
We will not be perfect.
This space will not be perfect.

It will not always be what we wish it to be
But
It will be our brave space together,
and
We will work on it side by side



- Micky ScottBey Jones



Bringing together different viewpointsin an active and inclusive setting

Non-formal education

Our approach prioritizes practical, hands-on experiences in group settings, where participants learn by doing, reflecting, and exchanging perspectives.

Voluntary participation

Active involvement is necessary as we will go through dynamic, interactive, and experimental activities during the exchange.

Cooperation

Not only during activities but throughout the entire project. Participants will share responsibilities, contribute their skills, and work together toward common goals.

Inclusion

Everyone is responsible in fostering inclusivity by ensuring that all participants feel valued and actively involved in every aspect of the project.



Why join ?



Learn more about the topics through experimentation, sharing and learning by doing

Reinforce essential skills and promote the learnings



Opportunity to meet, debate, learn together to build collective solutions

Develop open-mindedness, empathy and the ability to dialogue across cultural and linguistic boundaries

Our journey together



Identities and personal experiences

A space to explore who we are.

Through creative and reflective activities, we will dive into our identities, lived experiences, and the many layers that shape how we see ourselves and the world.

This will be a time for us to listen, share, and build understanding within the group.

Social Justice & Systems of Oppression

Understanding the structures behind our experiences.

We will connect personal stories to broader social realities, explore the notions of discrimination, privilege, global citizenship, and how systems affect us differently.

This will be the time for us to continue developing critical thinking and collective awareness.

Action and Creation

Turning awareness into meaningful action.

Together, we will imagine and experiment alternatives, co-create, and design our own solutions.

We will make space for creativity, agency, and concrete steps towards inclusion and justice.

Who can participate ?

Total of 40 participants from Ukraine, Georgia, Spain and France :



8 participants + 2 leaders per country group

We are looking for participants who are :

- **18 to 30** years old
- Accepting the **characteristics** and **principles** of the project
- **Curious**, ready to **share and learn** from each other, with **empathy**
- Commit to **engaging in the entire project**, including **preparation, participation** in the entire activity in Georgia, project **evaluation** and **follow-up** local activities

Make sure you are ready to step outside your comfort zone, spend time with 40 other people for 12 days, and participate in **all activities**.

Group leaders will support the members of their team in order to facilitate their full participation.

Main tasks:

- take part in the preparation, help with specific needs
- support their team to prepare activities,
- collaborate with the facilitators, partner organisations and rest of the leaders to ensure wellbeing of the participants and the optimal implementation of the activities (including group reflections, project evaluations, documentation etc).

Planned activities

Preparatory visit

May 15th to May 18th 2026, Georgia

2 activity days + 2 travel days

➔ 2 leaders



The same people must participate in the exchange as well.



Youth exchange

July 3rd to July 14th 2026, Georgia

10 activity days + 2 travel days

➔ 8 participants + 2 leaders per country group

Arrival : NO LATER than July 3rd
Departure : NO EARLIER than July 14th

A day in the project

8h00 - 10h00	 Breakfast
10h00 10h45	Morning check-in Group reflections
10h45 11h30	Fruit break Daily tasks and preparation 
11h30 13h15	Energizer First activity
13h15 15h30	 Lunch Mid-day break
15h30 17h15	Energizer Second activity
17h15 - 17h30	Coffee break 
17h30 19h15	Energizer Third activity
19h15 - 20h15	 Dinner
20h30 ...	Evening activities

We will have 10 full days of activities.

The day will start with a collective check-in, and reflections conducted in groups.

Daily tasks will be shared between country groups, such as tidying the spaces, leading the energizers, writing the daily journal, ...

Each activity will start with an energizer, facilitated by one of the country groups. The activities will be facilitated by the organizer or designated country groups.

The day will end with evening activities (intercultural sharing, self-organized activities and games, free time...)

Food will be provided at the venue according to the dietary needs expressed during the preparation process.

Please note that the venue will be entirely alcohol-free. No illegal substances will be tolerated.

All participants are expected to follow the project's safety and behavior rules which will be specified during the preparation and the exchange.



Your project !

Participants will be involved at each step of the projet.

Before

- Online meetings
- Prepare some activities (confirmed during the preparatory visit)
- Prepare intercultural evening activities
- Prepare energizers



During

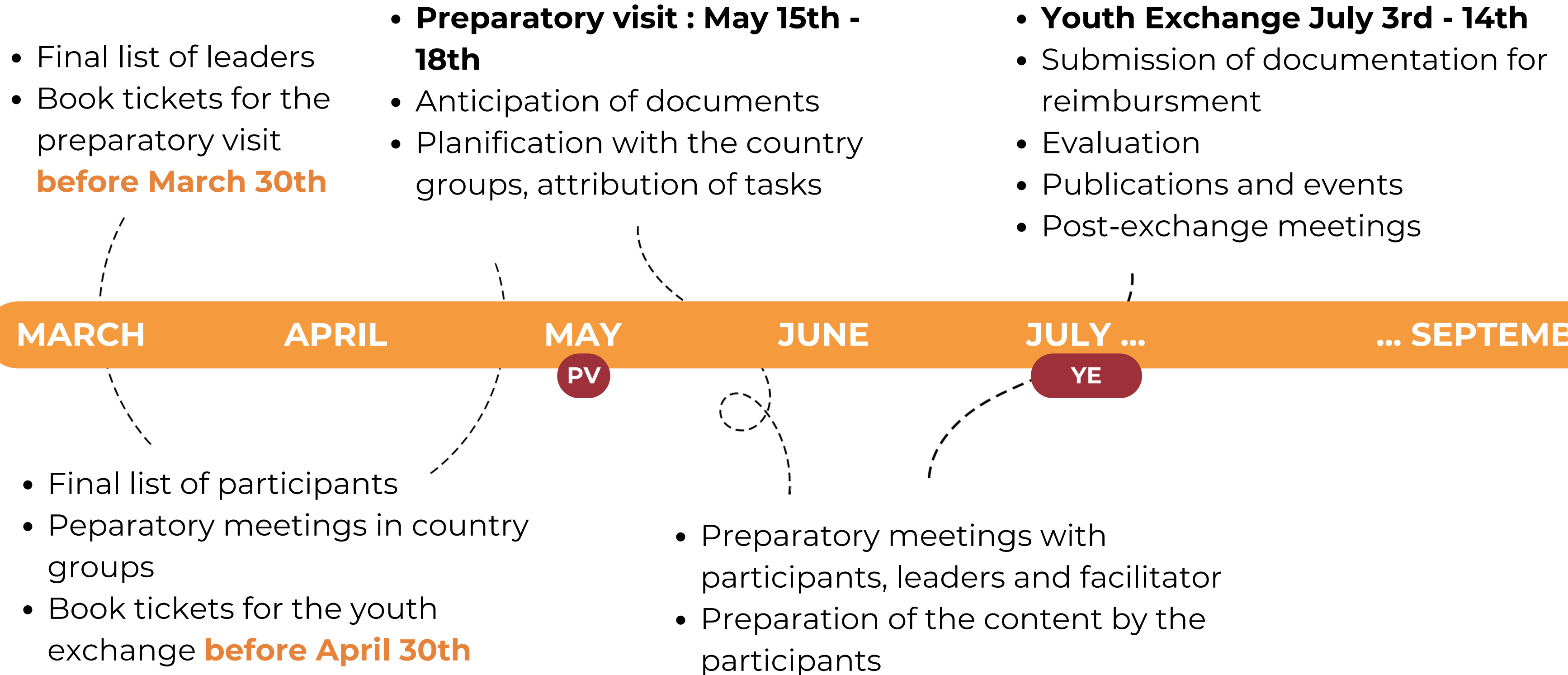
- Facilitate some of the activities
- Organize and cooperate with other participants
- Create games and tools to raise awareness during the creation lab
- Prepare daily diaries and pictures

After

- Online publications and face-to-face events to share their experience and learnings
- Project evaluation and final meetings
- Submit proof of activities and documentation for reimbursement

More to be decided during the preparation ...

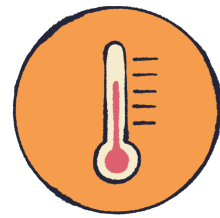
What's next?



Venue and Weather



Mtskheta, Georgia



July in Mtskheta is usually very hot. Temperature is around 30-32°C, but evenings are chilly. It can also rain. Please be prepared !



The activity will be held in the **Village Misaktsieli** which is part of Mtskheta municipality, 30 min away from Tbilisi. We will be hosted in the **“KAPILONI” hotel**. It is a great location for outdoor and indoor activities with all the necessary facilities to live and work in.

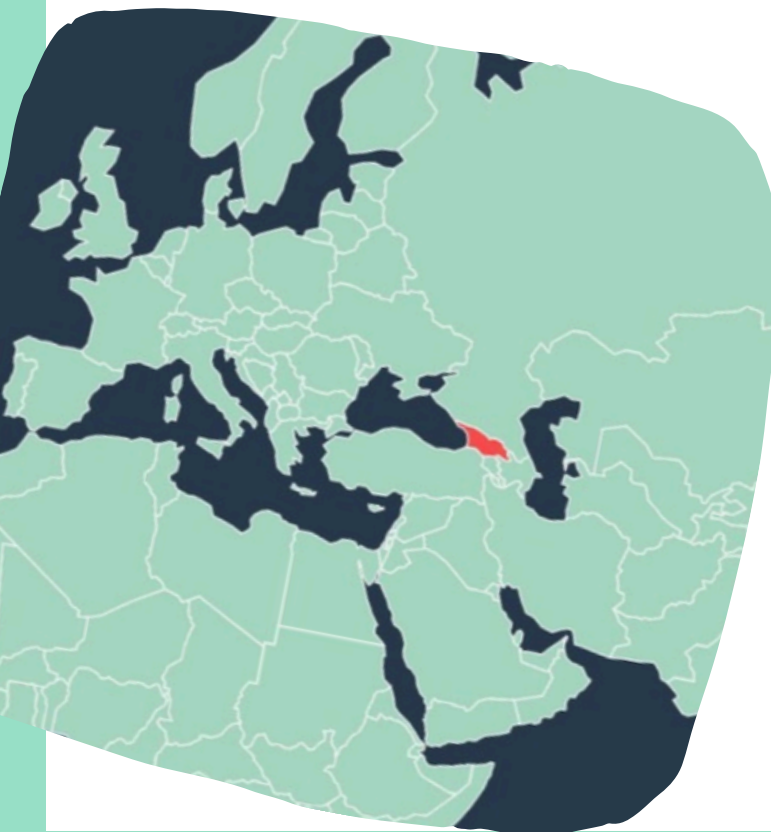
NO Wi-Fi in the VENUE !

If you need it, please buy a SIM card with data at the Airport

3-8 person with different nationalities will **share rooms. Hosts will distribute towels**, no need to bring your own. Hotel provides washing machine but the service is on the costs of participants. The location is equiped with a pool.

Organisers will provide participants with **3 meals per day & 2 coffee/fruit breaks**. We strongly recommend participants to inform organisers about any special needs such as accomodations, special diets (i.e. vegetarian, vegan, gluten free etc.)...

Don't forget your Swimsuits, Sunglasses & Hats !



Travel reimbursement

Travel (flights, other means of transport) expenses are **compensated based on the distance** from location of sending organisation to the location of the project. These distances are calculated using the distance calculator supported by the European Commission.

Limits for reimbursement :

Georgia : 20€
Ukraine : 309€
Spain : 580€
France : 395€

Travel proposals and their costs need to be approved by organizers (Act'ICI and YFW) in advance for each participant before booking.



We will need all these important documents for the travel reimbursement:

- 1. Boarding pass (Plane)**
- 2. E-ticket (Plane, Train, Bus, ect)**
- 3. Invoice / Payment proof, from any kind of ticket.**
- 4. Any other kind of tickets, bills & payment proof, which you will receive during the travel.**
- 5. Correctly filled reimbursement form**

Only book from official airline and train company websites. Tickets bought from travel agents, or other websites and apps (Kiwi, Esky, Omio...) will not be reimbursed.

Not following all the conditions mentioned here and the indications from Act'ICI and Youth For The World (coordinators) regarding travel may lead to non-reimbursement of the expenses.

Travel reimbursement for all countries will be done by **bank transfer to the sending organisations after completing all follow up activities**. Amounts will be determined after receiving full travel documents from all the participants.



Transportation

Participants are required to use the cheapest options of travel. There are several possibilities to arrive to Georgia (Tbilisi, Kutaisi & Batumi Airports). **Cheapest arrival flight point is Kutaisi international airport by WizzAir or Pegasus, Then bus to Tbilisi www.Georgianbus.com** - this bus is specially attached to the flights, they will wait for every passenger. Other Flights are mostly operated by Easyjet (Tbilisi), FlyOne (Tbilisi), Pegasus (Tbilisi, Kutaisi, Batumi), Aegean (Tbilisi), LOT (Tbilisi, Batumi) from/via Istanbul, Athens, Warsaw.

Local Transfer

All participants will be picked up from the meeting points (on arrival day) depending on their arrival date/time & will be brought to project venue in Mtskheta. Transfer schedule will be sent 10 days before arriving. Please note that travel between pick-up place in TBS & project venue, then back - will be organised by organisers & the costs for this trip will be included in the travel costs budget (within the budget limit).

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Departure : NO EARLIER than July 14th

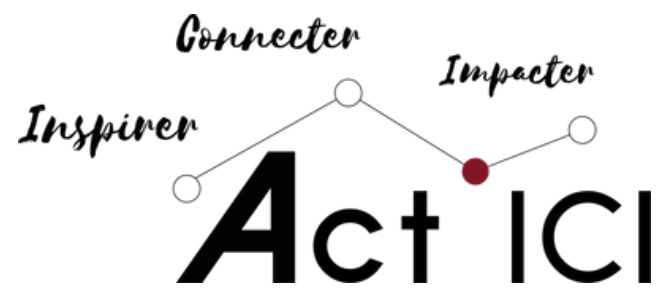


Check the Validity of your Passport before departure!

Regular travel insurance is now mandatory for visitors coming to Georgia

Partner organizations

For questions regarding the recruitment process, contact the organizations from your country.



Act'ICI : Inspirer, Connector, Impacter

info.actici@gmail.com

 [act.ici](https://www.instagram.com/act.ici)



For questions regarding the goals and program of the exchange, contact Act'ICI.



Move Forward

moveforward.ua@gmail.com

 [moveforward_ngo](https://www.instagram.com/moveforward_ngo)



ახალგაზრდობა მსოფლიოში



Youth For The World

youthfortheworld@yahoo.com

 [yfw_org](https://www.instagram.com/yfw_org)



For questions regarding the logistics such as travel plans, contact YFW.



Participa Joven CR

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 [participajovencr](https://www.instagram.com/participajovencr)



How to join ?



**Sign up through
the online form** 



**Meet the sending
organization from
your country**



**Receive the
confirmation**

There is NO participation fee.

ID : Roots and Routes is co-funded with the support of the European Union in the frame of the Erasmus+ Youth Program.

