



 Normandy, France

Break The Silence

ERASMUS+ YOUTH EXCHANGE



23 October – 1 November 2026



Co-funded by
the European Union

About the Project

Youth Exchange is bringing together 24 young people (aged 18–30) and 6 group leaders from different countries to engage in non-formal education, and work together inclusion and diversity topics.

The project is built with non-formal education, peer learning, experiential workshops, and creative expression, offering a safe and brave space for participants to address systemic barriers and promote equal opportunities.

Preparatory Visit – It will be online meeting in September where 6 group leaders and facilitators will plan the practicalities and YE content details.



Objectives

- Identify and deconstruct mechanisms of exclusion, discrimination, and marginalisation to advocate for equal rights around diverse communities.
- Foster cross-cultural understanding, empathy, and active listening by analysing different perspectives on cultural, religious, gender, and social diversity.
- Equip participants with practical tools (advocacy, non-violent communication, campaign design) to initiate local inclusive actions within their home organisations and regions.
- Co-create multimedia outcomes (such as podcasts, digital storytelling, or visual exhibitions) to raise public awareness and disseminate project outcomes to wider communities.
- Foster intercultural exchange and cooperation between participants from diverse backgrounds.



The coordinator organisation



Le Lab Normandy

Le Lab Lisieux Normandie is a secular and apolitical association, created in 2018, with the ambition of being an incubator of citizen initiatives, federating young people from Lisieux and its agglomeration Lisieux Normandie, around European values, encouraging them to international mobility notably through the Erasmus+ program.



Umbrella



Bapob



Mosaiko



"Belvárosi Tanoda"
Foundation



Partners Tasks are:

- 1 Select 1 group leader and 5 participants from their countries within the given deadlines.

Those who are willing to participate in all phases of the project (preparation, youth exchange, follow-up), use low-budget travel options (no paid seats, entertainment, additional luggage...).
- 2 Support participants in finding and booking the travel tickets.
- 3 Disseminate the project and its results (at least one post on website/social media about the project and its outcomes. Details will be provided by the project manager)
- 4 Support its group in conducting one local follow-up activity with at least 10 local youths for a one-hour workshop (learned on the project) and providing activity report (pictures and description).

Be in touch with the project manager and update about the project progress.
- 5



Profile of Participants

Group Leaders

- 1 Able to communicate freely in English
- 2 Have leadership skills to lead the group and support in preparation and planning one thematic workshop lead by its group & cultural evening
- 3 Attend the Preparatory Visit (online) and Youth Exchange (in person)

Participants

- 1 Be resident of one of the partnering organisations country
- 2 Young people with fewer opportunities are welcomed.
- 3 Motivated and able to take part in the full duration of the activity and to share previous experience, including being involved in the local activity in their home country (presenting a one-hour workshop with at least 10 local youths together with the country group) after the youth exchange.
- 4 Having a background experience in inclusion and diversity or interest to explore more about the topic.
- 5 Aged 18 – 30 years (recommended), group leaders – 18+.
- 6 Able to communicate independently in English.
- 7 We highly recommend you to keep the gender balance.
- 8 Newcomers in Erasmus+ are welcomed. It's recommended to have a balanced group in terms of age, gender, background and experience.



Home Tasks



1. Prepare one workshop using non-formal educational methodologies about the topic with the country group members and present during the youth exchange
2. Prepare a presentation of the sending organisation
3. Prepare an engaging cultural night (games, quizzes, dances, etc.)
4. Learn basic info about the host country, including basic phrases in French.



Accommodation



The project will take place in **Normandy, France**. Address: 2109 route de Dives – 14100 Saint Désir de Lisieux

The accommodation is school Maison Familiale Rurale La Pommeraye Saint Désir. The participants will stay in shared rooms (3-4 persons in each room) with private bathroom and shared toilets for each floor. Hot and cold water is provided by the hotel.

What to bring

Comfy shoes and clothes, water bottle, personal toiletries, warm jackets and any traditional local snacks or sweets (if possible).

The project covers 3-times meals and 2 coffee breaks

Insurance

The travel and health insurance are not covered by the project but It is recommended to bring your EHIC cards or buy one.

Travel

All expenses (accommodation and travel tickets/costs) are covered by the project based on the sufficient receipts, tickets, boarding passes and invoices. The reimbursement will be done after the Youth Exchange within three months of time by the bank transfer.

We recommend you to purchase flight tickets in Euros € as the tickets price in other currency will be calculated according to Euroinfo calculator, the official converter for European Commission which has different rate for exchanging money and it could cause money loss compared to tickets purchased in Euros.

Reimbursement

✈️ **Arrival day 23 October, Departure - 1 November** ✈️

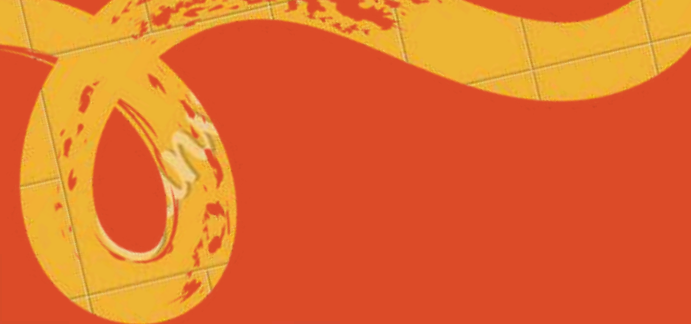
Note: No tickets should be purchased without approval from the project manager. The ticket options will be provided by the organiser once the group is selected!

Note: Without presenting sufficient proof of travel expenses and boarding passes, no reimbursement can be made!



Important!!! Participants must purchase the cheapest travel tickets within the given travel options during the activity period.

How to Reach the Venue



Nearest international airport are **Paris Charles de Gaulle** (CDG) and **Paris Orly** (ORY).

From airport you can take metro or train to Saint-Lazare station (consider that the train needs special airport ticket 13 euros per way).

From Saint-Lazare station you can take train to Lisieux. Use this site for booking train tickets online SNF Connect.

From Lisieux train station to the venue the transport will be provided.



From **Orly airport** there is a **Flixbus** to **Caen** (close city to the venue), if the schedule of the bus will fit your group travel timing there will be a car provided to reach the venue.

Are you ready for your mind-blowing experience?



Deadlines

If willing to join our project, fill out the form:
<https://forms.gle/F6JYiKnP7UXewwtK9>



For more any questions please feel free to approach us

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**Selection of participants:
20 September**



**Booking the tickets:
25 September**