

# ERASMUS+ YOUTH EXCHANGE

JÄRVENPÄÄ, FINLAND,  
29.6.2026-5.7.2026

Age: 13-16 years old



Co-funded by  
the European Union



## Finding your voice!

***Finding Your Voice*** in relation to youth participation in democracy focuses on empowering young people to understand how democratic systems work, explore their own identities and values, and build confidence in expressing their views. Activities will include intercultural learning, practical simulations, and workshops. The exchange emphasizes youth-led activities, co-creation, and reflection to strengthen learning, while encouraging long-term impact by inspiring participants to be involved in their communities after the project ends.

**International Collaboration:** Meet 30 participants from Finland, Iceland, and Denmark and share valuable experiences.

**Decision-Making Skills:** Strengthen your decision-making abilities to navigate challenges in today's fast-paced world.

**Supportive Environment:** Participate in a welcoming and inspiring atmosphere that promotes growth, learning, and personal connections.

**This 7-day International Youth Exchange in Järvenpää, offers a chance to develop skills, connect with peers from different cultures, and gain valuable insights into finding your voice. It's an enriching experience that can help shape your future goals. Join us to learn, grow, and make lasting connections.**

# ERASMUS+ YOUTH EXCHANGE

## Finding your voice!

1.

Share and reflect on personal experiences related finding your voice

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You can apply to the project using the link below

[Erasmus+ Youth Exchange: Title: Finding your voice! – Täytä lomake](#)

2.

Engage in activities that foster and promote positive decision-making.

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3.

Educational study visits!

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4.

The goal is to empower young people to understand, develop, and promote decision-making to enhance their mental well-being and ability to handle life's challenges.

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5.

Support inclusion of young people from different societies and cultures.

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## General info

### ACCOMODATION

All participants will be accomodated at Spesia Student hostel situated right in the center of Järvenpää city. All services (Health center, Shops, police etc) are within 1 kilometer.



### WHAT TO EAT

Meals will be provided both at the aparments and at the youthcenter where the activities will take place. Participants will be accommodated in rooms with 2 beds, hence 2 participants per room.

### TRANSPORTATION

Järvenpää is easy to reach by train from Helsinki Airport. Once you're in Järvenpää, local buses are available, but most places can be easily reached on foot.



Distance (km)	Standard Travel (Grant in EUR)	Green Travel (Grant in EUR)
0-9	0	0
10-99	28	56
100-499	211	285
500-1999	309	417
2000-2999	395	535
3000-3999	580	785
4000-7999	1188	1188

Travel cost will be reimbursed according to the Erasmus+ travel calculator