



Erasmus+

YOUTH EXCHANGE

# *Project You*

11.05-19.05.2022

TAEVASKOJA, ESTONIA

Project is financed by Erasmus+  
Implemented by Youth Senate Tallinn

## IT ALL STARTS WITH YOU

Project YOU is a youth exchange developed for young adults, who have been on the road of rediscovering themselves and asking questions about their life. What is the meaning of life? How do I handle the vicissitudes of ordinary life, with its losses, disappointments, stresses and crises? Am I going in the right direction? Who has the answers, who can I ask? Probably everyone has asked themselves these questions, yet the older we get the more often our mind sets off on a journey of finding the answers. This project is designed to help people gain a different perspective, become inspired and to find answers to the questions we ask ourselves while working in a safe and supportive group.

## PARTICIPANT PROFILE

- 24-30 years old
- Interested in self-development
- Ready to step out of comfort zone during the YE
- Highly motivated to change the course of own life

## LEARNING OUTCOMES

- Raising self-confidence and self-esteem
- Improving decision making skills
- Overcoming self-limiting beliefs
- Gaining a deeper self-awareness
- Getting inspired to start over at any age in life
- Improving intra and interpersonal intelligences



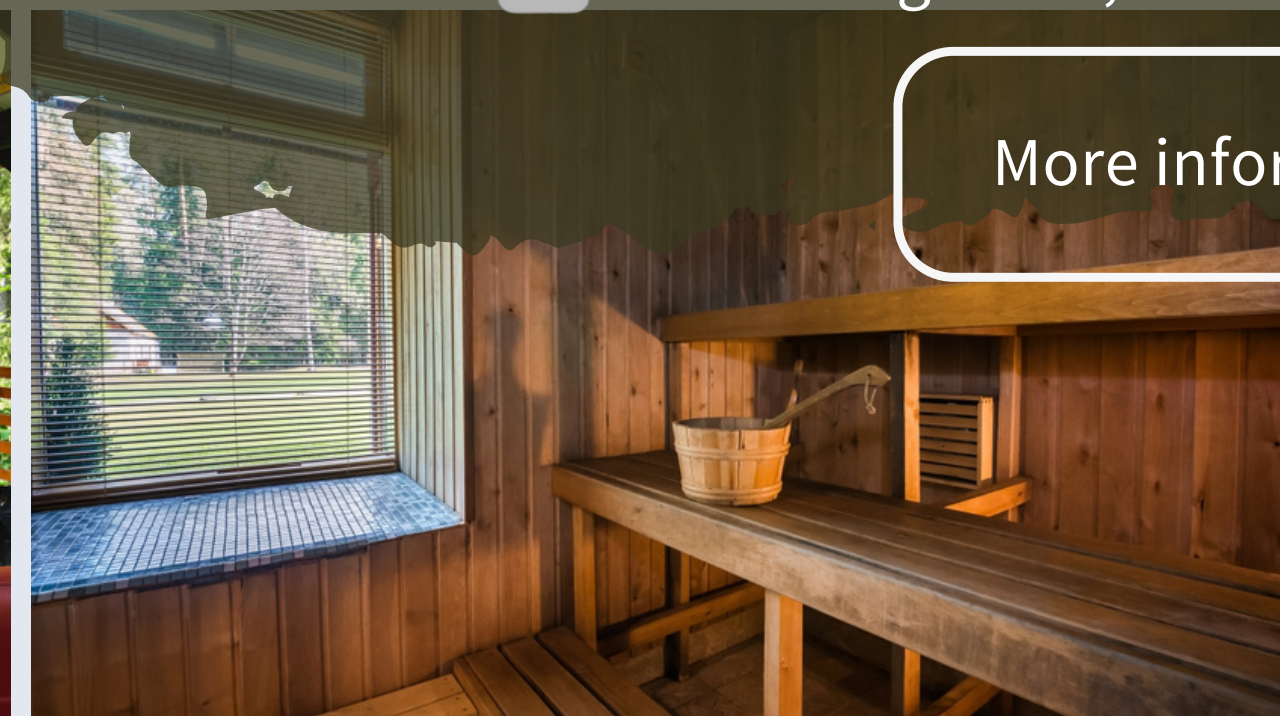
## VENUE

Taevaskoja Holiday Centre is located in Southern Estonia, which is famous for one of the most popular natural sights in our country. Get ready for a "wild" & life-changing experience in Estonian forest.



2-3 people in the room  
same gender, different nationalities

[More information](#)



POLAND

275€

MACEDONIA

275€

HUNGARY

275€

SPAIN

360€

TURKEY

275€

## TRAVEL & REIMBURSEMENT



Our meeting point will be in Tartu, where organized bus will be waiting for everyone on 11th of May at 20:00. If you wish to prolong your stay in Estonia, you can use up to 4 days at your own expense.

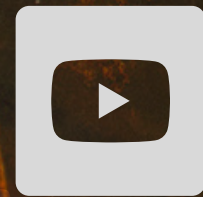
Reimbursement of visa and travel costs will be done via bank transfer after we receive all travel documents and a report of carried out dissemination activities.

NB! Please do not book any tickets before consulting with the organisers.

Preliminary 35 EUR will be cut from travel budget to cover transfer fee and extra activities during the project.



See you soon!



**CONTACT US**

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