



Overview

This project aims to help young people disconnect from social media, build confidence, and connect with others through dance. Many young people today struggle with self-expression, feel isolated, and spend too much time online.

- ✓ Use group dance activities
- ✓ Learn about music
- ✓ Support Mental & Physical Health
- ✓ Discover other cultures
- ✓ Dance to reduce stress
- ✓ EU Values Belonging

What We Want to Achieve:

- ✓ Less Screen Time
- ✓ More Real-Life Connections -
- ✓ Make New Friends & Feel Included

Date: 1-08th of February, 2026

Participant profile: 18-25 years old

Place: Amsterdam, Netherlands

Youth Exchange

DANCE 4 YOUTH



Mobilities:

- Youth Exchange
- Training Course
- Seminar...



FULLY FUNDED

We aim for inclusivity and equal opportunities for everyone, therefore the Erasmus+ programme is fully funded by the European Commission.

WHO CAN APPLY

EVERYONE!*

*depending on the project participant profile



HOST ORGANIZATION

**Stichting Turksvolksdansen
(Netherlands)**

CONTACT INFORMATION

hello@reallygreatsite.com

reallygreatsite.com

+123-456-7890



Erasmus+

JOIN US!

Check out our open calls and participate in this kind of amazing experience.





RETROSPECTIVE

Over the week, we took part in a creative documentary and dance program. We started each day with energizers and worked on traditional and contemporary dances from different countries, improvisation, and theatre. We joined workshops, group sessions, and video recordings for the documentary. Evenings included reflections, evaluations, shared dinners, cultural nights, and social activities, ending with a final evaluation and celebration.



"From morning energizers to late-night reflections, we turned movement, stories, and cultures into one shared documentary."

"Different cultures, one rhythm — captured through dance, film, and shared moments."

Youth Exchange

DANCE 4 YOUTH

