

TAKING YOUR STEP NEXT

ERASMUS+ YOUTH EXCHANGE

18 - 26 August

Kniebis, Germany

Belgium, France, Germany, Portugal, Estonia





PROJECT OUTLINE

- The International Stuttering Youth exchange is held in Kniebis, in Freudenstadt, Germany from 18-26th August 2024.
- This is a wonderful opportunity to meet people who stutter from all over Europe.
- The participant countries include Estonia (head organization), Germany, France, Belgium, and Portugal.
- It is definitely a life changing experience where you can make lifelong friendships and connections.
- The participation fee is 125 euros, with a non-refundable 50 euros due upfront. If the fee is a barrier, please let us know, and we can help.
- This is for the full week which includes accommodation in shared rooms and travelling expenses.
- The event will be conducted in English.



PREVIOUS PROJECTS

2017

<https://vimeo.com/233341877>

2018

<https://vimeo.com/294526043>

2019

https://youtu.be/F5cTui_NSKI

2022

<https://youtu.be/q7jdb8SoX8Y>

2022

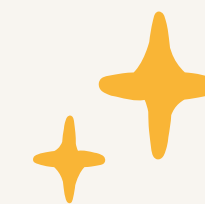
<https://youtu.be/CxuzNhFZDGo>

2023

<https://youtu.be/3nIWgl7Mzek?si=fSOujWz2nc52a3Xx>

TAKING YOUR NEXT STEP

We invite everybody to 'Take your next step', and to go out the comfort zone to try out new things and activities. Therefore we have included different activities that are exciting, but that you might usually not do so easily. During the week we will create a movie together with a self-written script and we will do different public speaking activities, that are usually quite scary to do. The Youth Exchange reinforce the belief that accomplishments - even in the field of communication - are possible despite stuttering, by experiencing how much you can do. The programme also includes daily meditation sessions and helping together in food preparation. We create an opportunity to meet and connect with different young people from (more than) six countries. This project will help to enrich and to connect with other people who stutter, where stuttering is no issue anymore. The aim is to establish a platform for young people who stutter to collaborate.





OUR OBJECTIVES

EMPOWERMENT

Create a safe space for young people who stutter to build confidence and self-esteem by being surrounded by peers who understand their experiences.

INCLUSIVITY

Create an environment where stuttering is not an issue, allowing participants to focus on their strengths, interests, and passions, rather than their stutter.

PERSONAL GROWTH

Encourage participants to step out of their comfort zones and engage in new experiences, such as public speaking and creative activities, to develop their skills and abilities.

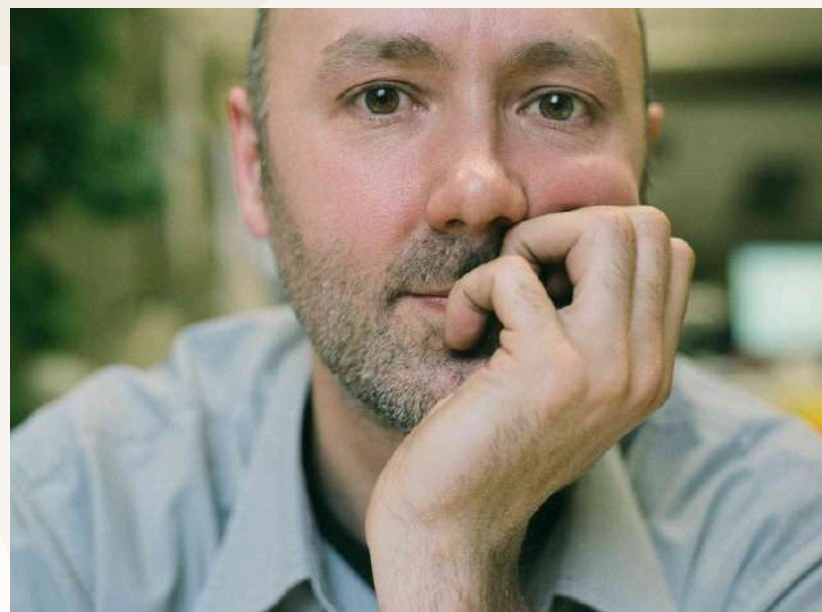
CULTURAL EXCHANGE

Facilitate the sharing of cultures, traditions, and values among participants from more than six countries, promoting friendships and a sense of community.

THE TEAM

Erik Lamens (Belgium):

I have been active in the stuttering community for 20 years. I was present at several Elsa Youth Meetings and Erasmus+ Youth Exchanges. It's fantastic to see how young PWS grow in this week, how they get more self-confidence and how they make friendships.



Martin Jandet (France)

Embrace all :) (including stammering !)
I've been involved in the community since I had an epiphany and am now vice-president of the French association. I enjoy meditating, dancing tango, rock climbing and many other things !



Fábio Carvalho (Portugal)

Hello, I participated in the YE in 2022 which was great, I like to practice sports (krav maga and gym), and spend time with friends playing board games and snacking!

THE TEAM

**Marc van Kralingen
(Netherlands):**

I am representing Stamily. I have an organizing and facilitating role. Contact me if you would like to help organize future events I work in finance, like to do DIY home projects and enjoy crossfit..



Sybren Bouwsma (Netherlands).

Having been a person who stutters all my life, I like to help organise events for other people with a stutter. I am involved in different stuttering organisations and love international contacts in stuttering. In my freetime I love to hike, to run, to travel and to be in nature :).

THE TEAM

Annette Tilk (Estonia):

After being away for more than 15 years I reconnected with my stutter during last years youth exchange. As a group leader I want to offer this amazing opportunity to others to discover more about themselves and make lovely friends!



Vaishnavi Ranjana (Germany):

Hey!! I am Vaishnavi, I come from India but living in Germany since past 3 years, and engaged in stuttering communities since 2020. I enjoy working out, meeting like-minded people, and sipping my favourite cup of coffee. I am also learning German!



PROFILE OF PARTICIPANTS

We are seeking participants for our Youth Exchange Program, specifically designed for young individuals who stutter. If you meet the following criteria, we encourage you to apply:

- **Age:** 18-30 years old.
- **Stuttering:** Open to individuals who stutter
- **Interest in Cultural Exchange:** Eager to learn about and share different cultures.
- **Personal Growth:** Open to developing communication skills and building self-confidence.
- **Active Participation:** Willing to engage in workshops, discussions, and activities.
- **Respect and Inclusivity:** Committed to fostering a positive and inclusive environment.

Join us to connect with others, share your experiences, and have some personal growth.

PROGRAM

Starting time	Time	Travel day	Day 1	Day 2		Day 3	Day 4				Day 5	Day 6	Day 7	Travel day												
				Group A+B	Group C+D		Group A	Group B	Group C	Group D																
8:30	8:30 - 9:15	Arrival	Breakfast	Breakfast		Breakfast	Breakfast				Breakfast															
8:45																										
9:00																										
9:15	9:15 - 9:45		Break	Break		Break	Break				Break															
9:30																										
9:45												9:45 - 10:00	Mindfulness	Mindfulness		Mindfulness	Mindfulness				Mindfulness	Breakfast	Breakfast	Breakfast		
10:00	Name games		Script writing for movie	Expanding Horizons and Comfort Zones with Compassion	Mindful communication	Film shooting	Food preparation	Speaking circles	Speaking circles	Evaluation	Break														Break	Break
10:15																										
10:30																										
10:45																										
11:00											11:30 - 12:00	Break	Break		Break	Break				Break	How to give a workshop workshop	YE follow-up brainstorm	Cleaning (optional)			
11:15																										
11:30																										
11:45	12:00 - 13:15		Get to know games	Expanding Horizons and Comfort Zones with Compassion	Script writing for movie	Prejudice about other cultures and stuttering	Food preparation	Film shooting	Speaking circles	Speaking circles	Speaking circles big group	Lunch	Lunch	Lunch	Lunch											
12:00																										
12:15																										
12:30																										
12:45																										
13:00	13:15 - 14:00		Lunch	Lunch		Lunch	Lunch				Lunch	Lunch	Lunch	Lunch												
13:30															Group leader meeting	National delegation meeting		Group leader meeting	National delegation meeting		Group leader meeting	National delegation meeting	Group leader meeting			
13:45																										
14:00	14:00 - 14:30		Break	Break		Break	Break				Break	Break	Break	Break												
14:15																										
14:30	14:30 - 16:00		Fears, needs and expectations	Secret friend intro		Script writing	Speaking circles	Speaking circles	Film shooting	Food preparations		Free afternoon and local connections	Friend sheet	Final evaluation												
14:45				Improvisation without words	Choir singing											Open mic	Youth Pass									
15:00																										
15:15					Geo-caching	Speaking circles	Speaking circles	Food preparation	Film shooting				Closing ceremony													
15:30																										
15:45																										
16:00	16:00 - 17:15		Youth pass / Erasmus+ / theme intro	Choir singing	Improvisation without words	Geo-caching	Speaking circles	Speaking circles	Food preparation	Film shooting				Open mic	Closing ceremony											
16:15																										
16:30																										
16:45	Chores explanation																									
17:00																										
17:15	17:15 - 17:45		Self-reflection	Self-reflection		Self-reflection	Self-reflection				Self-reflection		Self-reflection	Self-reflection												
17:30																										
17:45																										
18:00	17:45 - 18:45		Break	Break		Break	Break				Break		Break	Break												
18:15																										
18:30																										
18:45	18:45 - 19:45		Dinner	Dinner		Dinner	Dinner				Dinner		Dinner	Dinner												
19:00																										
19:15																										
19:30																										
19:45	19:45 - 20.15		Dinner	Break	Break		Break	Break				Break	Break	Break												
20:00																										
20:15	20.15 - 21.15	National evening		National evening		National evening	National evening				National evening	National evening	Movie night													
20:30																										
21:00																										
21:45																										



THE VENUE

Welcome to the Naturfreundehaus Kniebis! Nestled in the serene landscapes of the Black Forest, our cozy house offers a warm, welcoming atmosphere that serves as the perfect base for your adventures. Here at Naturfreundehaus, you can expect comfortable accommodations, friendly service, and a communal spirit. Whether you're here to explore the extensive hiking trails, enjoy some peaceful time away from the hustle and bustle, or engage in exciting winter sports, Naturfreundehaus Kniebis is your gateway to an unforgettable experience in nature. Discover the charm of our house and the stunning beauty of Kniebis with us. We look forward to welcoming you!



BLACK FOREST, GERMANY

Forests and Nature Reserves: Kniebis is surrounded by dense coniferous forests, primarily spruce and fir, with lush landscapes and extensive hiking trails.

Climate: The area has a temperate oceanic climate with cool summers and snowy winters, making it popular for winter sports like cross-country skiing.

Flora and Fauna: The rich biodiversity includes numerous species of plants, mushrooms, birds, and mammals such as deer and wild boar.

Conservation Efforts: Ongoing efforts preserve the natural beauty and ecological balance, including sustainable forest management, wildlife protection, and clean waterways.

Tourism and Recreation: Kniebis offers activities like hiking, mountain biking, and winter sports, with well-maintained trails and scenic viewpoints. Kniebis exemplifies environmental preservation in Germany with its natural beauty, diverse ecosystems, and active conservation.

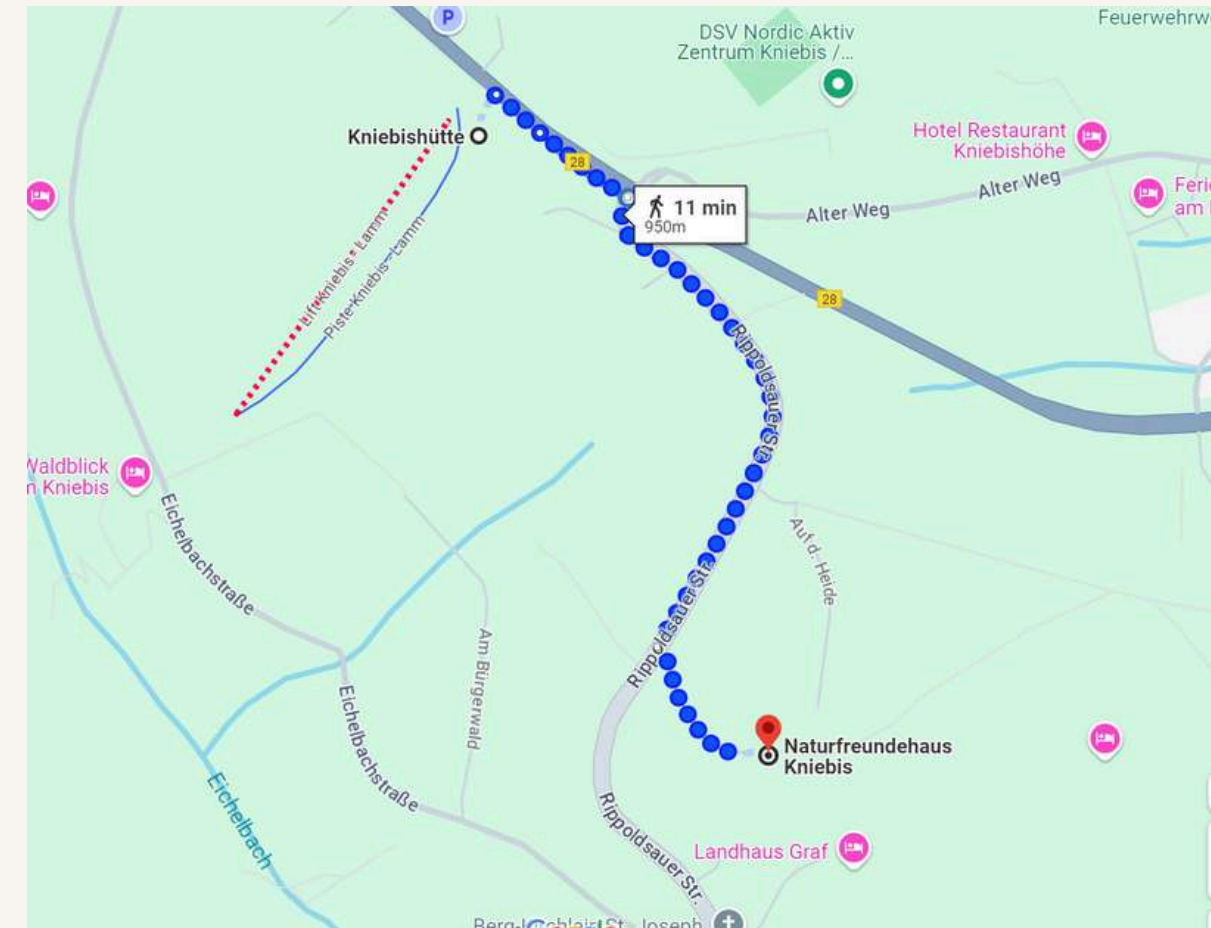


HOW TO REACH THE VENUE

- Arrival to Freudenstadt (HBf or Stadt) (via Stuttgart or Karlsruhe)
- Bus from Freudenstadt to Kniebis Skistadion/Besucherzentrum (20 minutes), every hour: https://www.vgf-info.de/wp-content/uploads/r100_10.12.2023.pdf
- Walk from the bus stop to Kniebis Naturfreundehaus (15 min. walking)

Address:

**Naturfreundeweg 12,
72250 Freudenstadt, Germany**



TRAVEL INSTRUCTIONS AND REIMBURSEMENT



Your arrival should be on August 18rd, and departure on August 26th.

If eco-friendly traveling cannot be done within one day, you receive €41 euro per extra traveling day.

Eco-friendly traveling includes any mode of transportation except flying or driving alone. Carpooling is also considered eco-friendly travel.

Please save all your invoices, tickets, and boarding passes for travel cost reimbursement. Transfers via Taxi/Uber (or similar services) are not eligible for reimbursement. Reimbursement will only be processed after the event.

Budget per country	Standard travel	Eco-friendly travel
Portugal	€360	€410
Germany	€180	€210
Estonia	€275	€320
Belgium	€180	€210
France	€275	€320



HOW TO APPLY



WILLKOMMEN स्वागत
欢迎 BIENVENIDA
WELCOME
BIENVENUE ようこそ
добро пожаловать
ترحيب BEM-VINDO

Germany: [See link here](#)

Belgium: contact Erik Lamens at voorzitter.bsv@gmail.com

France: [See link here](#)

Estonia: [See link here](#)

Portugal: [See link here](#)