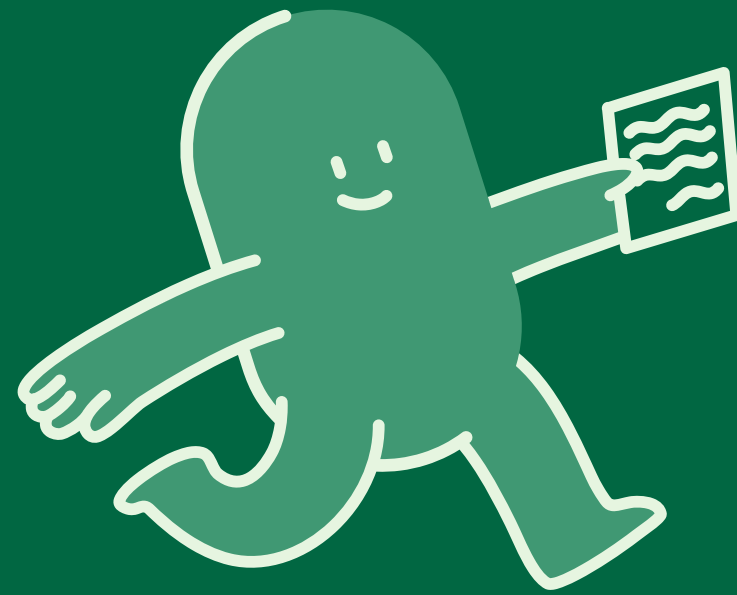


# THE ARTS



# OF BEING WELLS

**ERASMUS+ YOUTH  
EXCHANGE**

**Osijek, Croatia  
12 – 20 May, 2026**




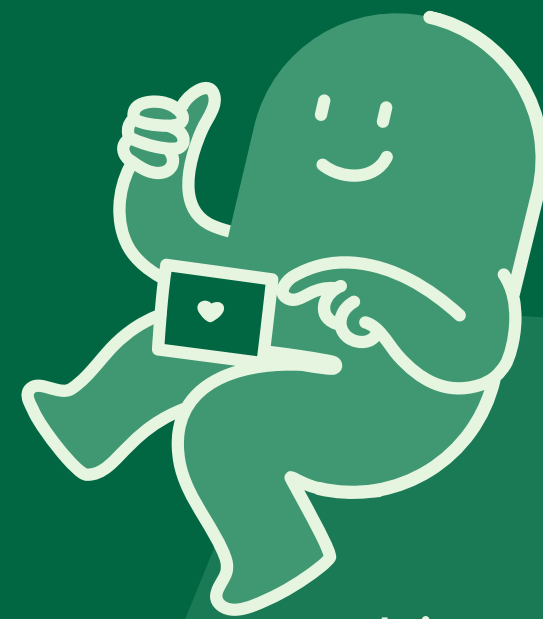
**Co-funded by  
the European Union**

Join us for the Erasmus+ Youth Exchange *The Art of Being Well*, taking place from 12 to 20 May 2026 near the city of Osijek, Croatia. The exchange will focus on mental health, creativity, self-care, and meaningful ways to spend free time.

During the week, we will explore different ways to take care of our well-being through creative workshops, group activities, and time spent in nature.

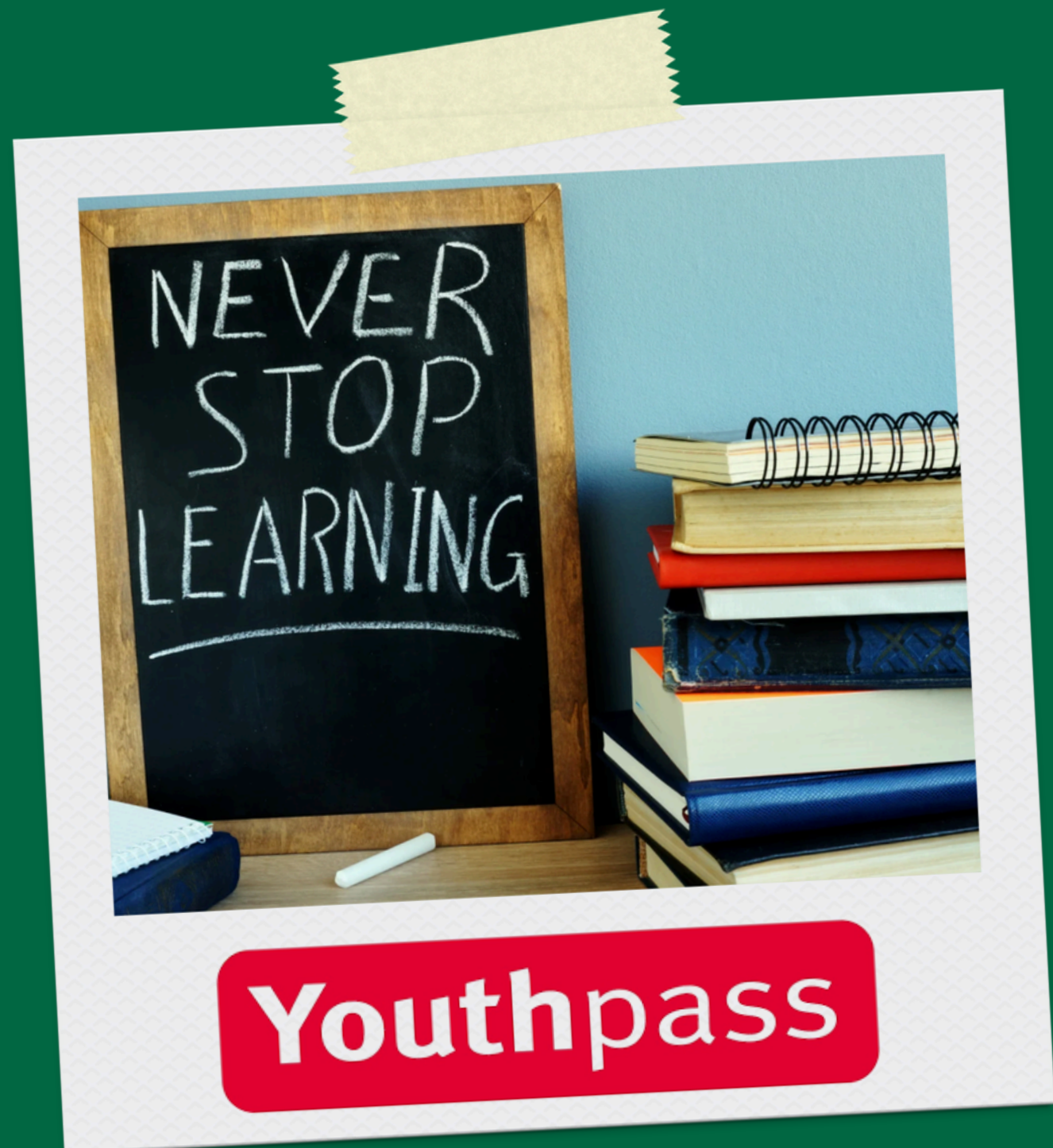
Activities will be based on non-formal learning methods, creative approaches, and art therapy-inspired exercises.

The programme will offer opportunities to share our experiences, learn from each other, and spend time together in a relaxed, safe, and supportive environment. 



This youth exchange is for you if you enjoy meeting new people, trying new things, and are open to new experiences!





All participants who take part in the full programme will receive a **Youthpass certificate**, which recognises their participation in the Erasmus+ Youth Exchange and the learning that takes place during the project.

Participants will be introduced to Youthpass at the beginning of the exchange and will have reflection sessions during the programme to think about what they have learned. Those who wish can receive support from the facilitators in completing the reflection part of their Youthpass certificate, which can later be useful for studies, job applications, or personal development. 🌟

# WHO CAN PARTICIPATE?

- Young people aged 18–30
- No previous Erasmus+ experience needed (priority will be given to newcomers)
- Able to communicate in basic English
- Open to intercultural learning and group work
- Willing to take part in the full programme from 12–20 May and attend all activities
- Ready to actively contribute, share experiences, and respect the group and learning environment
- Willing to take part in follow-up and dissemination activities after the exchange

We especially encourage participation of young people with fewer opportunities, for example those who:

- have financial difficulties,
- live in rural or remote areas,
- have fewer opportunities to travel or participate in international projects,
- face social or personal challenges that may limit access to such opportunities etc.



# Meet the organizer

# BREZA ASSOCIATION

Breza is an NGO based in Osijek, Croatia, founded in 2001. We work with children, young people and different groups in our community through creative activities, workshops, and projects that encourage learning, self-expression, and the development of practical life skills. Over the years, we have organized many local and international projects, youth exchanges, and the international festival Land Without Borders. Our work is also supported by a network of local and international volunteers.

## YOUR FACILITATORS

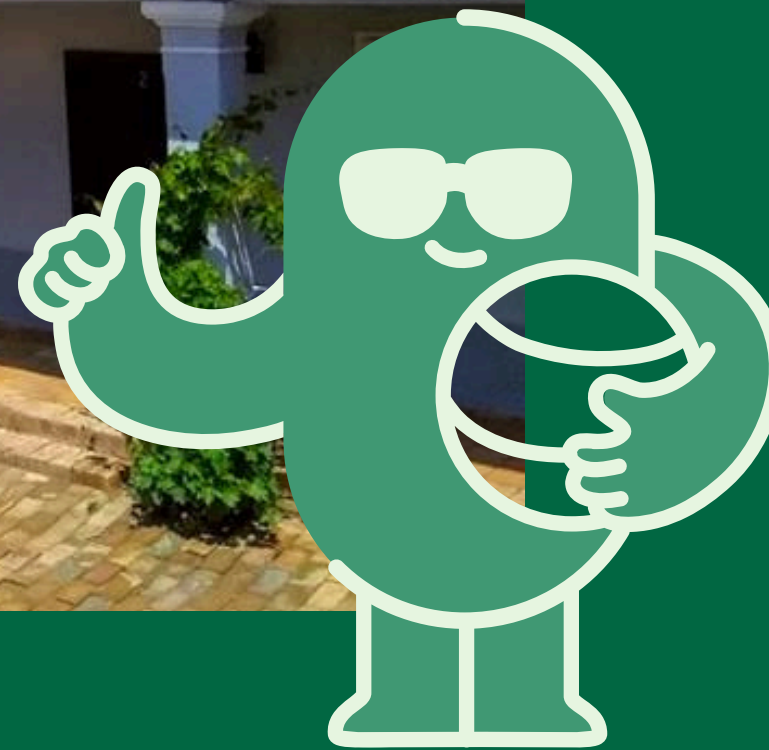


Tajana, psychologist



Ana, art therapist

# OUR VENUE

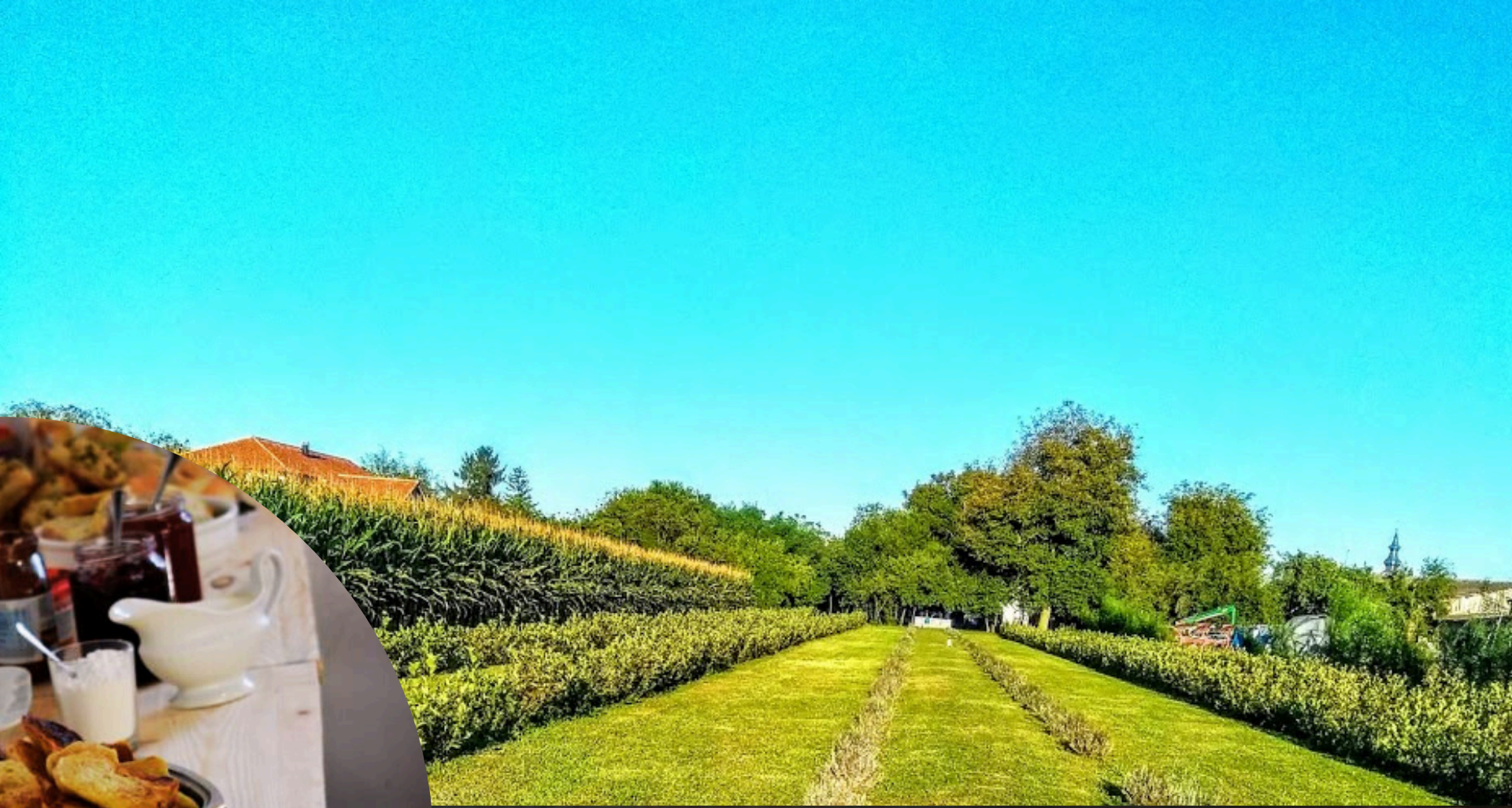


The youth exchange will take place in Vardarac, a small village near Osijek in the Baranja region of eastern Croatia, known for its peaceful rural atmosphere, beautiful nature, and rich local traditions.

We will stay at Pannonia Terranova Art Eco Heritage House, a magical property surrounded by greenery that offers privacy and plenty of outdoor space to enjoy the natural surroundings.

Pannonia Terranova offers:

- Single bedrooms and shared rooms (2, 4 or 6 people), each with a private bathroom
- Outdoor spaces for workshops, sports and leisure time
- Kitchen and dining facilities
- Wi-Fi in each room
- Towels provided



# TRAVEL INFO



**Arrival date:** 12 May (Tuesday)

**Departure date:** 20 May  
(Wednesday)

## **OPTION 1:**

Flight to Zagreb Airport  
→ Arriva or Flixbus  
(book online) from  
Zagreb Bus Station to  
Osijek → Organized  
transport to the venue

## **OPTION 2:**

Flight to Budapest  
Airport → Shared  
transport from the  
airport to the venue  
may be organized for  
participants arriving  
around the same time

You will be asked to send your travel plan to the organizer for confirmation before booking your tickets.

# REIMBURSEMENT

The project is co-funded by the European Union, which covers accommodation, food, and programme costs. Travel costs will be reimbursed according to the Erasmus+ distance bands shown below, **after completing the youth exchange, submitting proof of travel, and carrying out the agreed dissemination activities. Please keep all original travel documents (tickets, invoices, and boarding passes), as they are required for travel reimbursement!**

Travel distance	Non-Green travel	Green travel
10 – 99 km	28 EUR	56 EUR
100 – 499 km	211 EUR	285 EUR
500 – 1999 km	309 EUR	417 EUR

\*Green travel: using low-emission transport (such as train, bus, or car-sharing) for more than 50% of the journey instead of flying.

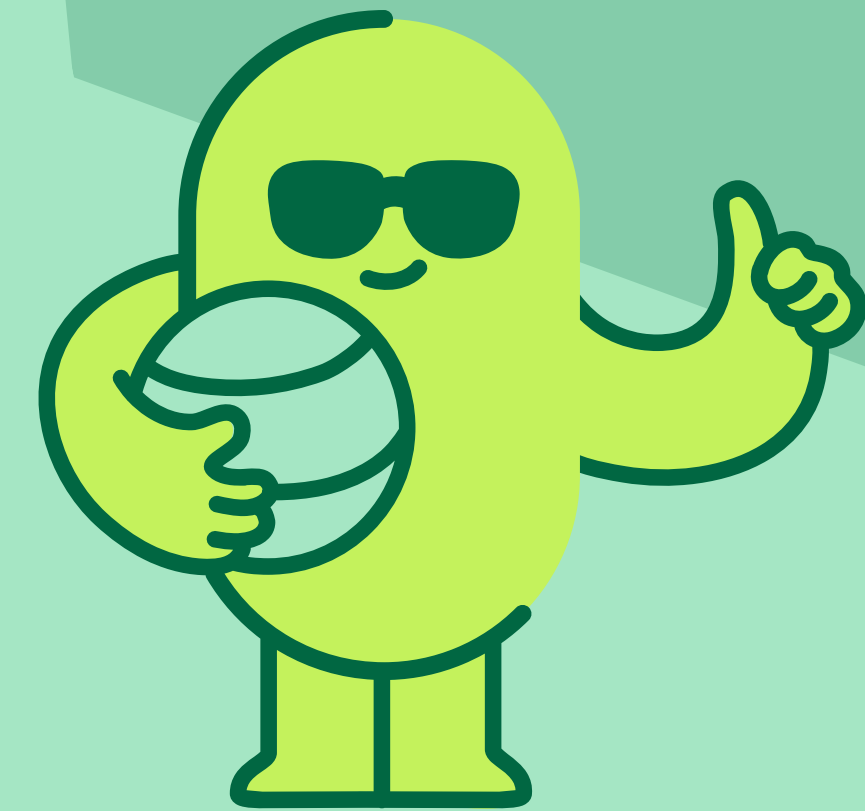
# WHAT TO BRING?

- Comfortable clothes and shoes for indoor and outdoor activities
- Clothes suitable for nature and outdoor time
- Refillable water bottle
- Light jacket or sweater for cooler evenings
- Personal toiletries and any medication you may need
- Something small to share during the intercultural evening (snacks, music, games...)
- Valid identity card or passport
- European Health Insurance Card (EHIC)



# GOOD TO KNOW

- **Currency:** The official currency in Croatia is the Euro (€). Card payments are widely accepted.
- **Weather:** In May the weather is usually pleasant and warm, around 20–25°C during the day and 10–15°C at night. If we're lucky, we might even have summer-like temperatures.
- **Meals:** You will be asked to fill out a questionnaire about your dietary needs so that meals can be adapted accordingly. You can expect hearty continental and homemade cuisine, three meals per day, and plenty of snacks.





# SEE YOU IN OSIJEK

## CONTACT INFORMATION

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