

# PORTRAITS OF THE SOUL

Youth Exchange | 13-21 September 2025 | Bujaleuf, France

Portraits of the Soul is all about discovering who you are and sharing that with others in creative, powerful ways. You won't just talk about feelings, you'll express them through painting, dance, video, poetry/spoken word and music. You'll join workshops that help you understand yourself better, connect with others, and turn emotions into art. At the end, we'll create a real festival together to share our creations with the world. The locals are already looking forward to meeting you there! It's a journey full of creativity, deep talks, new friends, and unforgettable moments.



Funded by  
the European Union

# PARTICIPANTS

8 people per country  
of which 7 persons 18 - 30 y/o  
and 1 group leader 18+ y/o

# COUNTRIES

FRANCE, THE NETHERLANDS,  
CROATIA, NORTH MACEDONIA  
UKRAINE, HUNGARY, MALTA



# PROGRAM



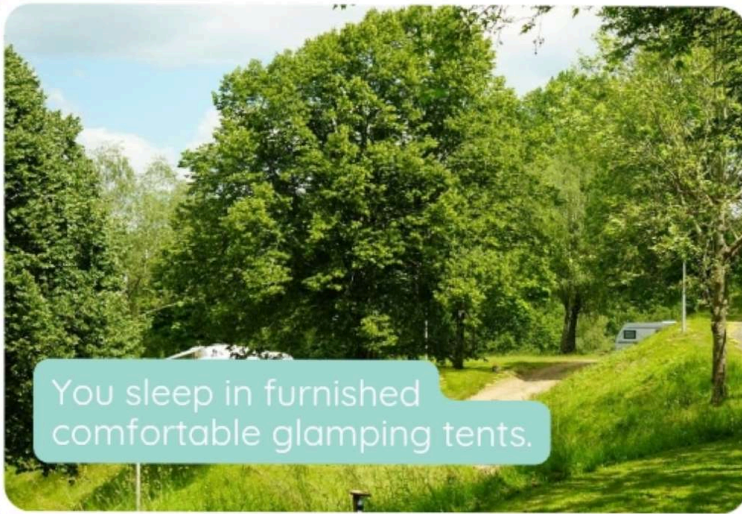
- 🌍 Meet young people from 7 other countries
- 🧠 Dive deep into emotions and discover your inner world
- 🎤 Practice public speaking (but in a fun, no-stress way!)
- 🎨 Paint, film, dance, write or sing/play your story (you choose!)
- 🎥 Join creative workshops in video, poetry, painting, music and dance
- 🔥 Connect with others during bonfires, sauna moments & kayaking
- 👟 Go on a hiking adventure that's more about connection than distance
- 🎭 Help create a real festival where you are the main act
- 🎉 Celebrate your journey with music, performances and epic vibes

## QUICK REALITY CHECK...



Are you curious about who you are, open to deep conversations, and excited to express yourself through art, music or movement? Then this is totally your vibe. If you're just here for a free holiday... this might not be your moment. We're looking for people who bring openness, creativity, and real energy to the group!

# ACCOMMODATION



You sleep in furnished comfortable glamping tents.



Route de la plage  
87460 Bujaleuf France

We'll host you in the peaceful green hills of rural France, away from the rush, close to nature, and the perfect setting for deep talks and creative flow. You'll stay per 4 persons in shared, fully furnished glamping tents. That means a real bed, your own light and socket, and access to hot showers in the morning.

The campsite has some extra treats too: a sauna and hot tub for relaxing, water activities like kayaking and pedalo's, table tennis, and if the weather's still warm, yes, you can swim in the lake right in front of us! There's also a small supermarket just a 10-minute walk away.

Meals at the campsite will be colorful, healthy, and mostly vegetarian dishes, packed with flavor and made with love. This is your chance to try something new and delicious.





## PACKING

- Passport
- Travel Insurance
- Medication
- Toiletries
- Slippers
- Towel
- Cultural Items
- Water Bottle
- Warm Jacket
- Rain Jacket
- ~~Alcohol & Drugs~~



Important: This is an alcohol-free event. 🍷

We want to create a space where everyone can truly connect, focus on the project, and meet each other just as we are, no filters needed. It's all about feeling safe, supported, and fully present together.



## COME SHARE YOUR CULTURE

As part of the festival we'll create together, we'll host a special intercultural moment! It's a beautiful chance to share your culture, discover others, and celebrate everything that makes us unique. Bring some snacks, small items, or anything else that represents where you come from. Together, we'll turn the festival into a vibrant celebration of all our backgrounds.

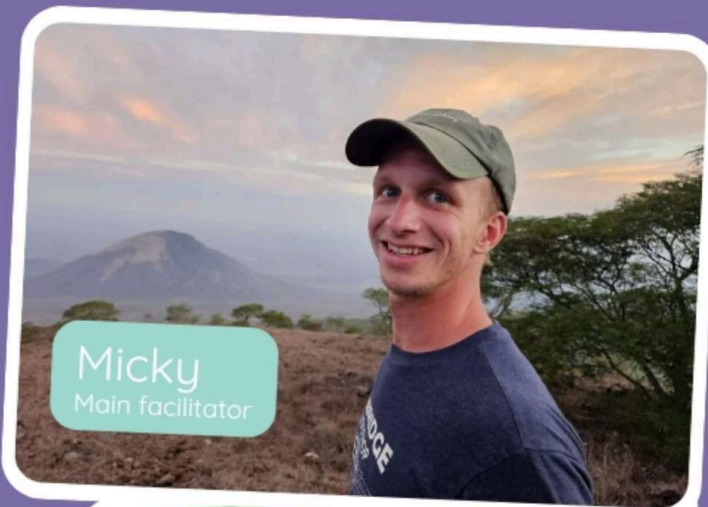


# TEAM

*We will welcome you!*

A few years ago, I joined a 10-day Vipassana meditation retreat—no talking, no distractions, just silence. It turns out doing absolutely nothing isn't really my thing, but I did learn something valuable: when you give your mind a break, space opens up for clarity and self-awareness. That's something I bring into this youth exchange, creating a calm, supportive space where you can explore who you are.

I also once wrote a book about my own life story. What surprised me most was how many people told me, "I feel like I know you now." That's the magic of a good story. It connects us. During Portraits of the Soul, you'll shape and share your own story too, in your own way. And I'll be there to help guide you through that journey.



**Micky**  
Main facilitator



I love solving puzzles (ask me for a riddle anytime) and connecting people to each other. I will be putting those talents to good use in the preparation and execution of this project. My responsibility will be to make sure everything runs smoothly, and if it doesn't, solve it. You can come to me with questions about the infopack, help with tickets or any other concerns you may have.



**Joyce**  
Connection Coordinator

# TEAM

*We will welcome you!*



I will be here as someone you can come to for mental support or just to share something in a safe environment. I normally work in psychiatry and get the honor of helping people with their deepest mental struggles. In my free time I love practicing Brazilian Jiu-jitsu and performing with my band (I play the guitar). That why during the Youth Exchange I will be the coach for those transforming their story into music.

This youth exchange isn't complete without YOU. Portraits of the Soul is all about creating something beautiful together, not just with paint, poetry, dance, music or video, but with our stories, emotions, and presence. Maybe you already express yourself through art. Maybe you've never tried. Either way, you have something valuable to share. Your voice, your energy, your story... it matters here. Come as you are, this is your space to be seen, to create, and to grow alongside others doing the same.



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# YOUR TRAVELS

This project is funded by the European Union. That means that all the workshops, tasty meals, your stay in Bujaleuf and your travels are all covered by the grant from Erasmus+. However, we invite you to try and travel consciously. meaning your regular backpack is probably enough. Unless, of course, you need to pack your cultural items and snacks.



Flights to  
CDG, ORY or BVA:  
[Google.com/Flights](https://www.google.com/flights)



Bus tickets in FR:  
[blablacar.com](https://www.blablacar.com)  
[flixbus.fr](https://www.flixbus.fr)



Train tickets in FR:  
[sncf-connect.com](https://www.sncf-connect.com)

## REIMBURSEMENT AMOUNT

FRANCE	€ 189
NETHERLANDS	€ 189
CROATIA	€ 289
HUNGARY	€ 289
NORTH MACEDONIA	€ 289
UKRAINE	€ 289
MALTA	€ 289



# YOUR TRAVELS

Be aware that France, though very developed, can be difficult to navigate. Specifically as our location is far out on the countryside. Contact our “Connection Coordinator” Joyce for assistance with finding fast routes and affordable tickets. She will make groups of travellers so that you can travel together with others from your country, which is both more comfortable and social! Note that in order to get reimbursement you have to share your ticket options with Joyce first, before purchasing them.

**>> WHATSAPP JOYCE VIA +31613168581 <<**

## TRANSFER FROM LIMOGES

On arrival day, we'll arrange a private transfer from Limoges Bénédictins train station to Camping du Lac de Bujaleuf for each national group. This is one more reason to travel together as a group. Exact times will be shared with your team. Please note there's no other way to reach the venue.

On departure day, we'll organize transfers back to Limoges as well. These will be scheduled during the exchange to match everyone's travel plans.

# YOUR ACTIONS

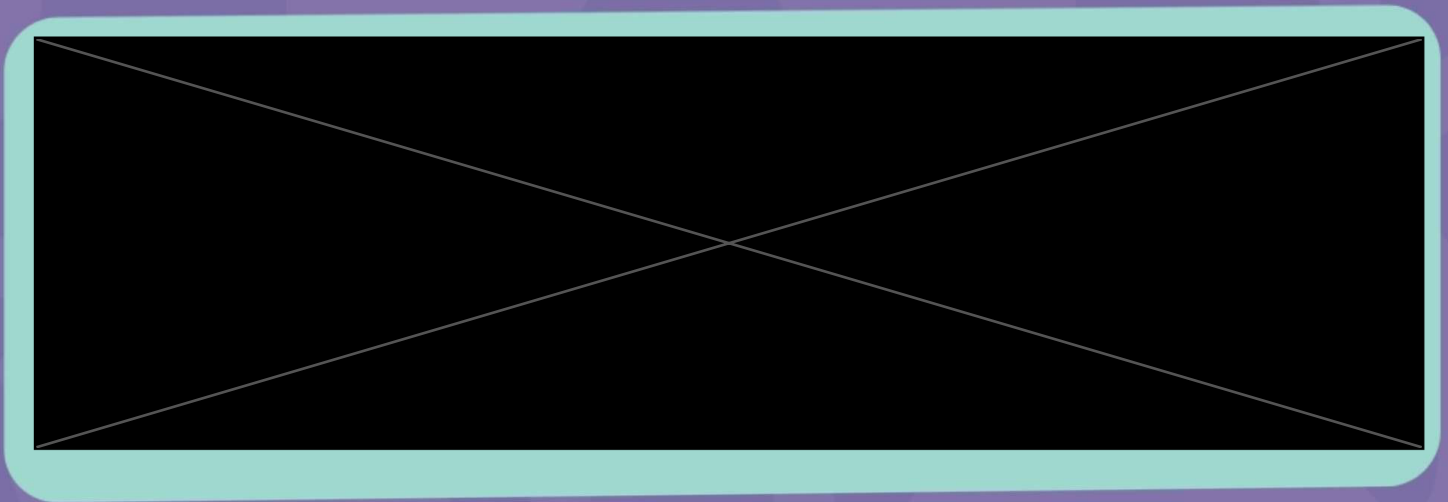
Hold up, soul explorer. We're not done yet. The European Union believes in the power of young people (yes, that means you) to spark connection, creativity and understanding. Even long after the project ends. Somewhere out there, someone is waiting to hear your story, and it might just inspire them to open up too. So we ask you...



... to share at least one post or story on social media about your experience during the project. The emotional, the fun, the unexpected, the beautiful.



... to organize a small activity, sharing moment or creative workshop with your national team for at least 20 people. You could host a poetry, music, painting, video making or dance workshop, perform something or simply talk about what this journey taught you about yourself and others.



# HOW TO GET TRAVEL COSTS REIMBURSED?

According to Erasmus+ Program, travel costs can be refunded, if following points are fulfilled:

- 1) You have timely uploaded original tickets, invoices, boarding passes & filled reimbursement form;
- 2) Your travel route is from the country of sending NGO to the venue and back;
- 3) Only for nationals of countries other than the participating countries: You have to provide a copy of your ID/passport and residence permit proving that you live in one of the participating countries: France, The Netherlands, North Macedonia, Malta, Ukraine, Hungary and Croatia. Please send scanned documents to [arbre.en.fleurs.association@gmail.com](mailto:arbre.en.fleurs.association@gmail.com);
- 4) You have chosen the cheapest means of transportation (no taxi, no excess luggage, etc.). Joyce will help you choose the best travel option (her Whatsapp: [+31613168581](https://www.whatsapp.com/business/profile/31613168581))
- 5) Your travel dates are according to the program – arrival 13th September, departure 21st September. You can have **max 7 days prior OR after the event** at your own expenses (to visit Paris, Limoges or other places, we can always give recommendations!);
- 6) You have received Joyce **her approval before purchasing** the tickets;
- 7) You, right after the event, have submitted Youthpass form, EU survey form and performed dissemination tasks;
- 8) You have participated in all the workshops during the event and respected the culture.

The amounts that get over the maximum budget can NOT be reimbursed. So an invitation to book your tickets ASAP. All the reimbursements will be done via bank transfers. Reimbursement can be made several months after the event (after all the necessary steps have been taken);

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