Austria ★ Latvia ★ Czechia ★ Croatia ★ Greece ★ Slovakia ★ Serbia

ECOuprising

YOUTH EXCHANGE FOR SUSTAINABILITY AND CLIMATE ACTION

Co-funded by the European Union

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ERASMUS+ YOUTH EXCHANGE

VIENNA, AUSTRIA

19 – 26 AUGUST 2026

INCLUDING TRAVEL DAYS!

BACKGROUND AND CONTEXT

The youth exchange “ECOuprising” was created in response to the urgent need to empower young people to build a greener, fairer, and more sustainable future. Across Europe, climate change, pollution, unsustainable consumption, and biodiversity loss are challenges that directly affect young people’s lives. Many are motivated to act, but they often lack practical tools, international cooperation, and spaces where they can turn their ideas into meaningful action.

ECOuprising brings together participants from seven countries to explore sustainability and climate action through non-formal education, teamwork, and hands-on learning. The project creates a space for young people to reflect on environmental challenges, exchange good practices, and discover how local initiatives can contribute to wider social change. By combining ecological awareness with creativity, intercultural dialogue, and active participation, the youth exchange supports the development of green competences, leadership, and a stronger sense of responsibility for their communities and the planet.

The programme is built around two main dimensions: one part focuses on understanding sustainability, climate responsibility, eco-anxiety, and active citizenship, while the other focuses on developing practical eco-solutions, community initiatives, and everyday green habits.

EXPECTED GENERAL LEARNING OUTCOMES:

• Strengthen environmental awareness and practical action competences by exploring biodiversity, greenwashing, circular economy, responsible consumption, climate change, and human rights through experiential learning;

• Improve resilience and emotional wellbeing by understanding eco-anxiety, reconnecting with nature, and practising reflection methods that support emotional regulation and positive climate engagement;

• Develop teamwork, intercultural communication, critical thinking, and European solidarity through peer learning, debate, collaborative activities, and cooperation in diverse international groups;

• Build leadership, initiative, and active citizenship by enabling participants to design practical Action Plans and implement sustainability initiatives in their local communities.

THEORETICAL KNOWLEDGE

• Understand key sustainability topics—including biodiversity, climate change, greenwashing, circular economy, responsible consumption, and human rights—and connect them to everyday life.

• Explore the relationship between environmental challenges, eco-anxiety, mental wellbeing, and active citizenship, while learning how local action contributes to a sustainable Europe.

PRACTICAL SKILLS

• Learn through interactive board games, Land Art, sustainability simulations, study visits to urban-greening initiatives, peer exchange, and structured reflection.

• Develop practical skills in teamwork, communication, critical thinking, problem-solving, project planning, and the creation of community-based environmental Action Plans.

PERSONAL GROWTH & LEADERSHIP

• Strengthen emotional resilience, confidence, and wellbeing by addressing eco-anxiety, reconnecting with nature, and practising reflective methods.

• Become active multipliers who lead local sustainability initiatives, inspire peers, and transform learning into meaningful action within their communities.

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WHO CAN PARTICIPATE?

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- Young people aged 18–25 living in one of the partner countries: Austria, Croatia, Czechia, Greece, Latvia, Serbia, or Slovakia;
- Participants with a genuine interest in sustainability, environmental protection, climate action, and wellbeing;
- Open-minded young people ready to participate actively in an international and intercultural learning environment;
- Able to communicate in English well enough to cooperate, take part in discussions, and support the group;
- Willing to join the full programme, including teamwork, environmental games, Land Art, study visits, discussions, creative activities, and daily reflection;
- Ready to co-create the exchange, respect different perspectives, and contribute to an inclusive environment where every voice is valued;
- Willing to support the project's dissemination and follow-up, create a local Action Plan, and share the learning within their community;
- Both experienced environmental activists and first-time Erasmus+ participants are welcome—no specialist knowledge is required;
- The project encourages gender-balanced and inclusive groups, with particular support for young people with fewer opportunities;
- Each partner country will select five young participants and one group leader.

Program: Structure and focus of each day!

1. **INTRODUCTION & ECO-AWARENESS**
2. **ENVIRONMENTAL CHALLENGES & YOUTH VOICES**
3. **NATURE CONNECTION & URBAN GREENING**
4. **CREATIVE SUSTAINABILITY IN ACTION**
5. **SYSTEMS THINKING & GREEN QUEST**
6. **SDGS, ACTION PLANS & YOUTHPASS**

PROVISIONAL YOUTH EXCHANGE PROGRAM

SOME TIMES WILL CHANGE BASED ON ARRANGEMENTS AND LOGISTICS.

	Arrival	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	Leaving
Date / Time	19 Aug	20 Aug	21 Aug	22 Aug	23 Aug	24 Aug	25 Aug	26 Aug
10:00 11:30	Arrival to the venue	Welcoming and teambuilding	Introduction and preparation for environmental presentations	Outdoor nature reconnection	Environmental presentations	Sustainability Circle: stakeholder mapping	SDGs Intelligence Exhibition	Departure from the venue
12:00 13:00		Introduction to the Exchange and Program	Preparation in national teams	Guided tour of Aspern Seestadt	Gallery Walk	Environmental board games	Environmental board games	
15:00 16:30		Assessing our own competences, Mapping and Learning from each other	Environmental presentations	Outdoor activities	Land Art activity	GreenQuest simulation game	ERASMUS+ YOUTHPASS EVALUATION	
17:00 18:15		Exploring the topics	Environmental presentations continued	Visit and presentation at GRÜNSTATTGRAU	Environmental board games	Free time	Stepping over the home boundary	
18:15 18:30		Reflection time	Reflection time	Mid-term evaluation	Reflection time	Free time	Closing the journey	
20:00		Intercultural Talks	Community Time	Community Time	Community Time	Community Time	Farewell Party	

06:45-08:45 Breakfast 11:30-12:00 Break (JUST Coffee & Tea) 12:45 to 14:40 LUNCH Break 16:30-17:00 Break (JUST Coffee & Tea) 19:00 - 20:00 Dinner Time

PROGRAM METHODOLOGY

"Learning by experience"

- Learning through hands-on activities, real-life challenges, teamwork, and reflection—turning environmental knowledge into practical skills and meaningful action.

"Learning through play and creativity"

- Exploring sustainability through interactive board games, simulations, Land Art, creative exercises, and gamified learning in an engaging and participatory environment.

"Learning through nature and reflection"

- Connecting with nature through outdoor activities, urban-greening visits, and reflective practices that strengthen environmental awareness, emotional wellbeing, and resilience.

FINANCIAL COSTS

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COSTS & TRAVEL INFORMATION

- The coordinator and the host (EMOTIC Austria) does not charge any participation fee.
- EMOTIC is not responsible for any fees charged by your sending organisation.

- Accommodation, meals, and materials during the program are covered by the host directly.

- Participants are responsible for booking their own travel tickets to and from Vienna (either individually or with the support of their sending organization).

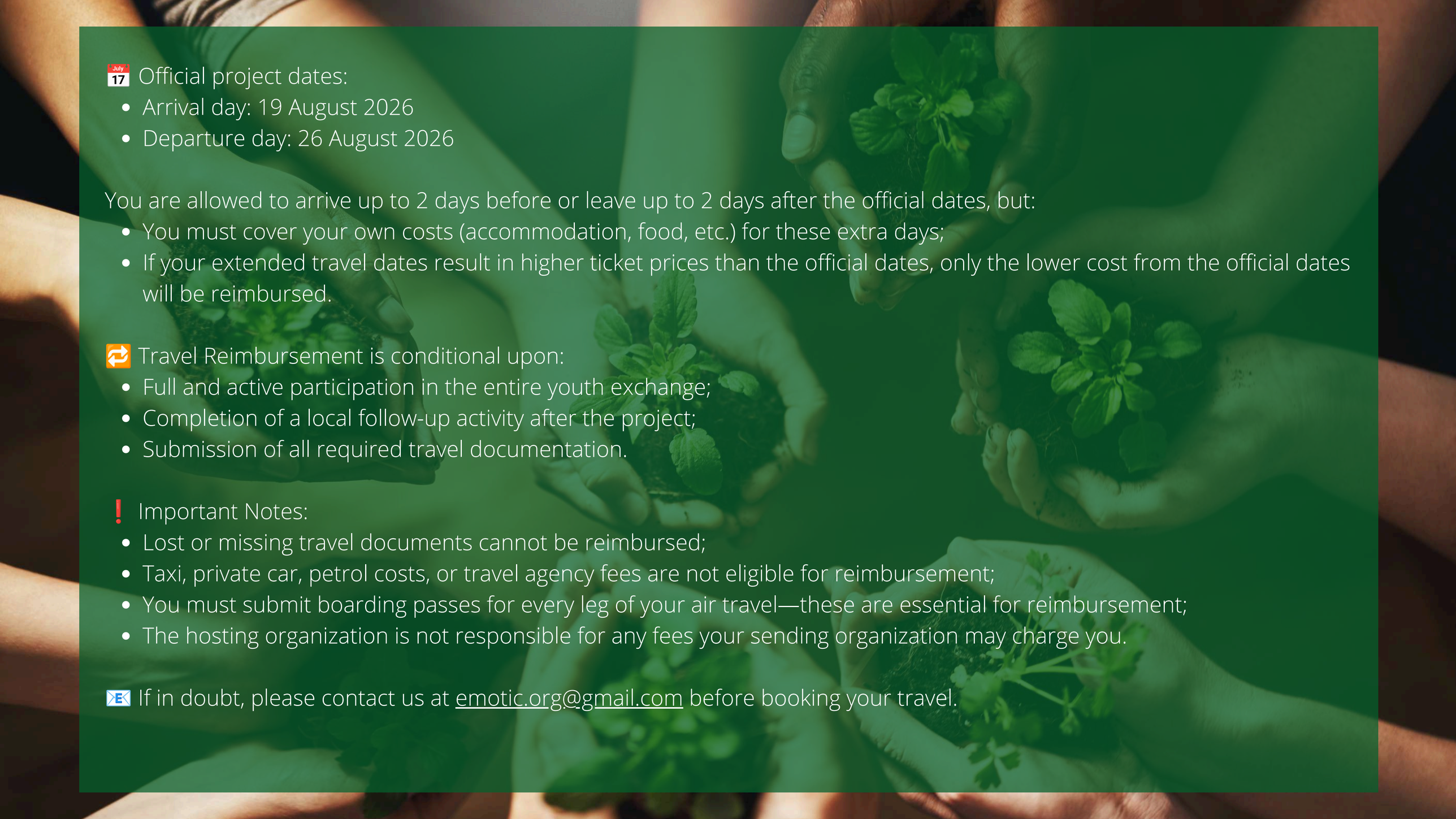
- Travel costs will be reimbursed by the coordinating organisation after full participation in the mobility and upon submission of all original travel documents (tickets, invoices, boarding passes, receipts, and implementation of agreed-on tasks, and submission of the EU Participant Survey by the Group Leader, and doing the dissemination post on the social media of the sending organisation on time).

❗ **Important Notes:**

- Only international travel costs are eligible for reimbursement.
- Local transportation in Vienna (e.g., from Vienna airport/ Vienna International bus Station /any Vienna train station to the venue and back) or during the week in Vienna is not reimbursed.
- The accommodation and training rooms are located at the same venue, while the outdoor activity locations are easily accessible on foot or by public transport.
- Also, local transport to/from your house to your departure point (bus/train/airport) in your country is not reimbursed.
- Participants from Latvia and Greece: Only flight tickets will be reimbursed.
- If traveling by bus or train, and you are unsure whether your route is eligible, please contact us in advance at: ✉️ emotic.org@gmail.com

💡 Financial support may be available for participants in need—please reach out to your partner organization if this applies to you.

Green Travel	*Green Travel*	*Air travel*
Croatia – €150	*Slovakia – €100*	*Latvia – €300*
Czechia – €100	*Serbia – €100*	*Greece – €300*



📅 Official project dates:

- Arrival day: 19 August 2026
- Departure day: 26 August 2026

You are allowed to arrive up to 2 days before or leave up to 2 days after the official dates, but:

- You must cover your own costs (accommodation, food, etc.) for these extra days;
- If your extended travel dates result in higher ticket prices than the official dates, only the lower cost from the official dates will be reimbursed.

🔁 Travel Reimbursement is conditional upon:

- Full and active participation in the entire youth exchange;
- Completion of a local follow-up activity after the project;
- Submission of all required travel documentation.

❗ Important Notes:

- Lost or missing travel documents cannot be reimbursed;
- Taxi, private car, petrol costs, or travel agency fees are not eligible for reimbursement;
- You must submit boarding passes for every leg of your air travel—these are essential for reimbursement;
- The hosting organization is not responsible for any fees your sending organization may charge you.

📧 If in doubt, please contact us at emotic.org@gmail.com before booking your travel.

VENUE

The mobility will be held at the Jugendgästehaus Wien Brigittenau in Vienna, Austria. Participants are required to travel independently from their arrival point (Airport/Bus station) to the venue and also depart by themselves to the airport. You will be accommodated in rooms with 2 – 4 beds, which you will be sharing with participants of the same gender, however, mixed with participants from other nationalities who are also participating in the youth exchange. All meals will also be provided by us at the same venue.

Address of the Venue: Jugendgästehaus Wien Brigittenau, Adalbert-Stifter-Strasse 73, 1200 Vienna.

Please bring your own shampoo and hygiene products. We also advise you to bring 2-3 medium towels because the hostel provides only 1 per person and does not replace them daily.
Check-in starts from 14:00 on the arrival day

HOW TO GET THERE?

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VIENNA OR BRATISLAVA AIRPORT

Use Skyscanner.com or kiwi.com for affordable and suitable travel options

LOCAL TRAIN

Use the local train (S-Bahn) directly from the airport, or if arriving from Bratislava, buy a FlixBus ticket to Vienna.

LOCAL TRANSPORT

Buses, trains, trams, and the metro are all readily available for transport through Vienna. We recommend using Oebb on the trains.

REIMBURSEMENT

All tickets/boarding passes/invoices/receipts must be sent to EMOTiC in order for reimbursement to be processed. Travel must be confirmed beforehand in order to process reimbursement

ECONOMIC TRAVEL

For travellers within Austria, we encourage the most environmentally friendly option possible.

WHEN TO GET THERE?

Arrival day: 19 August
We have no activities or meals on the arrival day, only informal group gathering and maybe going out.

PROGRAMME:

20 to 25 August, in total 6 days PLUS THE 2 travel days.

Departure day: 26 August, after breakfast.

- It may be possible to arrive/leave outside of this range, however this must be discussed beforehand and all food/accommodation costs must be individually covered.

WHAT TO BRING?

PACKING LIST:

- Passport/ID card;
- Comfortable walking shoes and clothes for outdoors;
- Small umbrella;
- Anti-rain jacket;
- Sun cream & Sun glasses
- Your own reusable cup for any drinks including hot ones.
- Your own water bottle.
- Any needed medicines;
- Participants must bring a valid EHIC where eligible and obtain any additional travel, accident, liability, or repatriation insurance required by their sending organisation.
- Games, songs, dances, quizzes, food, beverages, and traditions to represent your country in the intercultural evening.

ALLERGIES? MEDICINES? OR DIETARY NEEDS?

DON'T WORRY! IF YOU HAVE DIETARY NEEDS, ILLNESS, PHYSICAL LIMITATIONS AND/OR USE MEDICINE WE NEED TO KNOW ABOUT, PLEASE INFORM US. IF YOU ARE VEGETARIAN OR HAVE SPECIAL DIET, LET US KNOW, INDICATING WHAT YOU CAN AND CANNOT EAT, SO THAT WE CAN ARRANGE THE SUITABLE FOOD.

APPLICATION

All those eligible for participation and interested in this youth exchange should fill in the following application form by the latest **12.Aug.2026** in order to be considered for the selection.

Form link is here

Project page: https://www.emotic.org/2026-ecouprising-ye

HOW TO REACH US

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