

Latvia ☆ Austria ☆ Greece ☆ Croatia ☆ Slovakia ☆ Slovenia ☆ Czechia ☆ Serbia

DON'T LET THE MUGGLES GET YOU DOWN!

THE QUIDDITCH GAME PLAYING IN REALITY & LEARNING FOR GENDER EQUALITY AND WELLBEING!



Co-funded by
the European Union

2024-1-LV02-KA152-YOU-000204416

ERASMUS+ YOUTH EXCHANGE

VIENNA, AUSTRIA
7 - 14 AUGUST 2025
INCLUDING TRAVEL DAYS!

PARTNER ORGANIZATIONS



Latvia

Ecological Future Education



Austria

EMOTiC



Croatia

EAST



Greece

Active Green Solution



Serbia

INVICTUS



Slovakia

OTI



Czechia

YOUUnited z.s.



Slovenia

gamingHOUSE



BACKGROUND STORY

The youth exchange "**Don't let the Muggles get you down!**" was created in response to the growing demand for more engaging, inclusive, and interconnected learning experiences for young people to learn about current topics and matters such as wellbeing & gender. Traditional programs often fail to reflect the complex reality young people face today, where topics like mental health, gender equality, and social inclusion overlap. By using a unique, mixed-gender team sport (Quidditch - Quadball) as both a learning tool, this youth exchange offers a fresh and dynamic way to explore these issues. It provides participants from eight countries with a dynamic space to connect, reflect, and act, while improving their wellbeing, breaking down gender stereotypes, and building a stronger sense of community and European identity through experiential learning and physical activity.

The program is divided into two parts: one part learning about the topics of gender equality and wellbeing, and one part about learning how to play Quidditch and actually playing it - so BE READY!



EXPECTED GENERAL LEARNING OUTCOMES:

- Test and promote Quidditch/Quadball as a sport and learning tool to be replicated in various contexts to engage youth in critical social issues;
- Develop a comprehensive understanding among participants of the interconnected nature of societal issues like gender roles, mental health, and political participation;
- Improve mental and physical health through active participation, physical movement, and teamwork.
- Foster critical thinking and problem-solving skills through interactive and participatory learning



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THEORETICAL KNOWLEDGE

- *Understand the interconnected nature of societal issues such as gender roles, mental health, and political participation, and how they affect young people today.*
- *Gain insights into inclusive education and sports as tools to challenge stereotypes and promote equality through practical examples and real-life applications.*

PRACTICAL SKILLS

- *Engage in gender-inclusive team sports that promote cooperation, empathy, and physical wellbeing.*
- *Develop communication and teamwork skills through structured activities and reflective exercises.*

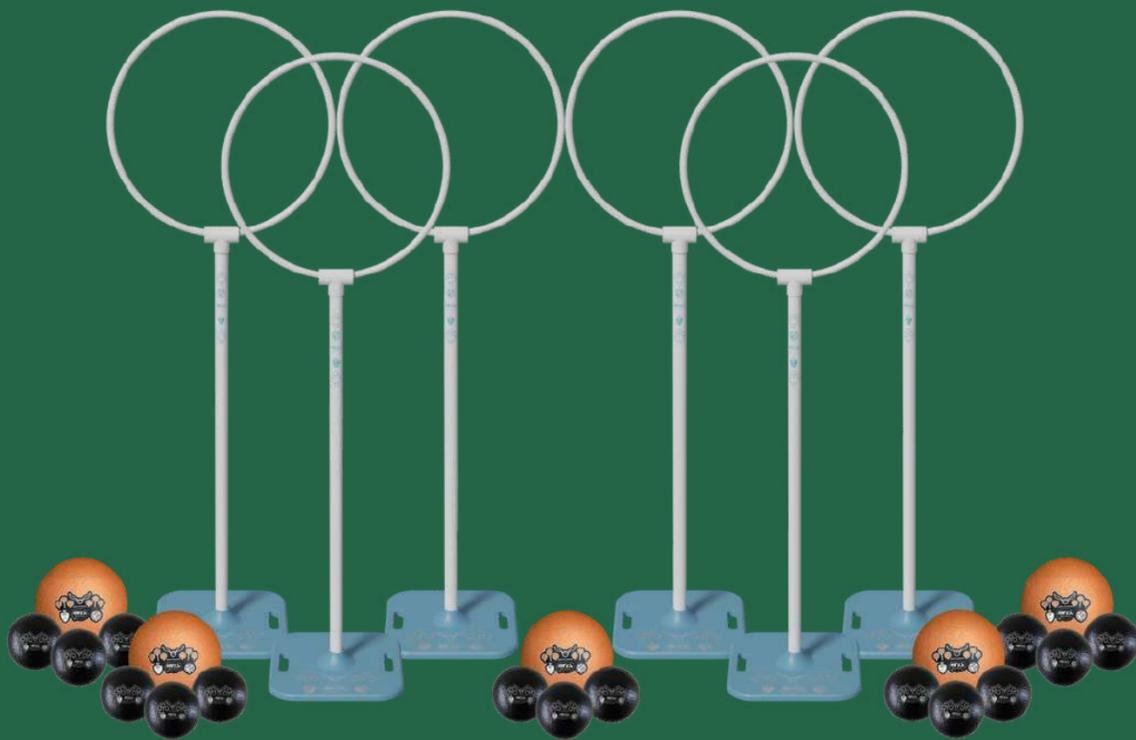
MENTAL TOOLS AND RECONNECTION

- *Foster emotional resilience and wellbeing through physical activity, outdoor experiences, and community support.*
- *Build confidence and leadership by becoming multipliers who can initiate change and inclusion within their own communities.*



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WHO CAN PARTICIPATE?



- young person 18–25 years old, resident in one of the partner countries (Latvia, Greece, Austria, Croatia, Slovakia, Serbia, Slovenia, and Czechia);
- Young people from Austria, as local participants, can be between 15 and 25.
- able to communicate confidently in English;
- Open-minded and willing to engage in daily sports and outdoor activities as part of the learning process – be physical able to participate the games ;
- willing to experience a week of reconnecting to nature, learning about urban agriculture, and planning to implement changes to live better, healthier, and more sustainably;
- willing to commit to the preparation and follow-up period;
- No previous experience in Erasmus+ or the thematic areas is needed.
- We will select 4 young people from each country +1 group leader of any age.
- The group leader can be up to 30 years old.
- The oldest person in the group must be the group leader.

Program: Structure and focus of each day!

1

**INTRODUCTION AND
BACKGROUND**

4

**RECONNECTION WITH
OURSELVES & NATURE**

2

**GENDER EQUALITY &
STEREOTYPES**

5

WELLWEING & SPORTS

3

QUIDDITCH - THE GAME!

6

**BRINGING TOGETHER
MORE FORWARD**

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	7 Aug	8 Aug	9 Aug	10 Aug	11 Aug	12 Aug	13 Aug	14 Aug
10:00 11:30	Arrival to the venue	Welcoming and teambuilding	Gender Stereotypes and Equality in Sports	Mental Health and Wellbeing in Sports	Quidditch Practice Match and Debrief	Cultural Workshop: Sharing and Learning	SDGs Intelligence Exhibition	Departure from the venue
12:00 13:00		Introduction to the Exchange and Program	Inclusive Strategies in Sports	Leadership Styles and Communication in Teams	Interactive Session on Gender Equality Beyond Sports	Final Preparations for the Quidditch Tournament	SDGs Intelligence Exhibition	
15:00 16:30		Assessing our own competences, Mapping and Learning from each other	Basics of Quidditch & Gender Equality	Advanced Quidditch Training: Strategy and Skills	Role-Play and Scenario-Based Learning on Equality	Quidditch Tournament	ERASMUS+ YOUTHPASS EVALUATION	
17:00 18:15		Exploring the topics	Team-Building Exercises through Quidditch	Roles and Responsibilities in Sports	Planning a Community Quidditch Event for Social Impact	Tournament Debrief and Reflections	Stepping over the home boundary	
18:15 18:30		Reflection time	Reflection time	Mid-term evaluation	Reflection time	Reflection 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

The activities in orange will be outdoor and in sport clothes. Hence, time to change during the lunch break. And there is time after the activities for showing before dinner.



PROGRAM METHEDODOLOGY

"Learning by experience"

- learning from experiencing different activities and putting them into practice.

"Learning to play, playing to learn"

- connected with learning through games, a purposeful play in an interactive environment.

"Learning through outdoors"

- learning about healthy life topics while being outdoors, and getting physically involved with nature



**Sneak peeks from the Action,
from the Youth Exchange
Facilitator - Sakr**

Learning Process and steps

PRE-ARRIVAL –
PREPARATION PHASE

YOUTH EXCHANGE –
LEARNING PHASE

ONE MONTH
FOLLOW-UP PHASE

ONLINE SOCIAL MEDIA COVERAGE AND DISSEMINATION



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FINANCIAL COSTS



COSTS & TRAVEL INFORMATION

- The coordinator (EFE Latvia) and the host (EMOTIC Austria) do not charge any participation fee. And both organisations are not responsible for any fees charged by your sending organisation.
- Accommodation, meals, and materials during the program are covered 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 organization 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 Leadr, and doing the dissemination post on the social media of the seendign 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 are not reimbursed.
- The accommodation and training room are at the same place, and the sports area for the games is near by within walking distance of 15 minutes.
- Also, local transport to/from your house to your departure point (bus/train/aiport) 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: ✉ mobilities@efe.lv

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

Green Travel

Croatia - €210

Czechia - €210

Slovenia - €210

Green Travel

Slovakia - €210

Austria - €0

Air travel

Latvia - €275

Greece - €275



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 Official project dates:

- Arrival day: 07 August 2025
- Departure day: 14 August 2025

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. *es* your sending organization may charge you.

 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 mobilities@efe.lv before booking your travel.

VENUE

The mobility will be held at the Jugendgästehaus Wien Brigittenau in Vienna, Austria. Participants are required to arrive from the airport to the venue by themselves 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.



HOW TO GET THERE?



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VIENNA OR BRATISLAVA AIRPORT

Use Skyscanner.com or
kiwi.com for cheap tickets.

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
and EFE 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: 7th August

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

PROGRAMME:

7th to 14th August, in total 6 days PLUS THE 2 travel days.

Departure day: 14th 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.
- **Sport shoes and sport clothes!**
- Any needed medicines;
- Insurance (please bring your EHIC card - which is Europe-wide and Free of charge).
- Games, songs, dances, quizzes, food, beverages, and traditions to represent your country in the intercultural evening.

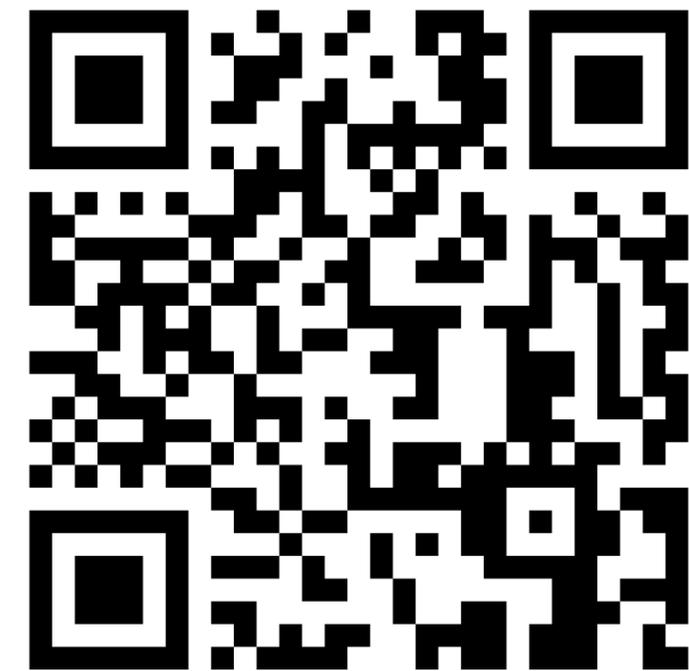


ALLERGIES? MEDICINES? OR DIETARY NEEDS?

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 **20.May.2025** in order to be considered for the selection.



Form link is [here](#).

[Project page: https://www.emotic.org/2025-quidditch-ye](https://www.emotic.org/2025-quidditch-ye)

HOW TO REACH US

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