


17-23 SEPTEMBER 2026

‘Between the Lines’ Learning to Listen, Speak & Connect

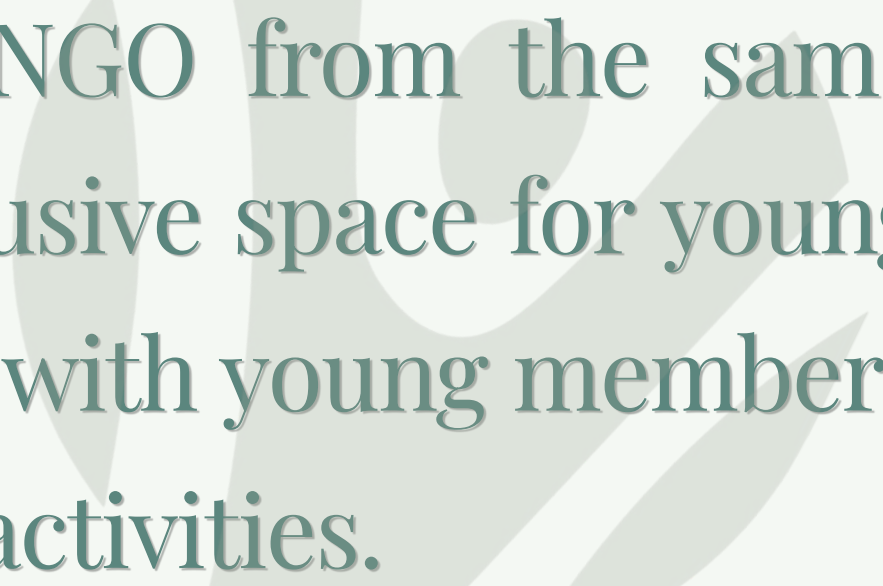
AGE 18-30

ERASMUS+ YOUTH EXCHANGE





Soċjetà Mużikali San Pawl and NextEra will jointly implement the Youth Exchange. Founded in 1947, Soċjetà Mużikali San Pawl is a long-standing community organisation dedicated to preserving local traditions and promoting music education among young people in St Paul's Bay. It continues to play a central role in community life by organising cultural events and supporting residents.



On the other hand, NextEra, is a youth-led NGO from the same locality that focuses on creating a safe and inclusive space for young people. It places youth at the centre of its work, with young members actively leading the planning and delivery of its activities.

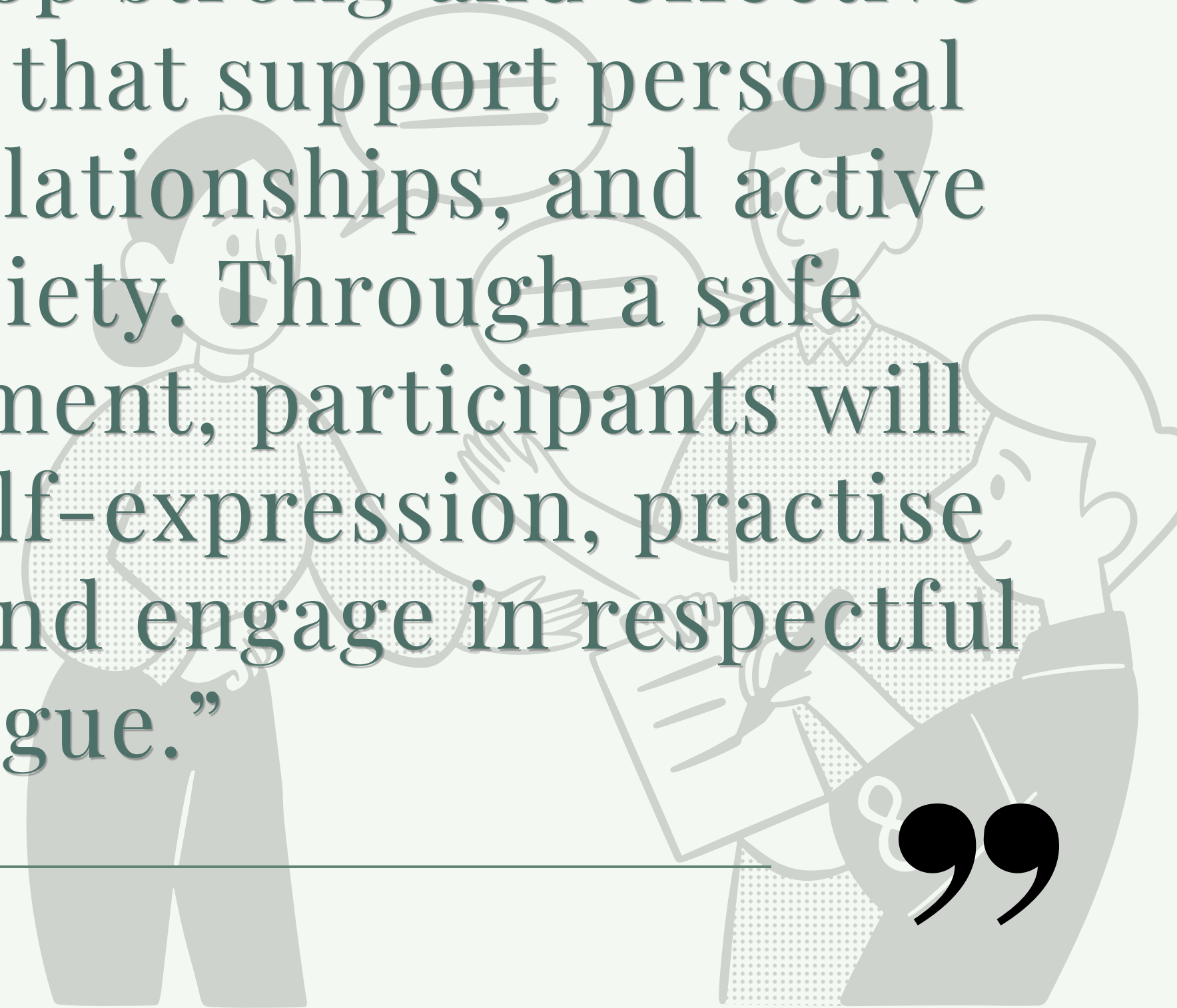


About the Organizations

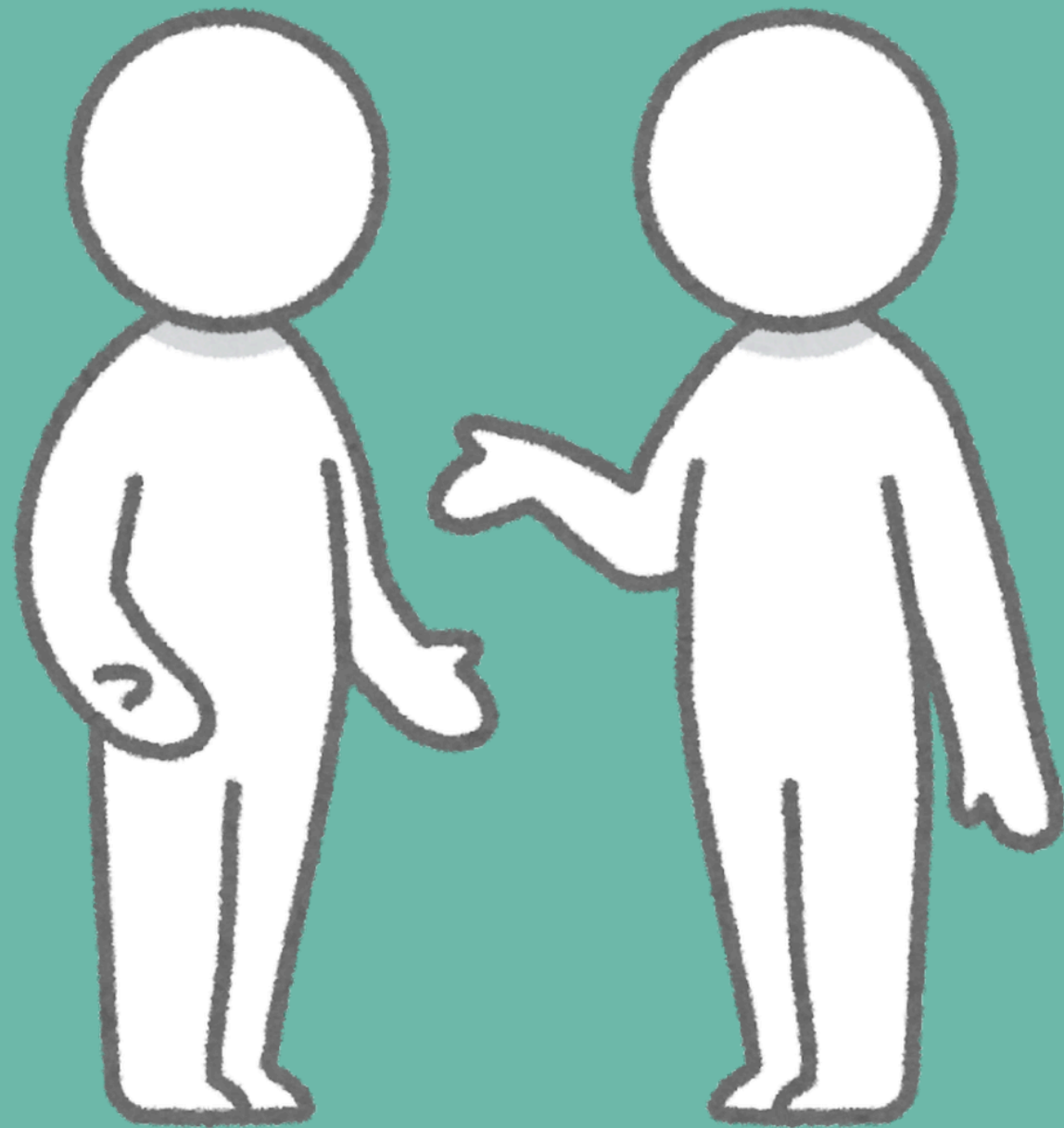
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“The main aim of our project is to empower young people to develop strong and effective communication skills that support personal growth, meaningful relationships, and active participation in society. Through a safe intercultural environment, participants will build confidence in self-expression, practise empathetic listening, and engage in respectful dialogue.”

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The '5' objectives for this Youth Exchange!



To enhance communication skills through clear expression, active listening, and empathy in daily interactions.

To build confidence in face-to-face communication.

To explore intercultural communication, understanding how cultural differences shape communication styles and how to overcome language barriers.

To develop the ability to set and communicate healthy personal boundaries with confidence.

To acquire practical tools for managing conflict constructively, avoiding blame, withdrawal, or aggression.

Participant Profile

Each country will be represented by a group of seven participants—six young people and one group leader. The exchange aims to promote social inclusion by fostering environments where everyone feels valued, regardless of cultural or social background.

Group leaders should have experience working with young people and the ability to guide and support a group effectively.

- Aged 18–30
- Should have a good command of English
- Show genuine interest in the topic
- Be committed to active participation
- Should be team-oriented
- **ONLINE & OFFLINE** dissemination must be carried out by every participant.

FLIGHTS

STEP 1:

Fill in the application form provided by your sending organisation.

STEP 2:

Wait for confirmation that you have been selected.

STEP 3:

Search online for flights. Please note that only economy class flights will be accepted. Afterward, send your flight itinerary and wait for approval before purchasing your tickets.

STEP 4:

Proceed with purchasing the flights. Once the purchase is completed, kindly send a copy of the flight tickets to kzpsanpawl@gmail.com

TRAVEL ALLOWANCE

This Youth exchange is co-financed by the Erasmus+ Programme. The hereunder are the allocated funds for your travel; flights, train tickets, metro and buses. Please note that only the cheapest options will be reimbursed. We strongly discourage participants to use taxis unless you cannot do without. Please make sure that they provide you with a receipt.

IMPORTANT: Please keep all receipts, tickets, and boarding passes, as we cannot reimburse any travel expenses without these documents. If you check in online, make sure to take a screenshot of your boarding pass immediately, as it may disappear after boarding.

TRAVEL INSURANCE: Participants are required to purchase their own travel insurance, as it is not covered by the Erasmus+ Programme. Travel insurance is essential to cover any travel disruptions or unforeseen circumstances that may occur during the mobility. Please note that we are not responsible for any travel-related issues or disruptions.

The reimbursement sum depends on the distance from your city to the venue of the activity (Birkirkara, Malta)



Participating Countries and travel reimbursement

How does it work?

Before the Youth Exchange, you will have to purchase your tickets to travel to Malta. During the activity, we will collect all the receipts and tickets, sign the reimbursement contract and send you the transfer back within around 2 months after the activity.

IMPORTANT!

Only tickets approved before the activity by the hosting organization will be reimbursed!

Remember to keep all your receipts and tickets!
You have to participate in all the sessions of the training to get the reimbursement!

Poland - €309

Italy - €309

Romania - €309

Spain - €309

Malta - €0

The Maltese Archipelago!

A small Mediterranean island with a population of around 500,000, Malta offers a unique blend of cultures and languages. Both Maltese—the EU's only Semitic language—and English are official languages.

In September, expect warm, sunny days (around 30°C) and pleasant evenings (around 20°C), perfect for enjoying the sea—so don't forget your swimsuit and a beach towel (accommodation towels can't be used outside).

Currency: Euro
Adapters: UK system





ZAK HOUSE

ACCOMODATION



ZAK HOUSE

ACCOMODATION

GENERAL INFO

During the youth exchange, participants will stay in shared rooms with other participants. Participants may be accommodated with people from different countries, but rooms will be shared only with participants of the same gender.

CATERING INFO

Accommodation is provided on a full-board basis and includes buffet breakfast, lunch, dinner, and coffee breaks.

IMPORTANT INFO

Please note that bed linen and towels are not provided. You may either bring your own or rent them at the venue. If you wish to rent them, please inform us in advance.

Price: Linen and towel rental – €10.

TRANSPORTATION

To reach the accommodation venue, you may use:
Malta Public Transport – Approximately €2 per bus trip.



LOCATION

Please find the location of the accommodation below.

<https://maps.app.goo.gl/ZHN3XPYNPi95aVM49>

REIMBURSEMENT

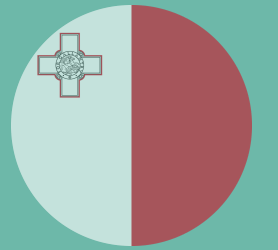
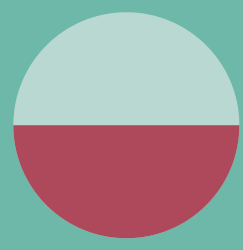
REIMBURSEMENT WILL BE ISSUED ONLY IF ALL REQUIREMENTS ARE MET:

- SUBMISSION OF ALL TRAVEL DOCUMENTS
- FULL PARTICIPATION IN THE PROGRAMME
- COMPLETION OF THE ONLINE BENEFICIARY REPORT, SENT TO YOU BY EMAIL ON DEPARTURE DAY
- PROOF OF DISSEMINATION ACTIVITIES, ESPECIALLY A PHYSICAL ACTIVITY CARRIED OUT IN THE PARTICIPANT'S HOME COUNTRY.

BANK DETAILS

Reimbursement will be paid by bank transfer after the youth exchange to the sending organisation. Please provide the required details for the transfer.

- NAME OF BENEFICIARY
- IBAN NUMBER
- NAME OF BANK



INDIVIDUAL PREPARATION



INTERCULTURAL EVENING

If you have previously taken part in an Erasmus+ project, you may already be familiar with what an intercultural evening is.

However, if this is your first time, here is an explanation:

During the project, all participants gather together to share and present traditional food and drinks from their home countries.