



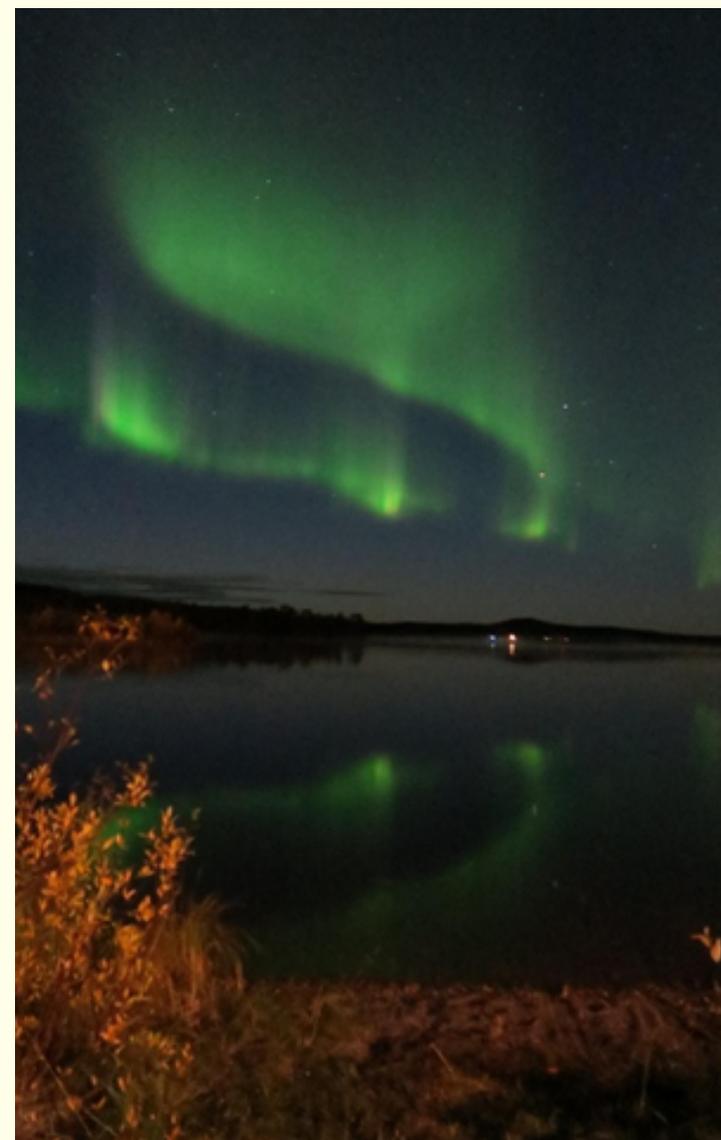
## Welcome to Youth Exchange STEP OUT: Learning beyond the comfort zone

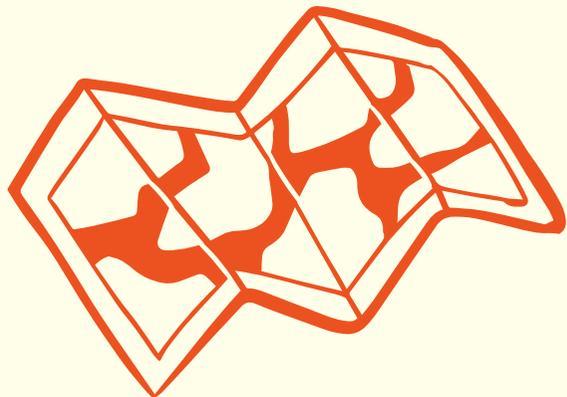
Youth Center Vasatokka,  
Inari, Finland

Arriving dates 25/26 April –  
2/3 May 2026

## What's waiting for you?

- 🌲 **Outdoor & Indoor Adventures**  
Snowshoeing, Wilderness skills, Ice fishing experience, Dog sledding, Sauna,...
- 🌲 **Meet peers from different cultures**  
20 young people from Belgium, Finland and Italy will come together
- 🌲 **Grow by stepping outside your comfort zone**  
Learning happens naturally—through teamwork, shared challenges, reflection and fun





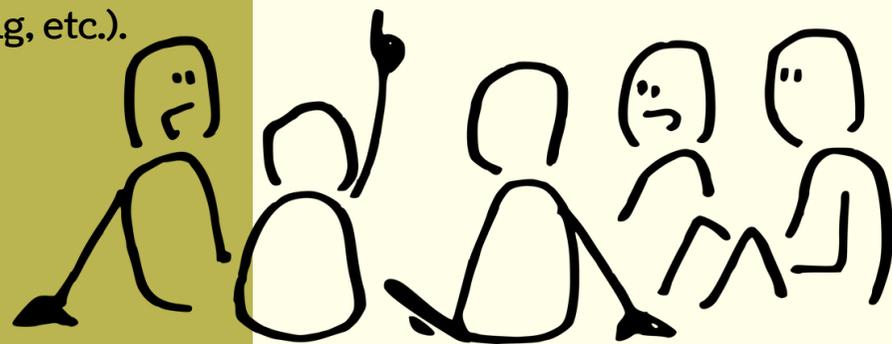
## Participants (who?)

 **Staff members from each organisation**

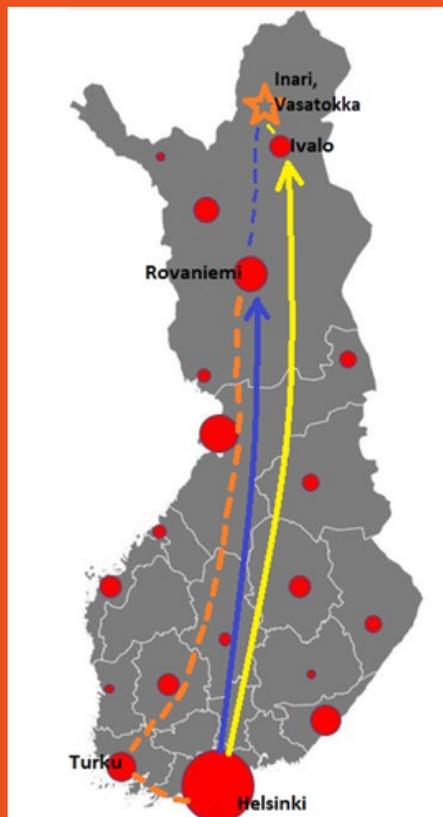
 **Young people between 14 and 20 from Finland, Italy and Belgium,**

**who:**

- are open to new experiences and willing to cooperate in an international, intercultural group
- have a basic knowledge of English
- are emotionally and physically ready to actively participate in outdoor and group-based activities
- are willing to reflect on themselves and their personal growth process
- show a certain level of emotional stability in their personal journey and are engaged in some form of regular daily activity (school, work, training, etc.).



We fly to Helsinki and from Helsinki we fly straight to Ivalo. There we rent a car to Inari and stay in Youth Centre Vasatokka.



The youth center is situated near a small village called Inari. The closest town is Rovaniemi (350 km). From Helsinki the distance is roughly 1150 km.

## Event Details:



### Location:

Angelintie 696, 99870 Inari, Finland

**In the middle of nowhere!**



### Dates:

Arriving dates 25/26 April – 2/3 May 2026



### Who Can Join:

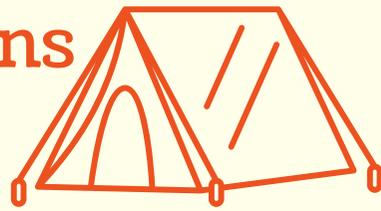
Ages 14–20

You can check more info from Youth Center website:

<http://www.vasatokka.fi>



# Accommodations and meals

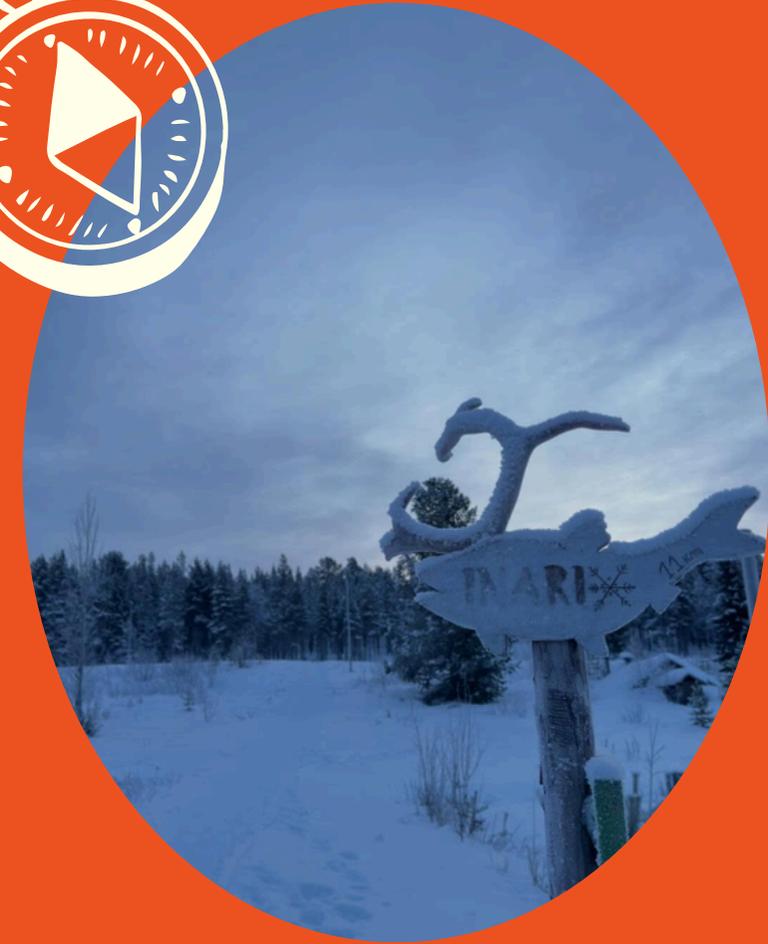


- Share dorm apartments with five bedrooms. In each bedroom, there are beds for 3-6 people.
- The apartments include their own shared kitchen, common area, toilets, showers and free wifi.
- Participants themselves take care of cleanliness of the dorms, there won't be any room or cleaning service during youth exchange.
- Bedlinen will be provided , one set per participant for the whole stay.
- The meals (breakfast, lunch, supper) are organized in the dining hall of the youth center.
- We cannot organize halal meals, but vegetarian and/or vegan options are available, also other allergies and diets are taken care of. If you have any allergies or special diets, send info for Vasatokka contact person at least two weeks before arrival.

## **Please be aware of the following:**

- **The Youth Centre works under the Finnish Youth Act and therefore it is an alcohol-free place. The age limit of consuming alcohol in Finland is 18, also for cigarette products. The participants of youth exchange are under 18 years old, and therefore it is forbidden to bring any alcohol products to Vasatokka.**
- **All the participants are expected to commit and promote the principles of safer space during the entire training.**
- **Please avoid strong fragrances (perfume, spray deodorant, etc) during the entire training.**
- **There is possibility on evening time washing laundry, one washing is 4€.**
- **There is small kiosk in the youth center during reception opening times, where you can buy some sweet and salty snacks.**
- **First aid equipment at reception and in apartments. Be aware that nearest health center is 50km away and nearest hospital 350km!**
- **Silent time in Youth Center indoor and outdoors at 23.00, please respect other guests night time peace.**
- **In January, there are usually lots of snow and minus degrees. It is possible to rent winter boots 10€/stay, and winter outdoor jacket+pants or overalls 10€/stay.**
- **Participants will be accompanied at all times by experienced youth workers from each country, with 24/7 supervision in place; all outdoor activities will be professionally guided and adapted to the group, clear emergency procedures and insurance coverage are ensured, and participants are expected to be physically and emotionally ready to actively take part in the programme.**

# CONTACT



See you there

## 🌲 Finland

Nuoriso- ja  
luontomatkailukeskus Inari Oy  
/ Youth Center Vasatokka

- Contact person: Mirva  
Tastula,  
[mirva.tastula@inari.fi](mailto:mirva.tastula@inari.fi)

## 🌲 Italy

Link Youth

- Contact person:

## 🌲 Belgium

Emmaus vzw – Jeugdzorg  
Emmaus Antwerpen

- Contact person: Loeka  
Stoop  
[loeka.stoop@emmaus.be](mailto:loeka.stoop@emmaus.be) or  
Kaat Van Praet,  
[Kaat.van.praet@emmaus.be](mailto:Kaat.van.praet@emmaus.be)