

Dream4Utopia

Youth exchange

21 - 28 September 2026



What if we made time to dream together?

What if, just for a moment, we let our **imagination**
soar, free from limits, free from boundaries?

What if we breathed deeply and dared to **imagine the**
future, sharing our hopes, our visions, our wildest
possibilities...

What could we create in that space where anything
feels possible?

Have you always wanted to **explore this topic through**
creativity ?

**Then, this youth exchange might
be for you !**

Overall aim :

Dream4Utopia is a 6 days long Erasmus+ Youth Exchange focused on teamwork, personal wellbeing, creative activities, and sharing cultures.

It aims to offer :

- A space for young people to meet, share experiences and express themselves
- Open the participants to collective Imagination
- Creativity through cooperation, collective artistic projects
- An informal, hands-on learning approach that uses teamwork to imagine new futures, build confidence, think critically, and turn anxiety into action.
- Reflection on key topics: inclusion, sustainability, education, self-expression, belonging, diversity

Participant's profiles

- Curious and open to share their utopia
- 18-30 years old (25-30 for the group leader)
- From remote areas or with fewer opportunities
- Open to collaboration and team work
- Curious and eager to learn from other cultures
- Interested in exploring new creative methods and media
- Willing to engage in reflection and discussion on social and cultural topics
- Motivated to apply new skills in local projects after the exchange
- Resident of one of the partner countries : Austria, France, Germany Italy



About the Program :

This youth exchange will create **a safe space** for participants to dream together and shape a better collective future.

Over the course of the week, **everyone will share their experiences and ideas, guided by the belief that each person has unique and valuable insights to contribute.** The goal is to foster an environment where these insights can flourish and be transformed into action.

Depending on the group's perspectives and choices, **the outcomes may take various forms**, such as a toolkit, interviews, dream poetry, sculptures, or other creative expressions.

Are you ready to step in, amplify your ideas with the group, and turn them into meaningful action to bring back to your local communities ?

Program :

1. Building Trust & Connection
2. Envisioning the Future Together
3. Rethinking Stories & Beliefs
4. Sparking the Creative Process
5. From Vision to Action
6. Bringing the Creation to Life
7. Reflecting & Growing



Preparatory visit for youth leaders : 1-2 august

This two-day gathering in Innsbruck will bring together facilitators and group leaders to finalize the youth exchange program. **The visit aims to refine the weekly plan, generate new ideas, and ensure everyone is prepared and engaged for the immersive experience ahead.**





Location :

This youth exchange will take place in the Austrian city of **Innsbruck**: a vibrant cultural hub renowned for its stunning Alpine scenery, historic old town, and lively blend of tradition and modernity.

The city combines a rich heritage, from its imperial past and Baroque architecture to its role as a host of the Winter Olympics, with a dynamic music, festival, and outdoor adventure scene, making it **a hotspot for exploration and inspiration.**



Venue

Most of the workshops will take place in **Die Bäckerei Kulturbackstube.**

For 15 years, this old bakery converted into a cultural center has been a place where things are allowed to overflow, where abundance, exuberance and contradiction are part of the fabric. **Die Bäckerei is a house that can never get enough of life, art, encounters, change.**

Die Bäckerei — Kulturbackstube
Dreiheiligenstr. 21a
6020 Innsbruck





Guest house

Katholischen Jungschar Haus

Address: Rauschgraben 8, 6162 Mutters, Tirol

The participants will be sleeping at the Katholischen Jungschar of the Diocese of Innsbruck located 30 minutes away from Die Bäckerei by tram or bus. **A public transport card will be delivered for the whole period of the stay.**

Note that the rooms will be shared with 2 to 4 people

What should you bring :

- Personal items (soap, towel, toothbrush...)
- Comfortable clothes
- musical instrument,
- games (if you have some)



About the trainers



Remy

I'm a volunteer at Die Bäckerei, this wonderful cultural center, passionate about sustainability, art and the power of our shared imagination. I believe in active hope, using creativity to inspire change and connect people.

This project is my first step in creating a space where we can all share our skills, dreams, and excitement. I'm eager to explore new ideas with you and make something meaningful together!



Camille

I am an artist and youth worker who is passionate about creativity, inclusion and nature.

Recently, I've been creating learning environments for anyone who'd like to explore their creativity and their connection to nature, demystifying the idea that only certain people are capable of expressing themselves artistically.

I believe that people have power over their environment, through kindness, building community, and openness. This guides my desire to dive deeper in youth work, with the hopes to shape desirable futures collectively through the use of imagination, art and action.





Transportation costs

While this youth exchange is **free of charge**, you will need to purchase your own travel, which we will be reimburse afterwards.

Your transports costs will be reimbursed up to :

99 km : 56€

100-499 km : 285€

500-1999 km : 417€ 2000-

2999 km : 535€ 3000-3900

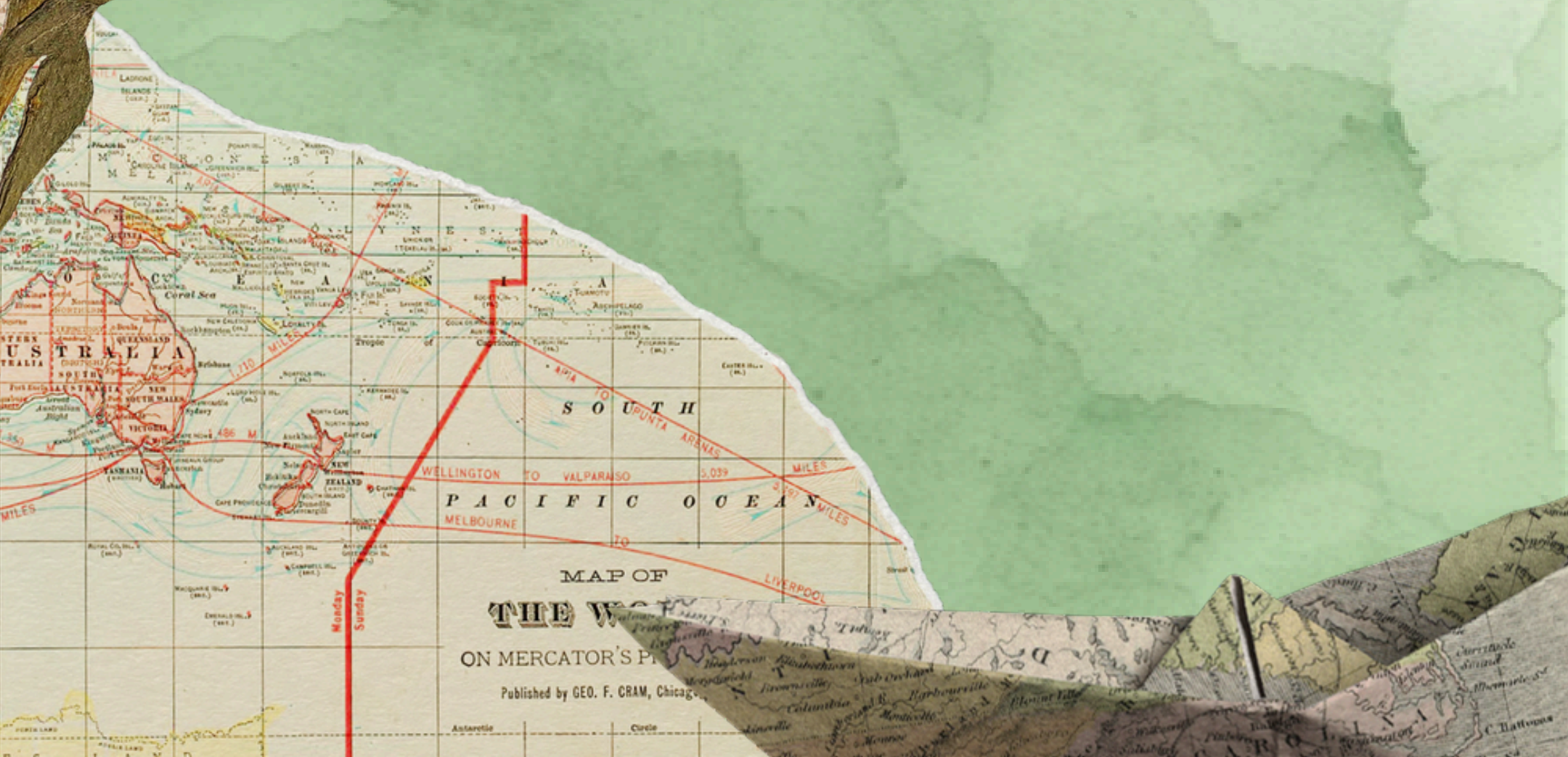
km : 785€



Note that the reimbursement of the transports costs will be done **after** the training.
(100% attendance is mandatory)



Transport requirement :
Green transportation is a
requirement for attending this
European youth exchange



Disclaimer

Since we want to create the safest space possible for everyone, **thisyouthexchange** will not allow sexist, racist, homophobic or any kind of violent/discriminatory behaviors.

If you have any doubt, please don't hesitate to reach us!



**BON VOYAGE
AND SEEYOUININNSBRUCK!**

