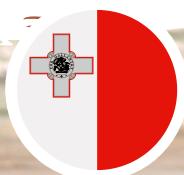




Erasmus+ Youth Exchange  
**Youth Reboot**

*Redesigning Youth Participation*

28 Mar - 03 Apr 2026  
MALTA



Co-funded by  
the European Union



# PARTICIPATION

We're looking for 30 motivated participants (6 young people per country aged 16–18) and 5 group leaders (1 per country) from Malta, Spain, Sweden, Estonia, and Croatia.

Youth Reboot is designed to be inclusive and supportive, with space for different personalities, backgrounds, and learning styles. Everyone participates in their own way, whether through discussion, creativity, organisation, or quiet contribution. At least half of the participants will be young people with fewer opportunities. You don't need any previous experience in youth work or youth organisations, curiosity and openness are more than enough.

Throughout the exchange, you'll work in international groups on interactive tasks and challenges related to youth participation and motivation. Your interests, skills, and way of contributing will play an important role in your team's work.

## Pre-Arrival Task

Before coming to Malta, each country group will prepare a short and creative introduction about how youth organisations, clubs, or groups in your country keep young people involved.

You'll explore questions like:

- What helps young people stay active in organisations or youth clubs?
- What tools or methods are used to motivate participation?
- Are any gamification ideas used (for example: roles, points, challenges, recognition)?
- What works well in your country and what wouldn't work at all?

You can choose the format (video, photos, slides, posters, or any creative approach). These introductions will be shared during the first days of the exchange and used to spark discussion, comparison, and new ideas.

# COMMUNICATION



To keep everyone connected and informed, we will create a WhatsApp group for all participants. This group will give you the chance to get to know each other before the youth exchange begins and stay updated throughout the programme.



# ABOUT THE PROJECT

**Youth Reboot is a youth exchange for young people who are curious about how participation works, how communities grow, and how young people can shape the spaces they are part of.**



Young people all over Europe are already doing amazing things: organising, creating, supporting others, and making things happen in their own way. Youth Reboot starts from there and explores what makes participation feel exciting, meaningful, and something you actually want to be part of.

During the exchange, you'll work in international teams, share experiences from your own country, and explore participation from different angles. Together, you'll test ideas, reflect, and co-create new ways for young people to get involved.

A key part of Youth Reboot is discussing tools inspired by **gamification**: things like goals, roles, challenges, feedback, and recognition, and exploring how they can be applied in youth organisations to support motivation and involvement.

So, what is gamification? It doesn't mean playing online games or using apps. Gamification simply means using ideas from games in real life. What makes games motivating? Clear goals. Visible progress. Feeling recognised for your effort.

We'll explore how these tools can be used in youth organisations, youth groups, and community projects, and where they help, where they don't, and how they can be adapted.

This is a hands-on week full of discussion, teamwork, creativity, reflection, and connection. By the end of the exchange, you'll leave with new perspectives, practical ideas, and a better understanding of how youth spaces can grow with the people in them.

# ACCOMMODATION



## Marsaxlokk Activity Youth Centre

Marsaxlokk, Malta



The Marsaxlokk Activity Centre will be our home for the exchange. It's just three minutes from the sea. Marsaxlokk itself is a colourful fishing village, famous for its traditional boats, Sunday fish market, and stunning harbour views.

Rooms will accommodate two to three people, with mixed nationalities where possible, but always organised by gender.

During the week, we'll organise activities outside the venue, including exploring Marsaxlokk, going on a hike through Malta's beautiful landscapes, and visiting Valletta, the capital city. These trips are a great way to experience Malta beyond the youth centre and enjoy time together as a group.



## FOOD



Food will be an important part of our week together, not just for energy, but also for sharing moments and connecting as a group.

We will provide breakfast each morning, a morning coffee break, and an afternoon coffee break. Lunch and dinner will be provided by a professional outsourced caterer, ensuring balanced and regular meals throughout the week.

Each group is asked to bring some traditional snacks or food from their country to share during the intercultural evenings. This is a relaxed and fun way to introduce others to your culture and flavours. Please remember to consider dietary needs and allergies when choosing what to bring.

Please note that smoking, the consumption of alcohol and energy drinks is strictly prohibited during the entire youth exchange.

# TRAVEL



Arrival day: Saturday 28th March 2026  
Departure day: Friday 03rd April 2026

As per Erasmus+ travel rules, your maximum travel budget is:

- Malta €0
- Estonia €395
- Spain €309
- Croatia €309
- Sweden €395

Travel costs exceeding the maximum amount will not be covered. We highly suggest booking all travel tickets through the provider's own website, not through travel agencies or third-party websites. Plane ticket bookings must be accompanied by boarding passes. You will be asked to upload all your travel tickets, along with invoices, boarding passes or receipts, to a Google Drive folder. Any missing receipts will not be reimbursed. Please plan to arrive before 19:00 on the arrival day.

**Important:** Reimbursement will only be processed after you complete all project-related tasks, take part in the dissemination event, and your dissemination report is submitted and received.

We strongly encourage participants to opt for green travel options whenever possible. Choosing environmentally friendly transportation not only helps reduce our carbon footprint but also aligns with our commitment to sustainability and responsible travel.

Each participant must hold a European Health Insurance Card (EHIC) and have a private travel insurance covering the days of the youth exchange. Remember the 100ml liquid rule at the airport. All liquids must fit in one clear, resealable plastic bag.

- Malta International Airport  
Luqa, LQA 4000

- Airport 2



119 Marsaskala

▼ 28 min (23 stops)

- Xerriex

Walk

▼ About 2 min, 180 m

- Marsaxlokk Youth Activity Centre  
St Francis Street, Marsaxlokk MXK, 1432

## Getting from the Airport to Marsaxlokk

There are numerous ways to reach Marsaxlokk by bus from Malta International Airport. We recommend checking [Google Maps](#) or the official [Malta Public Transport](#) website before your trip for the latest routes and timetables.

A common route is:

- Take bus 119 (to Marsaskala) from the airport to "Marsaxlokk" stop (approx. 28 min / 23 stops).
- From the bus stop, it's about a 2-minute walk to the Marsaxlokk Youth Activity Centre.

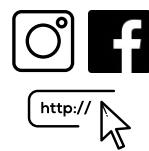
## Google Map Links

[Marsaxlokk activity centre](#)

[Malta airport](#)

## Project coordinator

# PROJEKTA MALTA



Our mission is to raise a generation of creative and critical thinkers who aren't afraid to try new things, take bold steps, and turn their visions into reality.

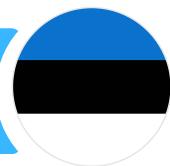


Malta



Estonia

## ETHOS MTU



We work in the fields of integration and against segregation, for uniting local youth and for helping young people to discover different opportunities and develop their craziest ideas.

## AWESOME PEOPLE



Awesome People make people be and feel awesome - one learning experience at a time. Through innovative projects & methods we empower young people to create a better world for themselves, for others and for the planet.



Sweden



Spain

## PLIS



Our work is driven by a common goal-transforming and uplifting society. This mission focuses on creating spaces that strengthen our connections with ourselves, each other, and the natural world.

## OCEAN ZNANJA



We offer the opportunity for young people to participate, organize and implement international and local projects in Croatia and abroad. Our focus is youth participation, activism and artivism, social wellbeing, intercultural learning and creative expression.



Croatia

# HANDY TIPS FOR MALTA

- Power Plugs & Electricity: Malta uses Type G plugs (same as the UK) and runs on 230V. Don't forget to pack a plug adapter if needed!



- Crossing the Street? Remember that Malta drives on the left side, so be sure to look right first before crossing. Safety first!



## Emergency number 112

## WHAT'S NEXT?

- Connect with other participants before the exchange by joining our WhatsApp group.
- All necessary documents will be shared via Google Drive, with a link available in the WhatsApp group. Please make sure to read, sign, and submit them promptly.
- Let us know your travel details, including your expected arrival time, so we can ensure a smooth start to your youth exchange journey.
- Free up some space on your phone to capture every moment of this epic adventure. Get ready to fill it with new memories, amazing photos, and videos of your experience!
- Come ready to meet new people, try new things, and step out of your comfort zone. This exchange is all about learning and growing together, so embrace every opportunity!



We are looking forward to meeting you!



**Erasmus.mt** is another Erasmus+ project created by Projekta Malta in partnership with Awesome People Sweden. It's a space where real Erasmus+ experiences are shared — by young people, for young people.

### **The idea is simple:**

To show what Erasmus+ is really like through real stories, photos, videos, and reflections — not perfect posts or promotional content, but honest experiences that inspire others to take part.

### **Why Erasmus.mt is part of Youth Reboot**

Youth Reboot is all about participation, motivation, and making involvement visible. Erasmus.mt gives you a space to do exactly that — by sharing your experience and letting others learn from it.

During this youth exchange, you'll be invited (but not pressured!) to contribute content that reflects your journey, your ideas, and your perspective. Your contribution helps show how young people participate, collaborate, and grow through Erasmus+ projects.

### **How You Can Contribute**

You can:

- Take photos or videos during the exchange
- Share short stories or reflections about your experience
- Work alone or in groups on creative pieces like reels, interviews, or short posts

No editing skills needed. You don't have to polish anything — just share your raw material, and the Erasmus.mt team will take care of the rest.

### **The Impact You Can Create**

By sharing your experience on Erasmus.mt:

- Your content may be featured on the Erasmus.mt website and social media
- You help other young people understand what Erasmus+ opportunities are really like
- You become part of a growing community of young people and organisations across Europe

Every photo, video, or story you share during Youth Reboot has the potential to inspire someone else to take their first step, or their next one.

# **ARE YOU IN?**



**BE PART OF  
THE TEAM!**



[info@projekta.mt](mailto:info@projekta.mt)



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# TIPS FROM NINA

(our past youth exchange participant)

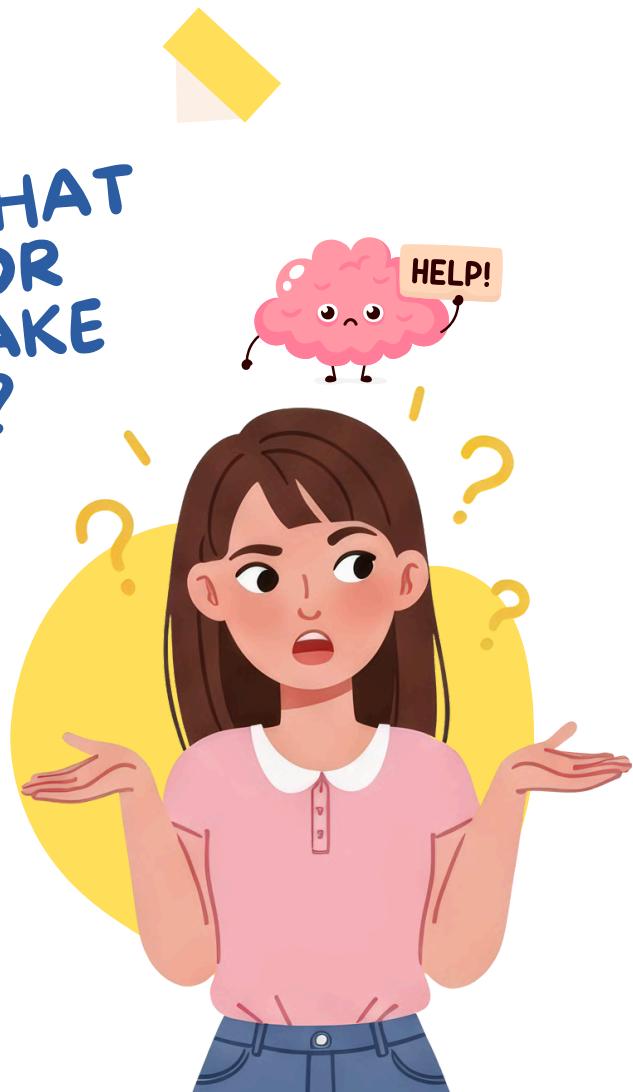


PRACTICAL THINGS



MENTAL THINGS

ARE YOU  
CONFUSED WHAT  
TO PACK OR  
HOW TO MAKE  
FRIENDS?



Written by: Nina Sidlikova, Slovakia

# PRACTICAL THINGS:

## CLOTHES:



PACK COMFY CLOTHES.  
YOU WILL BE DOING  
ACTIVITIES WITH  
OTHERS, SO BE  
COMFORTABLE!



ASK THE ORGANISERS  
ABOUT THE WEATHER,  
OTHERS CAN SUGGEST  
WHAT TO PACK.

## ACCESSORIES:



- ID, PASSPORT, FREE EU HEALTH CARD
- CHARGERS AND ADAPTERS
- WATER BOTTLE
- POCKET MONEY AND CARD
- SUNGASSES
- SUNSCREEN
- HEADPHONES
- TOILETRIES
- MEDICINE



# MENTAL BACKPACK

## SOCIAL SKILLS:

- OPENNESS TO NEW PEOPLE
- ACTIVE LISTENING
- NON-VERBAL FRIENDLINESS
- TEAM SPIRIT



## SOME HACKS:

- EVERYONE IS NERVOUS AT FIRST
- PACK A BIT OF HUMOUR TO BREAK THE ICE
- SMALL TALK FUEL (SHORT ICEBREAKER QUESTIONS)
- OVERWHELMED? IT'S OK TO TAKE SOME "ME TIME" IF YOU NEED IT!

## MIND HABITS:

- SELF-CONFIDENCE
- CURIOSITY
- PATIENCE
- INCLUSIVITY
- EMPATHY



## ACKNOWLEDGEMENTS

This youth exchange is made possible thanks to the support of the European Union through the Erasmus+ Programme. Erasmus+ helps young people across Europe learn, connect, and grow through international experiences, cooperation, and non-formal education.

Youth Reboot is proudly supported by Erasmus+ and coordinated by Projekta Malta together with its partner organisations. The views expressed in this project are those of the organisers and participants and do not necessarily reflect the official position of the European Union.



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