

Info-pack

Youth exchange

Symphony of precarious work and wellbeing



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Location

The Youth exchange will take place in a beautiful city Maribor in Slovenia. The city is rich with culture and history with many monuments, galleries, museums and greenery. It is also home to the oldest vine in the world and it is best known for Lent Festival, Pohorje hills, active lifestyle and good food.



Date and duration

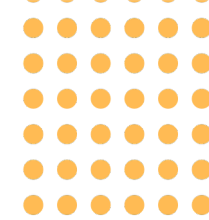
From Monday, 24th, to Friday, 28th August
2026

Travel days: 23th August and 29th August
2026



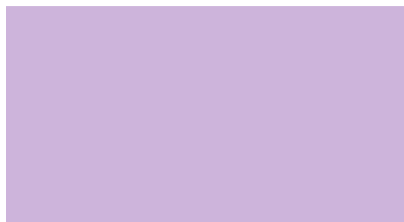


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Project theme and summary

This project addresses an important issue: precarious work among young people and its impact on our mental health and wellbeing. The goal is for young participants to recognize the negative effects of precariousness and gain the knowledge to take care of themselves in this regard, with an emphasis on art and culture – which are abundant in Maribor. The project is strictly non-discriminatory, promotes gender equality, is inclusive and encourages the participation of people with fewer opportunities and LGBTQIA+ individuals.



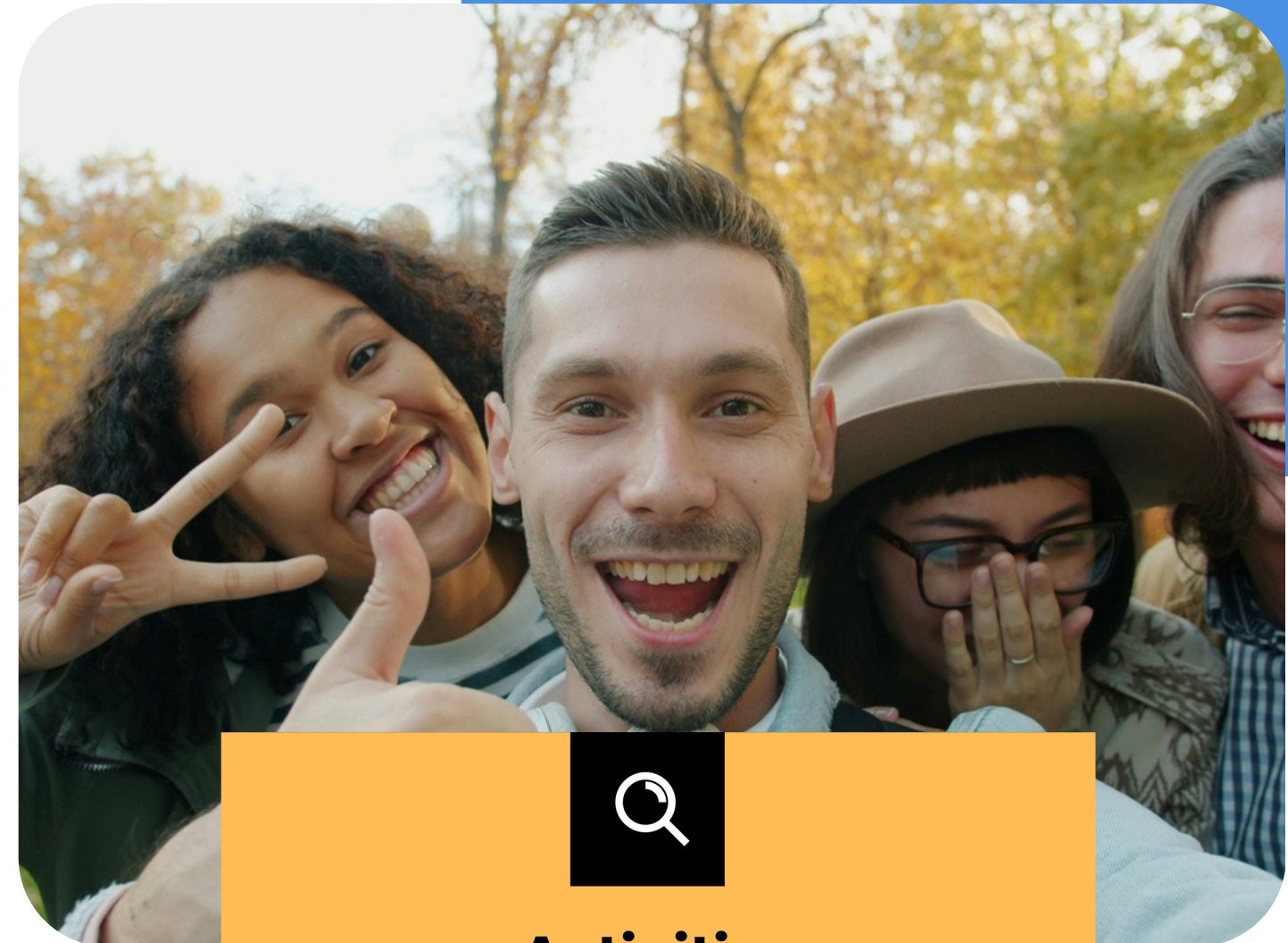
Objectives



- Raise knowledge about precarious work among youth.
- Learning about the state of unemployment in youth.
- Sustainable behaviour



- Participating in cultural event.
- Taking care of our wellbeing.
- Raising awareness of the issue in different European countries.



Activities

Ice-breakers, team-building, Treasure-hunt, non-formal workshops, world cafe activity, reflection, gallery visit, art crafts, concert, hang out evenings...



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Cost

Food, accommodation and travel
is covered.





Participants

Young people from Slovenia, Italy, Germany, Lithuania and Croatia:

- aged between 20 and 29 years old,
- with interest in culture,
- with interest in wellbeing,
- with knowledge of basic English language.



Group leader of your country will invite you to join private WhatsApp group to get to know each other before the exchange and to use it as a conversational tool during and after the exchange.



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About us – MKC Maribor

Youth Cultural Centre Maribor (MKC Maribor) is the coordinator of the project. It is a public institution, established in 1993 by the City of Maribor. It operates in the fields of art, urban culture and youth sector.

We organize over 300 events, activities, festivals, literary events, exhibitions, hangouts and exchanger annually. All of our activities are free of charge and we are also a part of inclusive organizations.

Check for more information on our website: www.mkc.si.





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Accommodation

Hostel Pekarna

Hostel Pekarna is a part of MKC Maribor. It holds a sustainability certificate, Green Accommodation certificate. It is modern, bright, accessible to people with disabilities. It has its own dining room, kitchen, elevator, balcony and it offers a lot of space to relax.

You will be accommodated in shared rooms with bathroom for 4 people.

More information:

www.hostelpekarna.eu/en





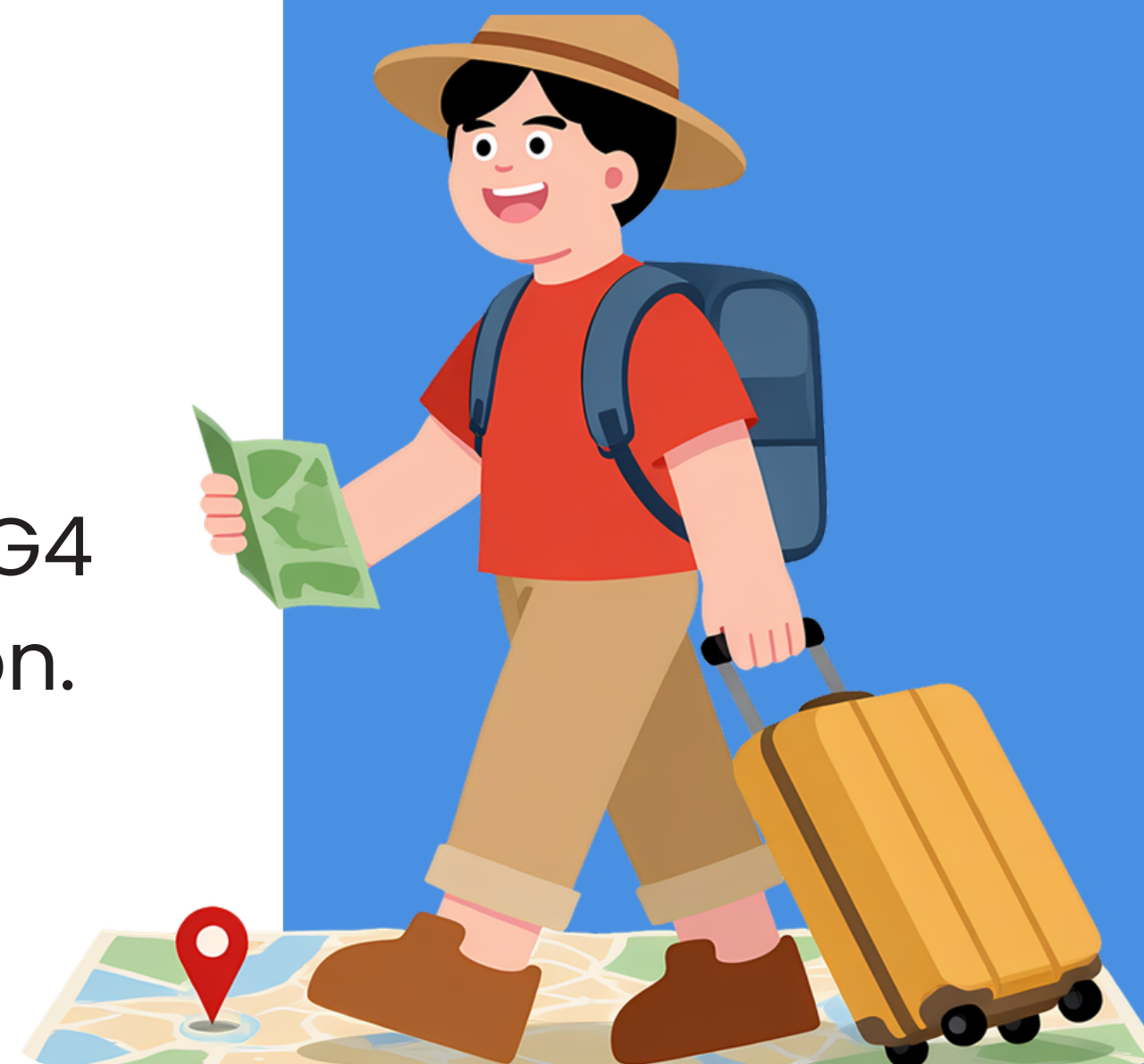
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How to get there:

If you travel by train, continue to the Main Bus Station (Mlinska ulica 1).

From Maribor Main Bus Station take G2 or G4 bus to Ljubljanska – II. Gimnazija bus station. Then walk through park to the Hostel Pekarna (Ob železnici 16).





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What to bring?

- Bottle for water (tap water is drinkable in Slovenia),
- slippers / comfy shoes (one working room will be in the same building as hostel, the other in the city centre),
- ID card or Passport to check in to the hostel,
- International Health Insurance Card,
- your own toiletries,
- umbrella, a hat and a sunscreen (weather can change quickly).



See you in Maribor!

