



# Back to Nature Youth Exchange



Accommodation, food,  
travel, as well as all  
project activities, are  
fully funded.

5 participants (18-25)  
+ 1 team leader (18+)  
per country

 Location

Zlatibor  
mountain

 Date

19.11-29.11.2025.



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# What is Back to Nature?



The "Back to Nature" is an Erasmus+ youth exchange that focuses on reconnecting young people with nature as a way to improve mental well-being and promote environmental responsibility. Through outdoor activities, workshops, and creative methods, the project highlights the connection between sustainability and personal resilience while encouraging participants to adopt eco-friendly habits and explore new approaches to sustainable living.

Participants will strengthen their emotional resilience and well-being by experiencing the positive effects of nature-based activities. They will also gain hands-on knowledge of sustainable practices, improve teamwork and leadership skills, and develop greater cultural awareness by working alongside peers from different countries. These experiences will empower them to become more confident, proactive, and capable of promoting mental health and sustainability within their own communities.



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## Profile of participants

**5 participants per country (age 18–25)**

**1 team leader per country (18+, no upper age limit)**

**At least 2 participants with fewer opportunities (economic, geographic, social, educational obstacles, etc.)**

**Motivated to learn about the project topic.**

**Open to intercultural exchange and teamwork.**

## Participants responsibilities

**Take part in 100% of the project programme.**

**Respect the code of behaviour and meet all deadlines.**

**Carry out an dissemination activity in their local community.**

**Support project promotion through social media.**



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# Travel budget

-  Italy - 309€
-  Poland - 309€
-  Türkiye - 309€
-  Croatia - 285€ (Green travel)
-  Greece - 285€ (Green travel)
-  Romania - 417€ (Green travel)
-  Serbia - Organized travel (Green travel)

\*Green travel means using eco-friendly transport (bus, train, carpool) and not airplanes. Countries eligible for green travel must use it.



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## Important travel info!

If traveling by plane, we recommend flying to Vienna and then to Niš, or flying to Sofia (Bulgaria) and then taking a bus to Niš.

For those using green travel without direct connections to Niš, the best option is to take a bus to Sofia and then continue to Niš (this applies mainly to Romanian participants).

Participants from Greece can use the direct bus from Thessaloniki to Niš. Participants from Croatia can take a bus to Belgrade, and from there another bus directly to Zlatibor.

If a sufficient number of participants arrive in Niš, we will organize direct transport from Niš to Zlatibor. In this case, 35 EUR will be deducted from the total travel budget.

**Tickets should only be bought after official confirmation from the organizer!**



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## Accommodation

Participants will be accommodated 4 per apartment, grouped by the same gender and, as much as possible, by the same nationality. Each apartment has 2 large beds, with two participants sharing each bed. The hotel also offers a restaurant, dedicated spaces for sessions, and a spa center – so don't forget to bring your swimsuit!



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Link to hotel website





## Location



The project will take place on Zlatibor Mountain, one of the most famous natural destinations in Serbia, known for its fresh air, pine forests, and stunning landscapes. Zlatibor is a popular spot for both relaxation and outdoor activities, offering the perfect environment for connecting with nature. Its peaceful surroundings, combined with opportunities for hiking, exploring, and enjoying the mountain climate, make it an ideal setting for a youth exchange.

## Program



The programme will combine indoor and outdoor activities to ensure a balanced and dynamic experience. Indoor sessions will include workshops, group discussions, and creative activities, while outdoor sessions will focus on nature-based learning, team-building exercises, and reflection in the natural surroundings of Zlatibor Mountain. In addition, the programme will feature organized trips and excursions, giving participants the chance to explore the local culture, nature, and community while strengthening group bonds.



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- **Application deadline: 30.10.2025**
- **Ticket purchase deadline: 05.11.2025**
- **Application form: each partner must provide a form for participants from their country**
- **Mobility guide: will be shared with selected participants**
  - **Contact for additional info:**
    - ✉ **Email: [oidjukadinicnis@gmail.com](mailto:oidjukadinicnis@gmail.com)**
    - ☎ **WhatsApp: +381 69 1307002**



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