



Stamily Youth Exchange

Connect | Inspire | Challenge | Explore | Celebrate

Come and be part of an international residential celebrating young adults who stammer and developing their involvement in the stammering community.

We're looking for 3 young people aged between 18-30 who stammer to take part in this year's Youth Exchange hosted by Stamily. You will get to spend just over a week in the Netherlands alongside other young people who stammer from countries including Finland, Hungary, Italy, Spain and Sweden.

Tell me more!

The Youth Exchange lasts 11 days from the 3-11th of August 2024. The exchange begins late afternoon on the 3rd and ends early afternoon on the 11th.

It takes place in Erve Aaftink in Lemele, the Netherlands. Lemele is approximately 2 hours from Amsterdam and 2.5-3 hours away from Rotterdam by train.

How many people can come?

STAMMA's participation in the Youth Exchange is being generously funded by the Owen Simons Legacy Fund. This legacy is specifically for supporting young adults who stammer.

Through this support we can take 3 young people to the Youth Exchange plus our group leader. One of the successful applicants will also be invited to join us for an additional prep weekend from 31st May-3rd June in the Netherlands paid for by STAMMA.

What's in it for me?

- Developing lifelong leadership, teamwork and organizational skills.
- Learning about new cultures and languages.
- Building international friendships with young adults who stammer across Europe.
- The opportunity to visit the Netherlands for a week

What do I have to do?

As part of the Youth Exchange you have to:

- Be a member of STAMMA (it's free!). Not a member yet? [Sign up here](#).
- Attend up to 3x 1 hour prep meetings (online) to meet the rest of the group coming from the UK and learn more about the event.
- Be available for the dates of the event (3-11th August).
- Create a minimum of 2 pieces of content for STAMMA after the event has finished about your experience (these could be written articles, videos, drawings etc. talking about your experiences on the Youth Exchange.)
- Commit to being part of the STAMMA Youth Panel for at least 6 months following the event - this includes attending regular online meetings with other young people every 4-6 weeks.

- Be able to make a £125 contribution to the cost of the Youth Exchange. Other costs including accommodation, food, activities, visas (if required) and reasonable travel (from major U.K. airports/stations) will be covered by STAMMA.
- Ensure that you have an in-date passport and valid travel insurance for the trip.

What's the theme?

This year the theme is 'Outside the Mask'. Over the past few years, we've all had to wear masks at times to protect ourselves and others from COVID. As well as physical masks, many of us wear masks every day when we hide our feelings and parts of our identities we think other people don't want to see.

- Some masks you might like wearing and others you might not.
- Some masks you might feel forced to have to wear by other people.
- Some masks you might have worn for so long you can't remember what it feels like not to wear it.
- Some masks you might be worried to take off and expose the 'real you'.

We know that sometimes it can feel good to have a mask to hide behind when you feel vulnerable or scared. But sometimes those masks can stop people seeing the real you and might make it harder to form real connections with other people. During this residential we'll be exploring when we use our masks, how it feels like to let go of them sometimes and how to create new ones which reflect who we want to be.

What will we do?

Throughout the week you'll be involved in lots of activities including:

- Discussion and brainstorming sessions
- Outdoor activities
- Role play and improvisation
- Daily reflections and meditations
- Group bonding exercises
- Drawing
- Singing/music
- Dancing, sport and body language games

Every day we'll be exploring the cultures of the different countries at the YE through food, music and more! Throughout the week, you will be involved in creating one or more masks and helping to devise an interactive performance session for the end of the week.

Not sure? Don't take our word for it:

- [3 weeks ago I went to an Erasmus+ youth exchange for people who stutter](#)
- [Youth Exchange for People who Stutter 2023! | Erasmus+ \(youtube.com\)](#)
- [One week with 50 people who stutter | Erasmus+ Youth Exchange \(youtube.com\)](#)

I want to come!

Great! If you're interested in being part of our Youth Exchange program for 2024, please submit us an application by the 11th of April. We will then review these applications and let you know whether you have a place by the end of April.

Apply here: [Youth Exchange Application Form](#)