



## Youth exchange

Human rights  
through arts and  
outdoor education



29-08-2022 / 04-09-2022  
de Hoge Rielen, Belgium





Do you like **meeting new people** from other countries? Is the topic of **human rights** really important to you? Than this exchange is exactly what you're looking for!

With HaRt, we want to bring together young people from 3 countries: **Belgium, Romania and Slovenia**. During this intercultural exchange, the focus will be on human rights. The domain of **de Hoge Rielen** (a 230 ha forest) offers a perfect natural setting for this project in which we will use **outdoor** and **creative activities** to think about human rights.

Our goal is to **increase solidarity, cooperation, intercultural dialogue and social inclusion**. Art can transcend barriers such as language and can invite us to reflect on, to discuss, to participate and to respond to problems related to the human rights. Outdoor activities will bring with them teamwork and social awareness, environmental awareness and enhance participants' sense of self, improve their capacity to manage challenging circumstances and develop caring and respectful relationships.





## Who?

Participants should:

- ♡ Be aged between 18 and 24 years old
- ♡ Speak English at a conversational level
- ♡ Have an Interest in human rights

## Accommodation & Food

On the domain of de Hoge Rielen, we will stay in building 3 "paintbrush". You will share a room with 3 or 5 other participants.

3 meals will be provided each day.





## What can you expect?

At the start of the week the focus will be on **teambuilding** and getting to know each other: finding out who is there, where everyone comes from and working together to achieve some **challenges**.

Later in the programme the focus will shift to the **human rights** theme. You can expect **workshops** on different topics, with either a creative approach or in an outdoor setting. There will also be room in the programme for each group to introduce an **activity of your own**.





	29/aug	30/aug	31/aug	1/sep	2/sep	3/sep	4/sep
morning	travel	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
		introduction & outdoor teambuilding	High Rope Course	Act it out	Take a step forward	human rights through art	packing & leaving
		(team)building artwork		travel to Antwerp	Treasure Hunt LGBT+		
afternoon	arrival / installing	lunch	lunch	lunch	lunch	lunch	travel
		(team)building artwork	Intercultural learning	Red Star Line museum	Graffiti	presentations human rights through art	
		youthpass / reflection diary	human rights in my backpack	Free time	human rights through art	evaluation / youthpass / dissemination plan	
evening	dinner	dinner	dinner	dinner	dinner	dinner	
	welcome drink	intercultural evening	movie night	bonfire	building rafts	goodbye party	

