

ERASMUS+ YOUTH EXCHANGE · infopack

KineAgents of Recovery



Aruba, Caribbean (Dutch territory)



Romania · Poland · Netherlands · Sweden

6 participants + 1 team leader from each country

At a glance

A 11-nights Erasmus+ Youth Exchange uniting four countries around movement, recovery, and inclusive held in Aruba.

11

Nights
5–16 October 2026

4

partner countries

RO · PL · NL · SE

18–30

participant age range

6 participants + 1 team leader
from each country

1

learning lab

Aruba, Caribbean

“

Equipping young leaders with practical tools to promote physical and mental well-being - in Aruba's unique tropical setting.

The Project

KineAgents of Change brings together motivated young people passionate about physical health, movement therapy (kinetotherapy), massage techniques, sport recovery, and inclusive for neurodivergent youth - autism and ADHD.

Through interactive non-formal activities, practical workshops, intercultural exchanges, and hands-on sessions in Aruba's natural environment, participants explore how kinetotherapy and local plant-based recovery methods can support active lifestyles, faster sport recovery, and higher quality of life.

Participants leave with practical skills, the confidence to lead activities, and a network to power follow-up in their communities.

Four core pillars

- ✓ Kinetotherapy & sport recovery
- ✓ Inclusive for autism & ADHD
- ✓ Plant-based recovery & massage
- ✓ Healthy lifestyle & youth leadership

Mission

Raise awareness about the power of movement and recovery. Build resilience and confidence among young people. Promote inclusive approaches that support everyone - including neurodivergent youth.



Active lifestyles

Movement habits and recovery routines participants can sustain at home.



Inclusive practice

Tools to support neurodivergent youth - autism and ADHD - in everyday settings.



Community leaders

Confidence and a cross-border network to advocate and organise locally.

Programme activities

Four hands-on workstreams running across the 13-day exchange.



Kinetotherapy & sport recovery

Evidence-based movement, strength and mobility protocols led by Romanian and international experts - applicable in daily life, training and rehab.



Inclusive recovery for autism & ADHD

Adapted kinetotherapy and calming massage techniques to support motor skills, sensory regulation, focus and social interaction. Participants co-create activity plans.



Plant-based recovery & massage

Natural recovery rooted in Aruba's traditional - including Aloe vera.
Simple massage and care techniques that complement movement therapy.



Healthy lifestyle & leadership

Nutrition, daily movement, stress management, advocacy. Role-plays and group work on organising inclusive activities back home.

Accommodation

Participants will be accommodated in shared rooms with **2 to 4 people per room**. Room allocation will be organised on a **same-sex basis** to ensure comfort, privacy, and a respectful group environment. The accommodation arrangement is designed to support a safe, friendly, and community-oriented experience throughout the youth exchange.

Beachside venues, a warm climate, and powerful local plants - including the island's world-famous Aloe vera - align directly with the project's focus on movement, recovery and kineto

Venue



Bridge to local youth & culture



Participants engage with Aruban culture and youth - a unique cross-cultural exchange beyond the European context.

Who we're looking for

Open call - applications accepted on a rolling basis until spots are filled.



18–30

Open to young people 18–30, with preference for participants aged 18–25.



4

Romania, Poland, the Netherlands, and Sweden



Bucharest

Priority for Romanian participants based in Bucharest, to strengthen dissemination and follow-up.



A note on shared cooking

Participants cook meals together as a group - all ingredients provided. Shared cooking promotes teamwork, healthy nutrition, and intercultural exchange through food.

Impact & dissemination

From a 13-day exchange to lasting community impact across four countries.

01



Learn

Hands-on workshops in kinetotherapy, inclusive plant-based recovery and leadership.

02



Co-create

Participants build inclusive activity plans for autism and ADHD support - ready to deploy at home.

03



Disseminate

Bucharest-based Romanian participants drive follow-up, with EU-wide partner network amplifying reach.

New skills · Cross-border network · Ready-to-run inclusive activities · Stronger local communities

HOW TO APPLY

Ready to move, learn, and create change - in paradise.



DEADLINE

Rolling - until spots are filled.

Apply early - places are limited and allocated as suitable candidates are confirmed.

Get in touch with the partner association in your country.