

# Island of Change

## Youth Exchange

L'Île-Saint-Denis, Île-de-France, France

17th-30th August 2026

Age: 18-30

# About the exchange

Island of Change is a youth exchange that will take place at Lil'Ô, in L'Île-Saint-Denis, just outside Paris. Located on an island in the Seine, Lil'Ô is a unique ecological site where nature, experimentation, and collective living come together. The exchange brings together young people from France, Spain, and Serbia to live, learn, and explore together the connection between environment, well-being, and collective engagement.

This experience invites you to reflect on how caring for living ecosystems, even in dense urban environments, influences your well-being and the resilience of your community. Through practical ecological activities, creative and educational workshops, group reflections, and shared daily life, you will discover concrete ways to regenerate spaces, strengthen communities, and reconnect with nature in the city. Life during the exchange is shaped by cooperation and exchange.



You will meet people from different cultures, share perspectives and skills, and be part of a space built on dialogue, openness, and mutual respect. Acting and learning together gives you the opportunity to actively contribute, share your ideas, and take part in building a meaningful collective experience!

# Activities



## Hands on ecological activities

Natural building with reclaimed materials, gardening, a waste collection campaign... All benefiting the local community!



## Biodiversity discovery

Participatory inventories of local fauna and flora, exploration of biodiversity on this unique river island



## Interactive workshops

on environmental awareness, well-being, soft mobility, urban ecology, and sustainable lifestyles



## Cultural and community exchanges

Collective cooking for a public event for the local population, and daily sharing food, cultures, stories, and creativity



## Mindfulness and wellbeing activities

Yoga and embodied practices to reconnect participants with their bodies, emotions, and environment

# Group life

Beyond organised activities, participants come together to organise daily life on the camp. Often divided into teams, they plan menus, prepare meals, and ensure the cleanliness of shared spaces. Fully involved in shaping your experience, you will also take part in decision-making regarding group activities and daily organisation!

With the aim of reducing the environmental impact of our projects, we prioritise vegetarian menus that meet all participants' nutritional needs.

There will be French participants on the project. Some of them might not speak English. This can be an opportunity for everyone to develop new language skills and innovative ways of communicating!



## Become group leader

Each national team is supported by a group leader who helps facilitate daily life, supports communication with the hosting team, and ensures that everyone feels included and comfortable throughout the exchange.

If you enjoy supporting others, taking initiative, and helping create a positive group dynamic, we warmly encourage you to apply as a group leader. It's a great opportunity to develop facilitation and leadership skills while being part of the full experience.



## About Lil'Ô

Lil'Ô is an innovative ecological site located on L'Île-Saint-Denis, a river island in the Seine just outside Paris. Formerly an industrial brownfield, it has been transformed into a living laboratory for soil regeneration, biodiversity restoration, urban agriculture, and environmental education.

The site combines scientific research, community activities, work integration programmes, and non-formal education practices, offering a powerful example of ecological transition in an urban context.



## Accommodation

You will be accommodated in the boarding facilities of a secondary school in a nearby city. However, daily life will mainly take place at the Lil'Ô site, where you will especially make use of the on-site kitchen to prepare and share meals together!

To move between the different locations of the project, a bicycle will be provided. You will need it in particular to travel from the accommodation to Lil'Ô, where most of the activities will take place.

Once your participation in the project is confirmed, you will receive additional information about the accommodation, including which facilities are available on site.

# Travelling

Your travelling costs will be reimbursed according to the chart below. To know the distance between your place of residence and the project, use the [Erasmus+ distance calculator](#).

Maximum amount applicable to travel expenses		
Distance	Standard	Green travel*
10 - 99 km	28€	56€
100 - 499 km	211€	285€
500 - 1999 km	309€	417€
2000 - 2999 km	395€	535€
3000 - 3999 km	580€	785€
4000 - 7999 km	1 188€	1 188€
8000 - + km	1 735€	1 735€

\*Green travel = You can benefit from "Green travel" reimbursement if you travel by train, carpooling, bus or bicycle.

In organising our projects, we strive to reduce our carbon footprint as much as possible. One of the biggest impacts comes from volunteer transportation, which is why traveling in a sustainable way is a priority for us. Choosing the train or bus not only helps the planet, but also aligns with the values of this project and gives you the chance to take your time, enjoy the scenery, and meet new people along the way!

## How to apply

If you want to participate, just let your sending organisation know, and fill in the application form below. Once your participation is confirmed, we will come back to you with all the necessary information to get ready for the adventure!

 [Click here to apply](#) 