

NEWSLETTER



YOU DANCE MOBILITY IN MARIBOR: MOVEMENT, AWARENESS, AND CONNECTION

Maribor, Slovenia | 6–12 April 2025

In April 2025, Maribor became a hub of youth creativity, cultural exchange, and learning through movement as part of the **YOU DANCE** mobility.

Young youth workers from Slovenia, Serbia, Romania, and Latvia came together to explore the power of dance as a tool for well-being, teamwork, and intercultural dialogue.

We also prepared a **Good Practice** Document, collecting key insights, innovative approaches, and successful methods from the week.

Dance connects us.
Let's continue together – step by step.

Participants engaged in a diverse week-long programme that included dance workshops, creative challenges, digital detox, and exploration of local culture.

They experienced movement as a tool for greater body awareness, relaxation, and the establishment of genuine connections. Structured exercises and guided reflection strengthened both personal development and group cohesion.

One of the highlights of the week was the preparation and performance of a flash mob in the centre of Maribor. The choreography was designed by a dance educator and incorporated elements of traditional dances

