



Co-funded by
the European Union

E+ YOUTH EXCHANGE



SOLANOVA

Hildesheim, Germany

26. June - 7. July 2026

WHAT IS SOLANOVA?

This 12-day Erasmus+ Youth Exchange will bring together **36 young people from Germany, Spain, France, Portugal, Italy, and Poland** in **Hildesheim, Germany**.

At its core lies **SolaNova** — an imaginary world and a speculative space of possibility co-created by participants. Through storytelling, workshops, games, and writing, young people will explore what a greener, fairer, more caring future might look like.

SolaNova is both a place and a process. It invites youth to imagine utopias not as distant fantasies, but as blueprints for action. The project culminates in a powerful public moment: the participants will share their stories at **PROSANOVA 2026**, a local festival for young literature.

WHY THIS PROJECT?

Faced with climate doomerism and uncertainty, young people need more than facts — they need hope, agency, and stories that remind them the future is not written yet. SolaNova was born from this urgency. It uses storytelling and creative writing as tools to face climate anxiety, to build emotional resilience, and to make space for care, diversity, and collective dreaming.

WHO CAN APPLY?

Young people (maximum up to 30 years old), who are...

- residing in 1 of the partner countries (Germany, France, Spain, Italy, Portugal and Poland)
- passionate about art, creativity, and social change
- interested in discovering utopian thinking, solarpunk and how to challenge dystopian and doomerist narratives
- beginner or emerging storytellers, poets, writers, illustrators etc.
- open-minded and motivated to live a collective experience and co-create with others

We encourage the participation of participants with fewer opportunities. (Participants with fewer opportunities will be prioritised.)

 [APPLICATION FORM](#)

STORYTELLING & CREATIVE WRITING

TOPICS

- Self-expression and emotional resilience
- Connection, identity, and shared authorship
- Writing as healing and cultural participation

SOLARPUNK & HOPEPUNK

- Positive, future-oriented climate narratives
- Utopias rooted in care, justice & sustainability
- Imagination as a political and ecological act

1. Develop storytelling and writing skills as tools for youth voice, identity, and expression
2. Address climate anxiety and hopelessness through imagination and shared narrative creation
3. Explore solarpunk and hopepunk as frameworks for resilient, just futures

4. Create a safe and inclusive learning environment
5. Encourage teamwork, initiative, and peer learning
6. Foster intercultural collaboration and collective authorship
7. Guide participants through the full cycle of cultural production: writing, editing, crowdfunding, publishing
8. Present youth-created works at a professional literary festival

OBJECTIVES

SOLANOVA STARTS THE MOMENT YOU LEAVE HOME!

Participants are invited to travel using a **slow and green travel means**, such as train, bus or car-sharing. They have up to 2 travel days for arrival and 2 travel days for departure, and we highly recommend to travel in the national teams.

You will receive:

- A Green Travel budget (see travel slide for details)
- Up to **70€ per person** to cover one night accommodation and food for the travel for each way

INTERRAIL

We highly recommend travelling by Interrail. It is a flexible and affordable way to move across Europe by train, and gives the freedom to explore different routes and places along the way. We would like this to be an experience in itself, not just transport, but part of the adventure.

WHY SLOW TRAVEL?

- We want to practice sustainability
- Travelling slowly creates time: time to talk, observe, imagine.
- Unexpected encounters and landscapes can become the first sparks for stories. Each participant will keep an individual Travel Diary during the journey. The experiences gathered on the way to will later feed into the creative work.

TRAVEL SLOW

ACTIVITIES OVERVIEW

OVER 12 DAYS, PARTICIPANTS WILL:

- Join writing, worldbuilding, and storytelling workshops
- Explore solarpunk aesthetics and speculative fiction
- Participate in storytelling circles and creative labs
- Co-create short stories and visual elements
- Rehearse and prepare their public presentation for PROSANOVA
- Optionally join SolaRPG micro-sessions for gamified storytelling
- Begin planning the crowdfunding and publication of their collective book

WE WILL CREATE:

A public performance at PROSANOVA 2026

A published short story collection (digital + print)

A youth-led crowdfunding campaign to support the publishing costs

FINAL OUTPUTS

The final event of SolaNova will take place in the **PROSANOVA 2026 Festival**, a festival of young literature organised by BELLAtriste e.V. This allows the participants to showcase their work to a public audience of artists, publishers, and cultural stakeholders.

PROSANOVA FESTIVAL

ACCOMMODATION

Kulturherberge Wernershöhe

Kulturherberge e.V.

Wernershöhe 2

31079 Westfeld

- Participants will be hosted in shared rooms
- The meals will be entirely vegan



WHAT TO BRING

- European Health Card or private insurance, travel documents (COMPULSORY !)
- Towel, shampoo, gel, toothpaste, and other personal toiletries
- A water bottle, comfortable clothes and everything to cover your personal needs during 2 weeks abroad

We will organise a preparatory meeting online

with all participants at least 6 weeks before the

Youth Exchange to inform everyone about the preparations.

WHAT TO
PREPARE



Participants are expected to arrive on the 26. June afternoon/evening.

You can reach Hildesheim Trainstation by various connections from bigger cities such as Hanover, Berlin or Wolfsburg.

From Hildesheim the local **Bus 44** (direction Alfeld) brings you to the closest Bus station **Wrisbergholzen, Westfeld**. The Bus operates every hour until 19:30. We will organise pick-ups from there!

TRAVEL

The Green Travel Budget

- For Germany is 285,00 € (if more than 100km distance)
- For Spain, France, Poland and Italy is 417,00 € (if more than 500km distance)
- For Portugal 535,00 € (if over 2000km distance)

Please do not buy any tickets without our confirmation!

To reimburse the travel costs it is essential to **keep all original tickets, invoices and boarding confirmations!**

TRAVEL REIMBURSEMENT

GET IN TOUCH



[Application Form](#)



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PARTNERS