



With the support of the  
Erasmus+ Programme  
of the European Union

# YOUTH EXCHANGE WE CAN!



**20-28 FEBRUARY, 2020,  
LONDON, UNITED KINGDOM**

# Project description

We carried out the youth exchange 'We Can!' with aim to increase entrepreneurial mindset of young people including young people with fewer opportunities and develop their competencies to realize international mobility activities with support of Erasmus + Programme. The idea of the youth exchange came up directly from our group of young people who share strong need to learn about project management of youth projects under Erasmus + and to work on development of own project ideas. Taking this need as starting point we decided to realize youth exchange open to newcomers in the field of Erasmus + Programme with the goal to provide them an opportunity to explore various aspects, perceptions, knowledge and skills. On this youth exchange we set a perfect ground for youth workers in writing their own projects.

## Objectives of the project

- To develop competencies of active young people to realize youth exchange under Key Action 1 of Erasmus + Programme;
- To increase understanding of the participants on the role of Erasmus + Programme and Key Action 1 and key European Strategy: Europe 2020;
- To equip the participants by set of competencies (knowledge on the process of identifying and selecting the partners, ensuring visibility and dissemination of the project results, involvement of young people with fewer opportunities, cooperation with stakeholders representing other sectors) that they can apply through the project stages while working on realization of own project idea;
- To strengthen knowledge of the participants in the area of project management cycle of Erasmus + Programme including reflection on the role of various bodies - EACEA, SALTOs, National Agencies, non-governmental organizations;
- To develop soft skills of the participants in the areas of communication, teamwork, problem solving and conflict management in intercultural settings;
- To support creating new partnerships and networks that can be used in the process of developing new projects



**E**nriching lives, opening minds - the main motto of this program funded by European commission

**R**ichness and achievement for the participants is the main aim

**A**s an action, these opportunities are available for individuals and organizations

**S**upporting innovation, cooperation and reform

**M**obility that gathers many people from many different countries

**U**sing this as a benefit for personal enrichment and creating memories

**S**ocialize, support, step forward, study and gain knowledge from 8 key competences

**+** Raise the cultural awareness, increase social inclusion, interaction, collaborate,

Take the chance, go out of your comfort zone, be involved, interpret your feelings, opinions in different creative way. Raise your participation and be part of this, amazing Erasmus + opportunity.

# Project ideas developed

## Group 1

**Project title:** *MOVE YOUR MIND*

**Acronym:** MYM

**Project place:** Plovdiv, Bulgaria

**Project description:** The participant countries are Bulgaria, Romania, UK, Spain, Italy (6 participants from country- 5 participants+1 group leader).

The project gives opportunity to young people to explore themselves through art-theatre, music and body movement. Our motto is: **Think outside the box**. And also: **Find the artist in you**. The aim of the project is to increase creativity skills, to increase interest in theatre and music to the young people.

The other aim is to give opportunity to young people to connect and explore themselves through the art of theatre, combined with music and body movement.



## Group 2

**PROJECT TITLE:** *STILL EXISTING*

**PROJECT PLACE:** Ohrid, North Macedonia

**PROJECT DESCRIPTION:** Young people from small, rural communities choose to move to bigger cities or other countries with more opportunities, better salaries and diverse communities. This project aims to show young people the positive aspects of living in small rural communities such as the organic, connected to nature, peaceful lifestyle and the opportunity to experience the small community life where you know everyone from your neighbor to your baker. Biologically humans are evolved to form small tribes rather than the crowded, stressful lifestyle in the metropolitans. Another aim of the project is to show young people that living in rural small communities can also provide them financial stability.

**PROJECT OBJECTIVES:** Discover the reasons behind why people leave the rural areas for the big cities, to motivate the youth from rural areas to start social entrepreneurship and encourage them to stay in those areas but make a good change for the society where they live. Young people will also experience living in a small rural community during the stay of the project.

Participant will prepare videos, flyers and posters to promote the aim of the project.





### Group 3

**Project name:** *EUROPEAN MEDIA CHALLENGE*

**Project type:** Training course

**Project place:** Tallinn, Estonia

**Number of participants:** 30 participants (10 countries) + 2 trainers

**Countries:** Macedonia, Slovenia, UK, Sweden, Latvia, Italy, Estonia, Germany, Serbia, France

**Aim:** encouraging social media changemakers to use the power of online platforms in a certain way, in order to inform, challenge and bring about change.

**Objectives:**

- to raise awareness about the power of social media as a way to create positive changes by providing people with digital competences
- to teach the participants a step-by-step social media marketing guide in order to help them identify their social goals, engage audiences and optimize their results
- to support the participants in launching one successful social media campaign for change
- to develop competencies of the participants needed to address social issues, especially through social networks and events in their communities
- to increase knowledge of the participants on Erasmus+ Programme



**Short summary**

Social media use has grown rapidly over the last decade. Today, Europeans use a range of social media sites and are increasingly turning to these platforms to get news and information. Social networking sites have also emerged as a key venue for social debate and discussion and a place to engage in civic-related activities. Social media has become an important tool for providing a space and means for the public to participate in influencing or disallowing social decisions in general. It has created a way for people to connect local challenges and solutions to larger-scale narratives that will affect us as a global community.



We strongly believe that making small steps in each country by each individual can make a vast impact in Europe.

Digital culture has evidently transformed how we all live our day-to-day lives.

## Group 4

**Project name:** *THINK GREEN*

**Type of project:** Youth exchange

**Project place:** Ljubljana, Slovenia .

**Number of participants:** 6 people per country

**Countries:** UK, Turkey, Romania, Germany, Slovenia, Belgium, Estonia

**Aim of the project:** The aim of the project is to promote different sustainable alternatives in order to decrease the municipal waste, packaging waste and waste electrical and electronic equipment and the participants to develop an eco-friendly behavior.

### Objectives

- To develop the citizen spirit and an „eco-friendly“ behavior for 35 young people and 7 group leaders regarding to importance of recycling and protecting the environment
- To increase awareness on the climate change issue and the bad impact of not recycling on the nature,
- To strength the intercultural dialogue with help of the 35 young people, in order to facilitate an European education based on diversity, during the implementation of the project.

### Short summary

The „Think Green“project is a multilateral youth exchange under the Erasmus + framework which will take place in Ljubljana, Slovenia . During 10 days, 35 young people and 7 group leaders coming from 7 different countries of the European Union will meet to exchange experiences to learn and focus on actions related to the development on being eco friendly, more aware of the climate change situation.





The „Think Green“ project is guided by the specific objectives of the E+ program (promotion of active participation, intercultural dialogue, social inclusion and solidarity through growth mobility opportunities for educational purposes for young people) and promotes different sustainable alternatives in order to decrease the municipal waste, packaging waste and waste electrical and electronic equipment.



Specifically, during the mobility each country involved in this project will have to present at least one idea / example of good practice in sustainable alternatives in order to decrease the municipal waste, packaging waste and waste electrical and electronic equipment from the country of origin and also it will have to organize a creative workshop on „eco-friendly“ measures.

Finally we propose to develop ideas to combat the main problems and illustrate them through videos made by the participants. Thus, through the activities listed above, our project meets current and permanent needs among young people: discovering sustainable alternatives in order to decrease the municipal waste, packaging waste and waste electrical and electronic equipment and awareness of the role of young people in modeling the future of European society.

Thus, following the information and skills gained in this exchange, young people can develop an eco friendly behavior that will / can be put into practice by implementing it in their community; in this way, the project will contribute to the sustainable development of the community from which they come from. Also, the young people participating in this exchange will receive, at the end of the mobility, the Youthpass Certificate through which the key competences developed as a result of this mobility will be recognized.

## Group 5

**Project name:** *THE ISNCLUSIONISTS*

**Project place:** Grossenkneten, Germany

**Participants:** 42 from 7 countries (Germany, Turkey, Greece, Italy, UK, Hungary, Jordan)

**Age of the participants:** 18-30

**Project description:**

The idea of "The Inclusionists" is to gather young people, especially ethnic minorities, disabled people, descendants of immigrants, LGBT+, people with social/ educational/ economic and geographical obstacles. During the exchange sessions, they will share and find ways for integrating people with above mentioned backgrounds in society.

**The project aim:**

The main goal of the project is to prove that only by knowing, being aware, accepting and respecting, tolerance can be reached.

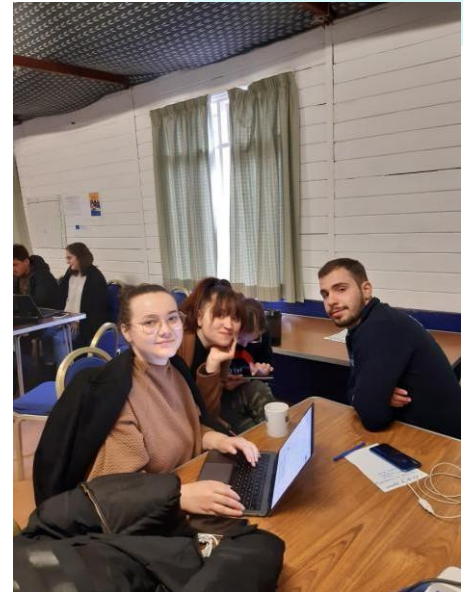
"The Inclusionists" encourage active involvement because participating also means sharing diversity.

**Project objectives:**

- to guide youth stepping out of their comfort zone;
- to empower young people to discuss about sensitive topics and take a stand against prejudices and stereotypes;
- to communicate and cooperate in order to reach tolerance, common acceptance and equality;
- to enrich oneself with different points of view, different cultures, religions, backgrounds, ethnicities, age, gender, etc...

**Project summary:**

An inclusionist is someone who advocates for inclusion, and that is what we want to spread with this project. We decided to organize a Youth Exchange Program because we have the possibility to involve a wider range of people. In this project, we also wanted to influence different kinds of people. We chose Germany as a host country because it is one of the most multicultural and accepting countries in Europe.





## Group 6

**Project name:** *BE POSSITIVE, BE ACTIVE!*

**Type of the project:** Youth Exchange

**Project place:** Horezu, Romania

**Partner countries:** Turkey, Slovenia, Romania, UK, Bulgaria

**Number of participants:** 40 participants (7participants from every country + 1 group leader)

**Short summary:**

Mobilizations of participants, active lifestyle, this Project will raise awareness among young people of the importance of including sports outdoor activities in their Daily life/lifestyle, emphasizing their positive impact on healthy lifestyle/mental health.

**Project aims:**

- connecting people from different countries and cultures;
- improving their communication skills, time management, team working and managing the unknown;
- increasing participants' knowledge about Erasmus+ projects and what opportunities Erasmus+ is providing
- raising awareness and knowledge about the topic
- useing non-formal education methods in multicultural activities/practical activities.



The entire project will last 6 months, from 23rd February 2020 to 1 September 2020; the implementation period will be between 18-28 May, including the travel days.

**Our mission** is to bring together 40 people from 6 different countries on a project that will be focused on national but also international networking among the participants who came from different areas and have different backgrounds, and also including people with fewer possibilities or from vulnerable groups.

Moreover, the Project concentrates on rising awareness on the significance of an active lifestyle according to a teenager or an adult's way of living. Changing habits and working on mindsets will develop more organized adults, with better physical and psychical conditions.

Taking everything into consideration, each of us is part of this chain called life and having a well-balanced lifestyle through sport and self-development will sustain everything that a healthy human being means.

## Testimonials



### **Viktorija Utrosa- Slovenia**

I think I've got more knowledge how to write a project, what we need for it, how many things we need to organize, especially financially, accommodations, trips/excursions food, how to manage countries and other important details. How much effort we and organizations need to give. Beside all that we have a bit new friendships, nature and great food. Although I've been to many previous Erasmus + projects so I could compare a bit. From my perspective, we could make a bit stronger connections with another and bit more enthusiasm, listening, giving and receiving feedback from participants would also be appreciated.



### **Tim Bucar- Slovenia**

This project was very constructive and I am very happy that I could participate. I also want to thank the organizers for all their effort. I would also like to thank our amazing team leader Janja since she gave 110% into helping us enjoy our time on the project without her support I would never be able to achieve as much as I have.





**Paul Iordache, Romania**

I am the leader of the Romanian team from the project „We can”, when I decided to participate in the project being the eleventh I did not think it would be different and that I will learn something new! But in the end, I had to learn more than in the ten projects I was involved in, I learned that I must always expect critical situations from the team and how I should manage them in order to overcome them. I learned how to better organize my time and travel, increasing the efficiency of the team and the project, as well as how to motivate my countrymen to participate in all activities, even if at times the energy. Leadership is hard but it always develops you as a person

and leader, you see the world, the people, the places, the cultures, the beliefs, the problems and the solutions and they always solve them and the desire to participate are completely lacking.

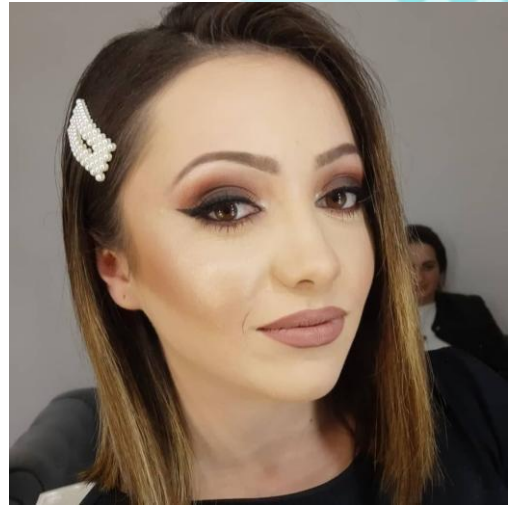


**Petya Maleshevska, Bulgaria**

The first day everyone was too closed and shy. I told myself this project would be nothing special. But there was a time when, like everyone, I started to relax, and people and the project turned out to be super interesting. And no, it was not for business, it was even more interesting how to create a project. Feeling proud of yourself creating a project that can change many people's lives in the future is what this project taught me. Teach me as well as responsibilities, and as different as we are, we are the same. The organizers were great, thank you heartily. Thank you for the

emotions you gave us. Thanks to all the participants for being so good. I created a human library with you, but not in my mind, in my heart.

This project was a unique learning experience and a great opportunity to learn new things about project management, project writing and to write an actual Erasmus + project, which was so challenging but super helpful task for me. I felt glad, that the facilitators were so experienced into the topic and were always there to answer all our questions, give us directions and a constructive feedback. Also considering the fact that there were participants from many different countries and with different background, we learned from each other, shared ideas, practices and experiences and widened our horizons. We had opportunity to try food and drinks from other countries and to learn traditional dances. At the end of the youth exchange, we all left London richer with a new life changing experience, motivated to spread the knowledge we gained and to make a positive change into our society.



**Sofija Petroska, Macedonia**



Erasmus + projects are one of the best ways to meet new people and discover new cultures. All you have to do is apply and once you are there, you just smile, be honest and introduce yourself. Usually you get as much out of the project as you're willing to put in.

At this particular project the facilities were nice (we even had access to a washing machine), the food was really outstanding and the people were friendly. New friendships were made and it was clear that the organizers put a lot of effort in this youth exchange. I had quite a lot of fun, I learned new practical skills and since the project was held in a rural area (quite far away from the city), I was also able to fully rest and recover from the busy lifestyle that I have back home.

I am grateful for this project and for the unique experience it presented. I also want to give special thanks to our amazing group leader, who provided us with all the support we needed - she was really there for

us and she made this project even more pleasant and enjoyable.

**Masa Rajh, Slovenia**



### **Anna Benedek- UK**

The most important outcome of this project was the practical tips and personalized guidance of trainers. The project was very well constructed, logically built and excellently carried out. There was a wide range of informal and non-formal methods which participants could greatly benefit from. The trainers were well prepared and demonstrated expertise in youth work, as well as the topic of project management.

The group dynamics of the participants was very pleasant, as there were participants with different cultural and educational background, so we all learnt a lot from each other.

I think it is safe to say everybody was inspired to make their own projects come to life. I firmly believe that participants managed to form networks which will serve as a ground for future partnerships.



### **Angela Sollecito, Italy**

“We Can!” has been an amazing youth exchange in which diversity, new ideas and energy were combined all together and in a successful manner. The activities were aimed at writing and presenting an Erasmus project and, eventually, what we came out with were different projects, each one of them concerning different topics such as sustainability, the protection of human rights, sport etc... Each of the project was thought and organized through group activities, combining different cultures and different points of view, bettering off cooperation and collaboration in every single group and stepping out from the “comfort-zone” we are all so attached to. Thanks to this youth exchange we have a better understanding of how Erasmus projects are thought, written, organized, approved and managed and how much effort and time have to be invested for their actual implementation.







I participated for the first time in an Erasmus project and to tell the truth I did not initially know what I was going to meet. I got a bit informed, I did some researches to be psychologically ready for this new experience and I must say that at the end of the journey my expectations were fully fulfilled.

Everything perfect, from the organization to the organizers' ability to never get bored and always find ways to make us feel useful and make us participate from the first to the last participant. It is an experience that also helps you to grow not only from a training point of view, but above all relationally. I really thank all the people who worked for us on the project and I will certainly not forget this wonderful experience.

### **Caterina Macario, Italy**

It was a 8 days project in London, UK. There were 7 countries and 8 participants from each country. It can understand like so complicate while you were hearing it first time, but you need to be relaxed.

In these 8 days we meet new people, new cultures and etc. like all other projects. But we learned one massive thing here. 'Writing our own project' and 'Manage the process'. If you interested in like that topics it is a life changing experience for you.

At the last part, we need to appreciate all our facilitators. Because they were so sincere and helpfull all the time. When time passed and one day in future if i remember this project, i will smile a lot and i will remember this sentence 'We Can!'



### **List of useful links**

#### **Erasmus +**

[https://ec.europa.eu/programmes/erasmus-plus/node\\_en](https://ec.europa.eu/programmes/erasmus-plus/node_en)

#### • **YouthPass**

<https://www.youthpass.eu/SALTO>

#### • **SALTO youth**

<https://www.salto-youth.net/>

#### • **List of National Agencies**

[https://ec.europa.eu/programmes/erasmus-plus/contact/national-agencies\\_en](https://ec.europa.eu/programmes/erasmus-plus/contact/national-agencies_en)

#### • **COYOTE magazine for youth workers**

<https://pip-eu.coe.int/en/web/coyote-magazine>

#### • **T-KIT 3: Project Management**

<https://pip-eu.coe.int/en/web/youth-partnership/t-kit-3-project-management>









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