

Project funded by the Polish-Ukrainian Council of Youth Exchange

YOUTH EXCHANGE

OPEN YOUR MINDS, LEAVE STEREOTYPES!

Funded by Polish-Ukrainian Council of Youth Exchange
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FINAL EVALUATION NARRATIVE REPORT

24 OCTOBER – 1 NOVEMBER 2016

KRAKÓW-ZAKOPANE, POLAND



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TABLE OF CONTENT

TABLE OF CONTENT	2
PROJECT BACKGROUND	3
LIST OF PARTICIPANTS	5
PROGRAMME' ELEMENTS DAY BY DAY	6
DAY 1, OCTOBER 24, 2016	6
DAY 2, OCTOBER 25, 2016	11
DAY 3, OCTOBER 26, 2016	18
DAY 4, OCTOBER 27, 2016	21
DAY 5, OCTOBER 28, 2016	26
DAY 6, OCTOBER 29, 2016	29
DAY 7, OCTOBER 30, 2016	34
DAY 8, OCTOBER 31, 2016	40
DAY 9, NOVEMBER 1, 2016	46
ANNEX 1 – SUMMARY OF ONLINE EVALUATION FORMS	49



PROJECT BACKGROUND

The project “Open Your Minds, Leave Stereotypes” is the common idea of representatives of 2 organizations from Poland and Ukraine, who together with young volunteers, active within the framework of their organizations, helped to identify existing needs of themselves and their peers. The project’s main aim was to create an opportunity for rebuilding historical-cultural ties that both nations have, but which are a little bit forgotten right now, taking into account especially economical and political relations of participating countries. This problem is extremely visible among young people, who did not have any chance to experience real Polish-Ukrainian cooperation in their life and the closeness of both societies. The main motivation of project partners and participants are existing needs, identified all together, based on really existing problem given above.

In frames of the project, 22 young people (including 2 team leaders), aged 19-24, interested in culture, languages, as well as broadening horizons, finding out new attitudes and looking for personal development, participated all together the Youth Exchange under Polish-Ukrainian Council of Youth Exchange, that took place in Kraków (first 4 days: 24.10-28.10) and in Zakopane (next 5 days: 28.10-1.11), Poland. Each of them with different background, experiences and values to share with others, fully ready to participate and search for similarities, to face new challenges, to get to know existing possibilities, as well as to improve personal aspects of their life.

During the main activity, young people had the opportunity to take part in program which main goal was to show participants how close are cultures of Poland and Ukraine, even though both countries are in different political circles. Both states are members of Slavic cultures family, but their closeness was crushed by several political and economical circumstances. Young generation should have a chance to work together and find own points of view and in this way to contribute to building effective dialogue between their countries and societies. This is why the main objective of the project was to strengthen intercultural dialogue between youth from Poland and Ukraine through elaboration of open and tolerant attitudes, opportunities to know both cultures better, breaking barriers and stereotypes, as well as cooperation within international group, giving possibility to utilize potential of mutual relations. 9-day project, prepared and implemented according to the idea of non-formal education, allowed participants for acquisition of new knowledge, skills and attitudes. It helped them in better understanding of individual and group development process, as well as in increasing their contribution to the life of their societies, showing youth role as the most important element in the whole process.



Specific objectives of the project:

1. Promoting languages learning and multilingualism as means of finding oneself in foreign labor markets and gaining experience, next competences, international contacts and development of cooperation;
2. Activating and stimulating young people's creativity;
3. Promoting non-formal learning for the development of knowledge, experience and competences in order to broaden Youth opportunities for personal growth and improve their situation on the labor market;
4. Presenting opportunities offered by information and communication technologies to navigate within modern states and societies, also for creation of different forms of expression;
5. Showing the important role of young people contributing to exploit existing relationships and development;
6. Strengthening intercultural dialogue, possibly by identifying common elements (including linguistic proximity of many countries and cultures) or values and by raising knowledge about other states and cultures;
7. Spreading the idea of European integration by promoting existing opportunities and possibilities offered by the EU among participants, their peers and communities.



Results:

1. The acquisition of knowledge and experience, as well as new competences on the topic of the project and an active civic life by participants;
2. Construction of an open, active and creative group of young people;
3. Increase the awareness of existing possibilities, opportunities and potential of Youth in many different fields connected with the aim of the project, but not only (self-esteem, self-confidence, etc.);
4. The development of interpersonal and social competences – development of key competences included in the soft skills associated with moving within groups and communities;
5. Raise the awareness of the closeness of both countries, broadening this way young people's way of thinking about each other and opening their minds for other cultures;
6. Promotion of language learning, non-formal education and European citizenship idea;
7. Prepare by participants texts, photos, presentations, videos and evaluation report – a lot of outcomes for exchange of good practices.



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LIST OF PARTICIPANTS

No.	Name & Surname	Country	Sex	Mail	Organization
1.	Zuzanna Głuchowska	Poland	F	z.głuchowska@gmail.com	European Center for Youth Initiatives  Europejskie Centrum Inicjatyw Młodzieżowych EUROPEAN CENTER FOR YOUTH INITIATIVES
2.	Aleksandra Kruszewska	Poland	F	akruszewska@ecim.pl	
3.	Marcin Księżopolski	Poland	M	mksiezopolski@ecim.pl	
4.	Mateusz Mejza	Poland	M	mateuszmejza97@gmail.com	
5.	Piotr Misiorowski	Poland	M	pmisiorowski@gmail.com	
6.	Jan Peché	Poland	M	jan.peche@gmail.com	
7.	Olga Piechowicz	Poland	F	olga.piechowicz654@gmail.com	
8.	Radosław Pyckowski	Poland	M	pycek@vp.pl	
9.	Patryk Semeniuk	Poland	M	patrykss2@o2.pl	
10.	Bianca-Eugenia Ursache	Poland	F	biancaursache@outlook.com	
11.	Bartłomiej Zajac	Poland	M	bartekzajac@yahoo.com	
12.	Olha Denysyuk	Ukraine	F	olyadenysyuk@gmail.com	Educational Initiatives Centre 
13.	Yura Deren	Ukraine	M	yuraderen@gmail.com	
14.	Maryna Kabak	Ukraine	F	marinakmf93@gmail.com	
15.	Mariana Kulynych	Ukraine	F	mariana.kulynych@gmail.com	
16.	Sofiia Ponomarenko	Ukraine	F	sofia18farfalla@gmail.com	
17.	Kseniia Skaletska	Ukraine	F	kseniask30@icloud.com	
18.	Vladyslav Sorokin	Ukraine	M	vladyslav.sorokin@yahoo.com	
19.	Pavlo Tkhorok	Ukraine	M	tchoryk.po@gmail.com	
20.	Oleg Voitkiv	Ukraine	M	olegvoitkiv@gmail.com	
21.	Tetyana Vorobel	Ukraine	F	tvorobell@gmail.com	
22.	Bohdan Zatorskyy	Ukraine	M	zbohdanu369@gmail.com	



PROGRAMME' ELEMENTS DAY BY DAY

DAY 1, OCTOBER 24, 2016


SESSIONS 1 & 2: WELCOMING, PROJECT INTRODUCTION, METHODOLOGY AND FIRST PART OF ICE-BREAKING GAMES

Objectives:

- To introduce the project's program, used methodology (based mostly on non-formal education), useful tools (especially Europass CV) and agenda in details;
- To get familiar with each other and to create a working atmosphere through name games and ice-breaking activities;
- To deal in a group with fears and expectations about the project.

Activities:

1. Official introduction to project – program and methodology



Time to welcome participants, as well as introduce, explain and describe all the details of the project and its main objectives. All of those had a purpose to let participants know what are the links between activities and to build in their minds idea of a logic process that they are going to pass during next 9 days of Youth Exchange. Introduction contained also part dedicated to methodology and explanation of all of the approaches used during activities, so holistic approach (Knowledge-Experience-Competence), learning through challenges, experiential learning, diversified education and personal contribution, as well as responsibility for education. Another part was focused on Kraków, Zakopane and Poland in general, in order to present its characteristic points and to show young people the diversity of Polish culture, as well as places which they would have the possibility to visit and get to know them better.



2. 2-integration-task set



Participants individually or divided into first mixed groups, took part in 2 activities: “What I would like to take to the mountains?” and “Picasso portrait & Secret friend”. Starting to get to know each other, while repeating the names during playing the name game, to feel the connection between both countries and similar cultures, to communicate effectively, as well as to cooperate for the first time in newly created team, trying to search for things that they have in common, participants overcame their first barriers and pointed out basements that were useful for the rest of the project. Both activities showed them important elements of the project according to its topic, respecting each other’s point of view and – most of all – cooperating in different situations.



Task: to open for others.

Aim: to build first relations, to create friendly atmosphere.

3. Instinct in the cage

Activity which has a purpose to show young people how much depends on them. They received only balloons, pens and their task was to take care about their own balloon. The winner was a person who stayed with her/his balloon as long as possible. Starting to attack each other, participants finished the task in 1,5 minutes and nobody stayed with the balloon at the end. This way we could discuss about possible solution and see that we always have another option to choose.

Task: to take care about balloon, to try to convince group to follow better idea.

Aim: to learn that not always going with the main tide is the best idea, to respect others’ choice.



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4. Onion of diversity



Activity based on methodology of 'speed dating'. During ten 1,5-minute rounds participants in 2 circles had opportunity to talk with 10 different people about 10 different topics – food, house, sport, travelling, education, hometown, hobby, work, dreams and country. Participants got time to talk to each other about their professional background, private life, habits, wishes, dreams, etc.

Task: to find as specific in common things with others as it is possible and present it after all in front of the rest of the group.
Aim: to find out topics to talk and develop with others later, break barriers, find common interests, build mutual understanding.



5. Fears & Expectations



Time dedicated for participants to think about fears and expectations that they had on the beginning of the project or before coming to Poland. The aim of this task was to think about things connected directly with the project, as well as their personal barriers and prejudices that existed (only) in their minds. Below we can see them and already after the Exchange we can say that, working together, fortunately we avoided most of the fears and fulfilled most of expectations.

Task: to see what kind of fears and expectations participants had on the beginning of the project.

Aim: to share thoughts with the rest of the group, to make the closer connection between participants, finding similarities among their opinions, to express how everyone feels on the very beginning.



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Fears:

- I won't have enough time to speak with everyone;
- Have no fun;
- It will be boring;
- To be fat;
- To get sick;
- Just to spend time with no result;
- Being kidnap;
- Not to have enough fun :O
- I'll get food poisoning;
- I'm afraid of problems with communication;
- I won't learn as much as I would like to;
- The whole project will end too early and I will miss my new friends;
- I'm afraid that until the end of the project I won't be able to make any friends;
- I'm afraid I won't be involved enough/as much as I wish in this project;
- Do not have enough free time (sometimes);
- Do not have enough time to know more about other participants;
- Not to have fun;
- Cold weather outside;
- Fear that I can't talk fluently in English;
- Not to be productive and useful enough because of a lot of things to do;
- Not to have fun;
- Not enough food;
- Team work;
- I won't have enough time to speak with everybody;
- Room mate;
- Lose all my documents;
- Be alone;
- Language barrier;
- Boring activities;
- That we will not go to Morskie Oko.

Expectations:

- Morskie Oko; make good relations with other participants;
- Get more knowledge about Ukraine (2);
- Get new skills; improve my English;
- Make new friends (2);
- Develop my English and Polish;
- Learn some traditions of Poland;
- Meet new friends (4);
- Improving skills;
- Have fun (5);
- Meet cool friends; spend good time;
- Learn Polish culture; learn English;
- To know more about Ukraine; to let everybody have fun while learning something;
- I expect to have a deeper knowledge of both – Polish and Ukrainian culture, to understand them better and be a great team;
- I expect to fulfill our goals;
- To bond with people of the same expectations, interests, hobbies;
- To learn more about Poland, its culture and its language;
- To develop my skills and gain new experience;
- Break language barrier;
- To have a good communication; making fun;
- To learn Polish fluently (→ at least A2);
- Meet new great people (4);
- To learn something about Ukraine;
- Meet as many nice people as I could;
- To work better with a group;
- Improve language;
- Practice my English; have a good time;
- Learn more about non-formal education;
- Improve my English and Polish skills;
- Have fun with new people; learn something new about Poland and its culture;
- To learn Polish;
- Get new experience according to project making and trainings;
- To eat zapiekanka at Kazimierz;
- People's involvement;
- Making new Ukrainian friends;
- Learn some new vocabulary;
- Speak in English more easily (learn to, improve language);
- Expand the point of view of some things;
- Going beyond comfort zone;
- Improve communication skills;
- Have unforgettable week;
- Networking; receive more info;
- Share experience.



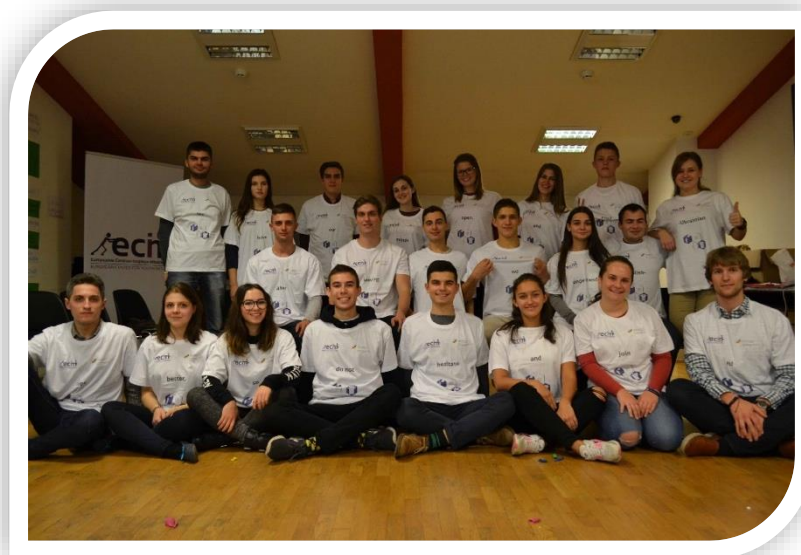
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Outcomes:

Participants met their peers in real and had a chance to make first personal impression thanks to taking part in few of ice breaking activities. Additionally, from the very first moment they had a possibility to take part into small talks which also broke their first barriers and let them realize the possibilities that they have, common points of view and interests with other youth. Young people also got to know in details what is the plan for each day of activity and fully understood the logic sense of the order of activities, taking into account the learning process they will go through. They got familiar with the instruments of non-formal education, among others while introducing the aim of Europass CV which idea was going to be developed during one of the activities in the future program. They got to know all the specific methods of this (for many people innovative) way of learning, so learning through challenges, holistic approach, learning by doing, diversified education, etc. It allowed them to understand the idea of their responsibility for the education and learning process which always should be finalized by self-evaluation to make it really effective, what also was introduced on the very beginning of the main action of the project.

Moreover, participants had a chance to find in common elements, to define their fears and expectations, trying to deal with them and helping each other to avoid or fulfill them during the time spent together, to break existing barriers, making good first impression and presenting themselves in the best possible way.

First group photo taken after integration activities:



DAY 2, OCTOBER 25, 2016

Energizer – ‘Guess my name immediately’



Participants had a task to repeat each other's names in very creative way. They were divided into 2 teams and standing in front of each other – isolated by the cover – one after another they had to shout the name of the person in front of, as fast as possible. The one who was the first with saying the right name was taking the “rival” to his team.



Task: to remember the names of team-mates better.

Aim: to energize group, to prompt the cooperation process in the team.

Energizer – ‘Chiki-Chaka’

To energize participants more, the other activity was provided in the morning. It was about singing the song and making movements in the same time, taking into account other people's space. All together young people had a lot of fun and while repeating few times this activity, everybody get familiar with that, what let them enjoy the whole game.



Task: to sing and dance together, taking care about other's space.

Aim: to energize group, to open youth for new, not so serious integration games, which give them possibility to feel better with each other.

SESSIONS 1 & 2: ICEBREAKING & TEAMBUILDING

Objectives:

- To establish in common rules;
- To strengthen team-building process;
- To continue getting to know each other on individual and group level;
- To create friendly environment of mutual understanding;
- To break last barriers;
- To go out of the comfort zone and broaden everyone's limits.



Activities:

1. Common Rules



Thinking individually, participants had to find at least one rule each, that in their opinion would be needed and useful during the whole duration of the 'Open Your Minds, Leave Stereotypes!' Youth Exchange. This way they created the list of common rules which establishment, done all together – one by one – helped in creating friendly atmosphere, mutual understanding and in feeling



group responsibility for learning process, as well as for helping each other next days.

Task: to work together on creation of the list of common rules.

Aim: to get the feeling of responsibility-sharing for the education and development process.

2. Touch the ball

Task provided to strengthen the team work and to prompt everyone to act, to spread their ideas and to make the compromise, satisfied for all the members of the team. Participants, divided into two groups, had to think how to deal with the task to touch one small ball following some rules: the ball had to be touched as fast as possible, when nobody could touch it at the same time, but everyone had to do it, but no more than only once. On the very beginning there were a lot of different ideas in both groups, but all of them unique and totally new for everyone. Finally, each team made an agreement and in final attempts, using different methods, did the task really quickly, following all of given requirements. The result of this activity was unexpected and showed young people how to work under time pressure, how to put many ideas in one and make effective decisions.



Task: to deal with many ideas and make compromise, using the best possible method.

Aim: to work as a team, to reach the agreement, dealing with many ideas and time pressure.



3. Mission (im)possible



Participants, working as one big team, had to accomplish 10 different tasks in 60 minutes. Afterwards, they had to present achieved results in next 20 minutes. List of tasks included drawing posters, writing a song with completely unconnected words, dancing, making funny photos of each participant, inventing and creating different elements, finding things which they want to implement



and try during the project and few more. All of those tasks were based on cooperating in pairs, smaller groups or with everyone at the same time. Everything (the way and order of tasks' making) from the very beginning up to the end depended on young people involved in this activity.

Task: to make a strategy and prepare plan including given conditions – possibility to work under time pressure in new multinational team in which participants had to find group leaders, divide tasks, cooperate and overcome their barriers.

Aim: to work together on tasks and challenge each other to get the best possible results in limited time.

4. Fruit game

Participants, once again working as one big team, received the instruction to the fruit game. Each fruit gave the group different amount of points and have to be passed from one point to the other in special order – could not be used one after another. Additionally, participants had to think about time management, which was the second most important thing in the whole process. The aim of the task was to score the biggest amount of points in certain time – predicted by the team. The point was to make common strategy and use the creative and logic thinking of team members, using their skills and ideas in the most effective way.

Task: to score the biggest amount of points as a team.

Aim: to find the best idea for the whole group, to use the potential of each of its member.



Outcomes:

Participants, after establishing common rules which everyone has to follow during the time spent together, could start to work together effectively. They faced first real tasks which needed from them constructive thinking, teamwork and dealing with time, making many different things at once. They had a possibility to fulfill them, utilizing all human resources that they had and integrate between each other. They also found out that even though they do not know each other well yet, they are able to cooperate and reach common goals. They also had a chance to see how it is to work in quite big, multinational and diversified team, when the time is limited, there are a lot of ideas, different points of view and other elements to deal with.

They discovered hidden parts of their personalities, making the future learning process easier, while opening for new possibilities, breaking barriers and going out from their comfort zones.

Energizer – ‘Giants, dwarfs and knights’



Participants working in 2 teams, had a chance to, through a group decision-making process, choose strategy for one of 3 characters, to become prepared for next round of competition. Game basing on traditional game ‘rock, paper and scissors’, gave participants a lot of fun, making them more energetic, with elements of team work process.



Task: to make group agreement before each round and to win the competition.

Aim: to energize group, to prompt the cooperation process in the team.

SESSIONS 3 & 4: WHAT IS CULTURE FOR US?


Objectives:

- To cooperate in mixed teams in order to find common elements of Polish and Ukrainian cultures;
- To point and name their most important parts;
- To discuss more about similarities in both cultures;
- To build good base for cooperation in the future activities.



Activities:

1. Team work – What is Polish and Ukrainian culture for us? Let's define! – creative brainstorming




Participants divided into 4 mixed teams, using the method of creative brainstorming, had to build definitions of Polish (2 groups) and Ukrainian culture (another 2 groups), following 3-steps process. In first moment, groups using any language that they know, put to each letter all associations they know, starting with first letters of the phrase 'POLISH CULTURE' or 'UKRAINIAN CULTURE'. Next step was to choose for each letter, one the most accurate association, basing no suggested method – could be compromise, voting, etc. Last step was to connect youth in 2 groups and let them think how to describe Polish-Ukrainian culture, using chosen key words and pointing on its most important elements.



Task: to find as many associations to Polish-Ukrainian culture as it was possible and to build its description.

Aim: to stimulate creative thinking, to combine ideas of everyone, to show similarities of both cultures, trying to describe it, using the method of creative brainstorming.

2. Presentation of team-work results



Both groups presented own built descriptions of 'POLISH-UKRAINIAN CULTURE'. After all, participants had some time for questions and discussion, remembering about the movie which was going to be shoot in next days. This way they tried to figure out and connect different ideas, combining their common work results in the future.

Task: to present team-work result.

Aim: to share different points of view, to see that culture has many dimensions and can be described in plenty of ways, to start to think about movie shooting.

Outcomes:


Participants had a chance to use the method of creative brainstorming to think what Ukrainian and Polish cultures mean for them, trying to create at the end common description for both, taking into account the most important similarities on this field. This way young people confirmed that both cultures are much closer than others could expect and sometimes have even the same food and traditions. Because of using underlined method, they had a chance to realize that decision making process is really important to find out the compromise, without losing unique personalities of team members. It could help them to find themselves in today's, multicultural world, where even though many things are different and differences are considered normal, still we need to cooperate to build society and reach common goals with other people.

Moreover, because of introduction of the idea of movie shooting, participants had time to think about their ideas and try to figure them out, taking into account founded similarities.

All of those outcomes became important parts of next days' activities.

Summary of Daily Evaluation

Feelings

- 
- Active;
 - Excitement;
 - Energizers!
 - Tired (but in a good way 😊);
 - A lot of fun;
 - Happy;
 - Inspiration;
 - Unusual learning;
 - Out of energy 😊
 - Motivated;
 - Educated;
 - Satisfied;
 - We liked our activities, our team work and conversations;
 - Having fun 😊



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Findings

- Meeting new people;
- Roshen (for Polish people);
- New knowledge;
- How to cooperate – teamwork;
- New information about common culture;
- How similar our cultures are;
- Knowing better Ukrainian culture;
- Meeting great people better and better;
- We learned how to manage the tasks in the short time;
- We are integrated more and that's cool, we are liked.

Feedback

- No WiFi;
- Good organization;
- Food 10/10;
- We need Morskie Oko!
- More energizers;
- We need more free time;
- Tasks were very good prepared;
- Enough food which was good;
- We really like your energy and positive way of thinking;
- All the people are good speakers;
- For Ukrainian girls it's too much food, but it's OK!



DAY 3, OCTOBER 26, 2016

SESSION 1 & 2: POLISH-UKRAINIAN CRACOW – GUIDED TOUR

Objectives:

- To show participants history of Cracow city;
- To let them find connections between Poland and Ukraine in Cracow;
- To work in mixed teams in order to prepare the photo gallery from the trip;
- To prompt the cooperation in mixed teams.

Activity:

Guided tour through Cracow



Participants had a chance to see the history of Cracow in real, going through roads of past queens and kings. Starting with Barbican, we went to and around the old town and then to the Jewish district, all the time searching for connections between Polish and Ukrainian culture. Meanwhile youth, divided into 4 groups, had to think about taking photos and preparation of the future presentation about the excursion.

Task: to show participants the most famous historical city in Poland, to let them compete between teams while preparing the photo gallery.

Aim: to get to know common Polish-Ukrainian places in Cracow, to stimulate creative thinking while preparing the photo task.




SESSION 3 & 4: OUR PHOTO GALLERY – EXHIBITION

Objectives:

- To analyze founded connections through photos showing;
- To stimulate creative way of thinking while preparing presentations, using different methods;
- To let participants use their digital competences while preparing and presentation skills while describing photos.

Activity:

Exhibition of photos taken during the tour



Time dedicated to show prepared photo galleries. Each group presented its own exhibition, using different methods, such as movie or presentations made in original way. All of them had the same content, but were presented in many different ways. The task allowed all young people to consolidate acquired knowledge in order to use it effectively in the future.



Task: to find the best way to present obtained results, to try presentation skills.

Aim: to let participants practice their skills, to make decision how to present their job in the most interesting way.


Outcomes:

Day provided in order to make cultural visit in Cracow gave participants the chance to get to know better its culture, to feel the atmosphere of the city, as well as to find out common elements of both cultures which are visible in this city. Guided tour, besides of giving them great feelings, allowed people to compete in smaller teams in order to make the exhibition of taken photos at the end. Thanks to this activity they stimulate the creative way of thinking, trying to find out the most attractive way for showing gained results.



Summary of Daily Evaluation

2 sentences about today – made in mixed groups

- 
- We think that there are a lot more things in common between Lwów and Kraków. Also we were finding for some of us that there is an Orthodox church in Kraków.
 - It was amazing to be outside and visit Old Cracow and find out about common things in Polish-Ukrainian relations. We improved our presentation skills and discovered how to show the same subject in different ways.
 - We learned a lot about Kraków where we have taken a few great pictures for social media 😊, as well as we get to know new program for preparing presentations (iMovie). But the guide should prepare better for presenting Polish-Ukrainian relations in Kraków – more specific connections.
 - We really enjoyed the day, which was full of new information and Zapiekanka (with nice prizes). It's good that we spent almost whole day outside, because we got a lot of oxygen and we get to know new places in Cracow which showed us how similar our cultures are.



DAY 4, OCTOBER 27, 2016

Energizer – ‘Bridge of trust’



Participants, sitting in the circle, were laying down on each other's knees. In meantime 3 volunteers, who stayed outside of the circle, were taking out next chairs, making the whole process harder and based more on participants than on wooden pillars. Activity based on trust built between participants during previous days. Operational target: to keep the bridge up without chairs.



Task: to lay down on knees of person behind and keep person in front on our own, without chairs below.

Aim: to build unlimited trust in the group, to energize the group.

SESSION 1 & 2: HOW TO BE OPEN FOR OTHER CULTURES?


Objectives:

- To define what are the most important elements of being open for other cultures and try to think why;
- To exchange points of view and ideas, first in smaller groups and then in the bigger discussion;
- To analyze ourselves and realize what influence on the personality the most;
- To know other participants better through open discussion and experience sharing.



Activities:

1. Discussion about openness for other cultures






Young people, divided into mixed teams, had a possibility to discuss and point out the most important elements of being open for other cultures, trying to think also about the reasons for that. After some time, they had an opportunity to share their points of view and experiences on this field, trying to find out the biggest problems and giving each other advices what they should improve in their attitudes and behaviour to meet new cultures and get familiar with them.



Task: to discuss about reasons and the most important elements of being open for other cultures.

Aim: to exchange different points of view and ideas, to stimulate young people to discuss in the friendly atmosphere, to improve abilities of getting to know new cultures.

2. Identity analysing



Open time space dedicated for reflection of each person on herself/himself, her/his strong sides, events and moments in life that determined him/her the most, which influenced in the real way on character creation. The most important element was to concentrate on openness or closeness for experiencing new cultures. After that, in the second part of the activity, young people had

a chance to talk more about it in pairs and at the end, to share those things about themselves with the group. This way everybody started to feel more comfortable with the group and new kind of relations among participants were built.

Task: to reflect on oneself, to identify strong and weak sides, as well as their roots, to find reasons why we are open or close for other cultures.

Aim: to understand oneself better, to build good background for opening oneself to others and for making better background for international friendships' making and experiencing other cultures.




Outcomes:

Activities provided in the morning let young people think more about tolerance for other cultures. They discussed a lot about possible conflicts because of the cultural behaviour of other nations and, among others, because of that they once again realized how similar are Polish and Ukrainian relations. Later on they spent some time on developing skills related to thinking about themselves as open or not-open person, what helped to get to know their personality better and realize that their nationality and social behaviour are strictly connected with the culture of the country where they come from.

Because of all from above, participants became more self-confident, growing up thanks to developing of different competences connected to creative thinking, analysing, foreign languages, cultural awareness and attitudes such as openness, assertiveness, consequence, tolerance and much more.

Energizer – ‘Uncle Willy’



This energetic activity was about singing the song and making movements in the same time, trying to involve more and more people in the dance. All together young people had a lot of fun and while repeating few times lyrics and moves, everybody get familiar with that, what let them enjoy the whole game.

Task: sing and dance together, involving more and more people in the game.

Aim: to energize group, to integrate more, to let people feel better with each other.



SESSION 3 & 4: INTERCULTURAL ENVIRONMENT

Objectives:

- To make everybody more sensitive on intercultural aspects;
- To continue getting to know each other on individual and group level;
- To see the importance of effective communication, not only verbal one;
- To understand different cultural environments in practice;



Activity:



1. The Derdians

Participants divided into 3 groups took part in simulation game about meeting between 2 cultures during which they had to find the key to understand foreign cultural behavior while analyzing consequences of different gestures, words, situations. Engineers thinking in their way, knowing some aspects, had to explain how to build a bridge to the group of Derdians, having limited



time and resources as well as completely different cultural background. Last group – the group of ‘experts’ was responsible for observing and thinking about conclusion, given at the end of the session.

Task: to create environment of different cultures, behaving according to own rules and to find the way to communicate effectively and build the bridge together.

Aim: to sensitize participants on the issue of cultural barriers and differences, as well as importance of effective communication in order to reach common goal.


Outcomes:

Participants could realize in practice what does intercultural environment mean, what was possible by giving them abstractive roles, and marking importance of effective communication as well as language learning. By finding out a lot of similarities in their cultures, but also by analysing differences between countries and traditions of totally different nations, young people confirmed that Polish and Ukrainian nations are much closer than they could expect.

All of those outcomes became important parts of next days’ activities.

Summary of Daily Evaluation

What did we like?

- 
- We liked the morning activity, because we had the chance to be open and to express our thoughts/feelings/experience;
 - Derdians game;
 - Debates after “Me open”;
 - Discussion about openness/not openness of our group;
 - After this discussion we felt more relaxed;
 - Playing the game;
 - Lunch;
 - Games;
 - Intercultural activity.

What did we learn?

- The game was great. We learned many new things and it was also practical exercise. We were able to see what we can do to accept other’s culture and also negotiate;
- To respect other cultures;
- Find compromises;
- To be more open;
- It is hard to communicate and cooperate with other cultures;
- We need to respect their “rules”;
- Social behavior;
- Culture of Derdians;
- How to express myself;
- We met each other better.

What we would like to improve?

- More logical activities;
- More public speeches;
- We think that there were perfect tasks with perfect results;
- More free time.



DAY 5, OCTOBER 28, 2016

Energizer – ‘5 legs, 4 hands’



Energizer provided in order to prompt again the cooperation between participants. Their task was to think how to make the “sculpture” constructed with the involvement of 11 participants per group. The main requirement was to put on the floor only 5 legs and 4 hands, what made the challenge more interesting and funny in the same time.

Task: to put only 5 legs and 4 hands on the floor, involving all members of the team.

Aim: to think how to fulfill the task’s requirements, using the group potential and taking into account the goal to reach, to energize the group.



SESSION 1: LANGUAGE LEARNING MINI-WORKSHOPS PROVIDED BY PARTICIPANTS





Objectives:

- To let participants challenge themselves;
- To learn different elements of languages;
- To stimulate creativity;
- To strengthen interaction within the group by participants;
- To give a chance to turn ideas into action;
- To empower young people for future initiatives.



Activity:

Mini linguistic workshops provided by participants



Participants, working in their national teams, implemented earlier prepared mini-workshops dedicated to language learning, providing short sessions about their mother tongue for the other nation. Form of workshops was not limited, what let young people participate in diversified activities based on LipDub making, grammar lessons, fulfilling different tasks related to reading, speaking, repeating and writing. What was the most difficult – Polish people had to learn how to use different, Ukrainian alphabet, so everybody had a chance to challenge herself/himself – in teaching, as well as in using acquired knowledge in practice.

Task: to implement own mini-workshops and teach others one of languages in interactive way.

Aim: to stimulate creativity, to empower self-confidence and entrepreneurial spirit among participants, turning ideas into action, to practice foreign languages, to strengthen feeling of shared responsibility for passing development process.



Outcomes:

Session dedicated to implementation of mini-workshops prepared by participants built their self-confidence and let them be in the role of facilitators, trainers, giving unique experience for future initiatives, as well as activities related to project results dissemination. Youth, involved in particular actions in the many different forms, could practice their linguistic skills in Polish and Ukrainian. It let participants see next similarities, differences and other elements in the forms which were not discussed before, during previous activities.

SESSION 2: COMMON VALUES OF UKRAINE AND EUROPEAN UNION

Objectives:

- To think more about common values of country from EU and from outside;
- To see different points of view of participants;
- To learn how to lead the discussion to make some conclusion about given topic;
- To think outside of the box and give reasonable arguments.

Activity:

Discussion about Ukrainian–EU common values



Participants had a chance to discuss about EU values, taking into account their different points of view. They were based not only on different environments and membership in the European Union, but also on personal experiences and knowledge about European structures and benefits that come from them. It was also the good base for the workshop about EU membership benefits and problems.



Task: to discuss about values provided by EU, to exchange points of view.

Aim: to learn how to argue with other's opinion, to think more about European membership, to improve soft-skills in public speaking.

Outcomes:

Session dedicated to improve discussion leading' skills and to open for other's opinion. Polish team could share their experiences and knowledge about European Union and Ukrainian one say aloud what they expect and how it looks like from their side. This way, the whole group had an opportunity to exchange different points of view and have a fresh look on everyday life of EU countries, comparing it with reality of the country which is outside. Really effective discussion led us to interesting conclusions which helped everyone to understand the future learning process.



DAY 6, OCTOBER 29, 2016

Energizer – ‘Sculptures gallery’

Participants working in 2 teams – 2 circles – had roles of artists and monuments, where those first ones were creating their masterpieces by giving to colleagues some things. In the first round: positions, in second: moves and in the third one: voices. This way each 2 rounds participants got the real gallery of moving and yelling sculptures. After building process, artists had a chance to watch all of the masterpieces and have a lot of fun.

Task: to build sculptures using bodies of other participants.

Aim: to trust each other more, to open for each other, to break barriers, to energize group.



SESSIONS 1 & 2: MOVIE SHOOTING – POLAND-UKRAINE NEVERENDING FRIENDSHIP

Objectives:

- To have new challenges and try to make the movie by ourselves;
- To interact and cooperate with each other;
- To develop skills related to movie making;
- To get more familiar with turning ideas into action.



Activities:

1. Collecting ideas and script writing



First of all, participants have been divided into smaller, mixed teams in order to think about possible script for the movie concluding Polish-Ukrainian neverending friendship. After that, we had the discussion about it with the rest of the groups. Even though on the beginning all of the ideas sound too differently to make it possible to connect them together in one movie, finally we



have made the combination of all of them and we created the whole script, which helped us a lot in future movie making process.

Task: to prepare and make the script for the common movie.

Aim: to open, to break personal barriers about sharing ideas, to express ourselves through the film as the summary of what we gained during the exchange.

2. First part of movie shooting

After collecting ideas and creating one script for the movie, participants have started to work in order to shoot the material. First few scenes which were necessary on the beginning made them even more integrated and let them cooperate effectively, changing a little bit the ideas meanwhile and developing them, while working.



Task: to shoot the scenes for the final movie.

Aim: to learn how to cooperate and react in real action, to prompt initiatives taking among youth.



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Energizer – ‘I have/I have never’



Participants, sitting in the circle, were reacting on sentences given by one person standing in the middle. Starting with words ‘I have’ or ‘I have never’ we had a chance to see who else experienced the same, because after that everyone who ‘has/hasn’t ever’ done something, had to stand up and find another place to sit. Always different person, staying in the middle, was responsible for stimulating next round.



Task: to react on the comment of the person in the middle.

Aim: to open ourselves and find out next similarities, to energize the group.

SESSIONS 3 & 4: LET’S CONTINUE OUR MOVIE SHOOTING

Objectives:

- To work together to reach one, big, common goal;
- To shoot the scenes one by one in order to create the material for the final film;
- To exchange experiences;
- To stimulate each other, giving everyone the role and task to do;
- To find group conclusions and cooperate effectively.

Activity:

1. 2nd part of movie shooting

Using ideas of two boxers’ friendship and small speeches of each participant, young people continued to work together in order to prepare one of the final results of our common work during the project. Everyone was involved in this task, giving the best of him/herself in order to make the final effect more powerful. Common work gave us wonderful result available to watch on our webpage and Facebook fanpage.

Task: to shoot the material for the movie about Polish-Ukrainian friendship.

Aim: to stimulate creativity, to show the movie as a way of expressing ourselves, turning ideas into action.



Outcomes:

Day focused on working as one big team gave participants ability to speak openly about their ideas and this way to find the way to collect many different points of view and visions in one big one. Young people had also a chance to challenge themselves in front of the camera and figure out the implementation of ideas into action. Working in order to reach one, big, common goal – to create the final movie of Youth Exchange, showing Polish-Ukrainian neverending friendship – allowed them to realize (once again) how close our cultures are and that people together can make everything they want, as long as they know how to deal with others.

The result of this effective day, together with other results of the project, is available to watch on European Center for Youth Initiatives' webpage: <http://ecim.pl/our-projects/open-your-minds-leave-stereotypes/results/>.

Summary of Daily Evaluation

Feelings

- 
- As we had many ideas refer movie “Polish-Ukrainian friendship”, it took us all day to shoot, so it was exciting;
 - We were happy to spend all day recording a movie;
 - Motivated;
 - Feeling excited about Ukrainian evening;
 - Feeling like an actor;
 - Excited;
 - We are happy to be in such beautiful place as Zakopane;
 - It was interesting to get experience in filming videos and to feel ourselves as actors.

Findings

- For Janek was interesting to learn Ukrainian words and song;
- For Tatyana & Sofia was interesting to learn new Polish songs;
- It is not so easy to record a movie;
- However, it is great fun anyway;
- How to make a film;
- Share ideas;
- Working in team;
- In Zakopane is easier to get inspiration for creative ideas.



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Feedback

- We would like to have more free time;
- Cultural evening is a great idea;
- Great dinner;
- A lot of positive emotions;
- Good organizational skills of our organizers;
- Everybody's involvement in movie making;
- We liked our activities and energizers! Thank you for everything that you do for us! 😊

1ST CULTURAL EVENING: UKRAINE



Evening prepared by Ukrainian participants, during which Polish people had an opportunity to see presentation about country, cities, curiosities, culture (costumes, dances, traditions) and many more, as well as to take part in activities connected with using Ukrainian alphabet and showing the knowledge about our neighbours' history, culture, traditions while

playing the quiz. It was also possible to try local and national cuisine which was represented by different types of food and drinks. All elements were made taking into account possibility to involve the second half of participants and presented in public what was additional challenge for participants who again extended their comfort zone.



DAY 7, OCTOBER 30, 2016

Energizer – ‘Famous characters’



Activity based on acting like famous people or specific machines. One person, who was pointed by someone standing in the middle, had to do some specific gesture, and two people next to him/her, also had to act, to make a “setting”. Every time when somebody did something wrong, had to stand in the middle and point on others and the game was on.



Task: to act like famous people, to repeat specific gestures.

Aim: to energize participants, to break personal barriers, to learn how to react quickly and properly.

SESSIONS 1 & 2: ACTIVE CITIZENSHIP



Objectives:

- To think more about being an active part of the society;
- To compare points of view of participants, coming from different cultures;
- To develop skills related to respecting each other’s opinions;
- To get more familiar with defending ideas in front of other group’ members.



Activity:

Active civic society



Participants, basing on questions from European Social Survey, had time dedicated for discussion about active civic society. They analyzed their everyday life' behavior in order to find the arguments why they can consider themselves as active or passive citizens. This fruitful discussion (as each one which were taken in our team) led

participants to the common conclusion that we, as people who are voting, are responsible for taking care about our closest environment (in politic, economic and many different areas) and without our involvement it's impossible to reach any goal and to solve any problem.

Task: to let young people think more about active citizenship, to make them more self-confident in discussion' leading skills.

Aim: to let young people realize how much depend on them and that without their involvement any change is possible, to activate them and stimulate to act in everyday life.



Outcomes:

Taking part in those two sessions, let participants realize their important role in the life of their societies, as well as think a little bit more about it. Because of the analyzing the European Social Survey, they had a chance to use official method to compare their points of view and style of living and on this basis make some conclusions about habits that they have. While discussing with people from different environments, they get to know better how they can change their behavior and activate themselves more, what would make huge contribution to their own life, as well as to the attitudes of people from their closest environment – their peers, families and colleagues. This way the project once again has a chance to impact not only directly on the participants of the Youth Exchange, but also the results and thoughts could go to the local, regional and global communities.



SESSIONS 3 & 4: EUROPEAN MEMBERSHIP

Objectives:

- To analyze the membership in the European Union and its tools as the mechanisms that accompany us in everyday life;
- To compare the knowledge of participants and make the common conclusion;
- To spread the knowledge of people who are or are not the members of European Union;
- To get more familiar with European tools – most of all Europass CV.

Activities:

1. EU membership benefits



Basing on the method of World Café, participants – going from one leader to another – had to think about benefits and problems connected with EU membership. This way, they found out a lot of them, basing on the knowledge of previous group, developing their ideas, but also searching for their own ones.



Task: to think about benefits and

problems coming from the EU's membership.

Aim: to let participants think deeper, even though on the beginning it looks like there are no more possibilities, to show them different points of view of others and to discuss about them.



2. Europass CV as a key to European labor market



During this activity, participants were thinking about the idea of useful tool in the European labor market. Europass CV allows young people to follow the main idea of collecting experiences in the proper order and to describe them in attractive way. Moreover, it helps to systematize acquired skills. Showing their importance in the professional life, young people could notice how they can use this tool to be visible as the possible employee not only on the local or regional, but also on the European job field. It helped them to take responsibility for their development and systemizing the information.



Task: to exchange experiences and to get to know the Europass CV.

Aim: to get familiar with this instrument and to use it in participants' professional life.

Outcomes:


Focusing on European aims, participants had a possibility to think more about benefits and problems which come from EU membership. Basing on the method of World Café they found out more things than they could expect, so this way they realized that people's creativity has no limits and the more people we have involved in our task, the better result we can gain.

Additionally, the day let participants become more familiar with some European tools, especially with Europass CV. Many of them already knew it, but for some of them it was something totally new. Anyway, everyone found it interesting experience, to share ideas and it let them improve their own CVs this way. Effective day helped young people realize how many possibilities they have and that it only depends on them if they are going to be used in the future.



Summary of Daily Evaluation

Feelings

- 
- Feel full with new information;
 - Happy for snow;
 - Relaxed and happy.

Findings

- Improved our discussion skills;
- Got knowledge about civic society;
- Europass CV;
- EU problems and advantages;
- How active society should be;
- How open European market can be.

Feedback

- More active workshops and exercises;
- More simulation games;
- Good that we have received some free time;
- Interesting discussion.

What did we like?

- Interesting discussion refer building, meaning and implementing active society;
- Snow ☺
- We really liked our discussions on different themes (especially about civic society), because it helped us better understand our role and importance in developing and creation of civic society.

What did we learn?

- We better understood advantages and disadvantages of EU-membership;
- New form of CV – Europass;
- What is civil society;
- It was helpful for us to know new information about Europass.

What we would like to improve?

- Leadership skills;
- Speaking, leading discussion skills.



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2ND CULTURAL EVENING: POLAND

Evening prepared by young participants from Poland, in cooperation with folklore group, during which Ukrainian part of the team had opportunity to see interactive and inclusive performance composed by traditional dances, local and national cuisine (a lot of great food, especially from the region of Tatra Mountains, but also homemade – brought by participants), as well as play prepared quiz and games. All elements were made taking into account possibility to involve other participants and presented in public, what was additional challenge for participants who again extended their comfort zone.



DAY 8, OCTOBER 31, 2016

Energizer – ‘Crazy banana’

Activity based on doing random things with imaginary banana. Starting with taking, moving to peeling, then eating, making cocktail, etc. participants had to move in the certain way, repeating the movements after the person who were leading the activity. The whole “song” took more than one minute and we did it few times, each time faster, so everyone get so energized.

Task: to make the movements, imagining banana’s eating.

Aim: to energize participants, to break personal barriers, to learn how to react and repeat given movements.



Energizer – ‘Princess, castle, earthquake’

During this activity, participants had to – first of all – find a couple and create the castle for their princess. One participant, standing in the middle, alone was giving the commend to the others, saying one of three words: princess, castle or earthquake, which was accompanied with some gestures and movements. Everyone had to change his/her place according to the commend and if he or she not did it in the certain time, was standing in the middle and it was his/her turn to lead the game.

Task: to change places according to the given commends.

Aim: to energize participants, to break personal barriers, to learn how to react quickly and effectively.

SESSIONS 1 & 2: DRAWING THE MAP OF STEREOTYPES

Objectives:

- To think about stereotypes that we had in our minds before coming to the project and compare them with after-project way of thinking;
- To express properly the opinions while drawing the map of neighbored country;
- To expand horizons of participants and abandon existing stereotypes;
- To sum up the knowledge and attitudes gained during the Youth Exchange.



Activity:

We came here with stereotypes, we are leaving with friendship ties!



Activity dedicated to think more about existing stereotypes, as well as about the result of our project. Participants, working in national teams, had a task to draw the map of the neighbored country and fulfill it with the drawings of stereotypes which they had/still have/broke during the

project development. This way both groups created the map of Poland and Ukraine, showing their personal opinions about partners and explaining why they put those things on their drawing. Practicing presentation skills, they once again expanded their comfort zones and show how much they gained and learnt during the project.

Task: to draw the map of existing/abandoned stereotypes about other country.

Aim: to think more about acquired knowledge about other cultures, to sum up the feelings and findings of participants.



Outcomes:

During the time dedicated for working in national teams, young people had a possibility to sum up their feelings and findings through drawing and expressing their thoughts about different country and its culture. The activity's main goal was to show young people how much their way of thinking can be changed just by knowing other people and because of them breaking existing stereotypes which usually (if not always) are falsifying reality and in general – our world and way of seeing other people. This way they realized that it is really worth to take part in new initiatives and always come to others with minds opened, being ready to abandon, leave existing prejudices.


SESSIONS 3 & 4: COLUMNS? ARTICLES? LET'S EXPRESS OUR OPINION ABOUT PROJECT AND POLISH-UKRAINIAN RELATIONS!

Objectives:

- To work on the project evaluation in non-usual way – writing the column or article about OMLS Youth Exchange;
- To work specifically on that forms of expression;
- To stimulate creativity;
- To strengthen team work processes;
- To write texts for the final OMLS brochure.

Activities:

1. Discussion – articles and columns – from similarities to differences




Discussion in one big group dedicated to exchanging experiences, points of view, based on 2 key elements – articles and columns. Participants had open space to talk, comment, give their opinions, as well as define key characteristics of articles and columns. At the end of discussion, participants were divided into teams which were writing articles or columns about that kind of projects, taking into account the results that we have made together during our Youth Exchange and showing the importance of Polish-Ukrainian relations.

Task: to discuss and share points of view.

Aim: to inspire others, to give examples, to make good introduction for writing process.



2. Team work – articles and columns writing




Participants, working in teams, had time for developing their ideas, putting them together, mixing and separating in order to find solution to write common text, what became a challenge bigger than writing alone. Exercise focused not only on writing, but also on team work process, which normally is not present in the work of journalist writing articles and columns, while selecting words and/or putting feelings 'on paper'.

Task: to write articles or columns, working in the team.


Aim: to receive synergistic effect, to let participants combine ideas, to strengthen team work process, to find out different and diversified ways of articles and columns writing, as forms of expression that can be used by young people.

3. Team work – articles and columns translating



All of the teams were translating their texts within teams or – if they did not know how to express some things – asking for help members of the others. This way they were able to prepare 3 versions of articles and columns – English, Polish and Ukrainian.

Task: to translate texts into mother tongues of participants.



Aim: to strengthen team work process, to show how important is possibility to count on others, to get new skills – translating, as well as reading and listening in other language, while working together and explaining different elements.

Outcomes:

Participants had a chance to work on their own texts, being in mixed teams, using different languages, having a lot of ideas, what was challenging, but at the end gave a lot of satisfaction and brilliant results. During the whole process of texts' preparation, participants developed skills such as team work, English speaking and writing skills, but also abilities related to discussing, giving and defending their points of view, sharing experiences while taking into account different backgrounds of others. Moreover, sessions stimulated creativity and critical thinking of participants. They showed to young people that they can do everything they want, but they need to have the will of acting!

Outcomes of sessions dedicated to articles and columns writing are available as integral part of "Open Your Minds, Leave Stereotypes!" Youth Exchange brochure: <http://ecim.pl/our-projects/open-your-minds-leave-stereotypes/results/>.



Summary of Daily Evaluation

My opinion about today – given one by one, by each participant

1. 1st part of the day: I like painting so I enjoyed it. 2nd part: while writing it's easier to explain what we have done, key points of this project.
2. I hate drawing, so I was trying to be the leader, leading activity connected with drawing. I like writing, but I'm individualist so I would prefer to write it by my own, but I liked the teamwork.
3. I loved the part with drawing – it was interesting to draw associations connected with Poland. 2nd part: I really liked it! It's really good memory for all of us. We can show brochure to our friends, but also come back to it by ourselves.
4. It was amazing experience to create own texts and to help people to express themselves.
5. I'm so proud of myself because of the drawing part, because I realized that I broke some barriers and I've even draw something!
6. I also really enjoyed the first part of today, even when the result is not amazing at the end. The 2nd part was pretty hard and challenging to put everything together and remember.
7. It was a challenge to translate article from English to Ukrainian. It was easier to ask Polish person how he/she did it and then do it in Ukrainian than straight from English.
8. I had fun drawing, so it was good. And I also enjoyed the column writing – we were working really fast and meanwhile translating.
9. The whole day connected with art – I enjoyed it! On the beginning it was hard, but then I found the inspiration and we really supported each other in the team.
10. 1st part of the day was really cool – guys were writing what girls have to draw. 2nd part – it was hard, because 3 languages have mixed in my head. It was so hard to write it as for the newspaper, with every mark and so on. We should have more time to do it better.
11. 1st part of the day: we did it, but maybe not us, but girls. I've just gave them a chance 😊 2nd part: we also did it. We used many devices, but it was interesting. We will see the results in the brochure.
12. It was good with the first part of the day, but second was better. I don't usually have the opportunity to write that kind of things and translation was not so easy as I've expected.
13. It was a good day! 😊
14. I liked both parts. I like to draw pleasant things for Polish people – I was so happy about it. I was lucky to be in this team – every sentence we did together and we were helping each other. We finished faster than other teams.



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15. It was interesting to choose and write pictures for other participants – how we would describe them. On the 2nd part, when we should write article, we were trying to explain our opinion support, but then we've made decision to do it together. I enjoyed it.
16. I really liked the 1st part of the day, because it was nice to watch people drawing and it was so relaxing. It was the great day, in general.
17. We had possibility to reflect our project and refresh our memory what have been done during the exchange. Both things helped in making conclusion.
18. I expressed my ideas in the 1st part. In the 2nd one I translated half of the article and then the other member of the team has finished.
19. 1st part was boring because I cannot draw and the second was hard, because I didn't finish my job.
20. For me it was hard day, because I hate painting and I also hate writing, so it was not a day dedicated for me. I think evening will be better.



DAY 9, NOVEMBER 1, 2016

SESSION 1 & 2: PROJECT RESULTS PRESENTATION & FINAL EVALUATION

Objectives:

- To show how much participants made together;
- To present acquired knowledge and all of the materials made during the project;
- To remind each other what participants had learnt during the Youth Exchange;
- To create overall view for the whole working time;
- To give a free space for initial evaluation;
- To assess if learning needs were matched to the provided program and content;
- To remind the most important elements to each other;
- To let participants freely share their impressions and exchange experiences.

Activities:

1. Project results presentation




Participants in mixed-international team, in which they were working during many activities, as well as in national ones, had an open space to present the results of their common work. Young people got an opportunity to read aloud their columns and articles and to present other effects of their teamwork, like showing the maps of stereotypes and watching the video about Polish-Ukrainian friendship. All of those let us realized how much we have done together and what are the real effects of our time spent together in Cracow and Zakopane.

Task: to present the results of common work.


Aim: to let everyone see what was done during those 9 days in Poland, to let people realize how much things they are able to do, if only they want to.




2. Final project evaluation



Time dedicated to present opinions of the participants, their feelings and feedback about the whole project. They had a possibility to share all of the learning outcomes, reflect on entire seminar and look to different aspects of it, such as logistics, program, facilitation, group cohesion, etc. Young people shared their points of view and listened to others.



Task: to summarize the project outcomes, to evaluate common work, to discuss about passed process all together without barriers.



Aim: to show people what they have done together, how much they get from taking part into this initiative and try to make them more active in their future life.



Outcomes:

The open space of two sessions described above let participants share impressions and the most important elements from the whole project development process. Participants had a chance to evaluate project from different points of view, taking into account many aspects, as well as to find themselves and their role in the whole.

Having in minds that fixation by repetition and reminding what they have done, guided participants to one of the most important elements of the program implemented, so the results of joint work. This way they consolidated acquired knowledge and it built among young people a sense of self-confidence, letting them realize the value of each of them as co-authors of the project, its results and future inspirers of all kinds of initiatives.

Evaluation and summary underlined the huge potential which young people have and let them find out that all of the needs and expectations were filled, most of fears were avoided and also that created environment allowed them to make a lot of great results.

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SESSION 3: CLOSING CEREMONY

Objectives:

- To let summarize project all together;
- To certify participants' work during the whole project.

Activity:

Certificates and final statement



After the evaluation, participants had a possibility to discover who was their Secret Friends. Standing in front of each other, one person with closed eyes, had to guess who is standing in front of her/him. After that we got the certificates, but also in creative way – everyone had to describe one person whose certificate had and the rest had to guess who was that. As a result, each participant got a final wish from a peer. At the end, some of participants gave also final wish to everyone. We have also made a group photo.



Final group photo with certificates:



ANNEX 1 – SUMMARY OF ONLINE EVALUATION FORMS

Quantitative data

Program Elements	1	2	3	4	5	6	7	8	9	10	Level of satisfaction
Practical info about project, program, venue	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	1 Pax	1 Pax	5 Pax	13 Pax	91,81%
Ice-breaking & Integration activities My name is... I am from... I would take ... Onion of diversity Picasso Portrait Instinct in the Cage (Balloon Game) Fears & Expectations Establishing common rules Mission (im)possible Touch the ball Fruit Game	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	0 Pax	1 Pax	2 Pax	5 Pax	13 Pax	92,27%
Energizers Guess my name immediately Dancing Chipi-Chipi Bridge of Trust Giant, dwarfs & knights Feel Connection Famous Characters and others	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	1 Pax	5 Pax	14 Pax	94,09%
What is culture for us? Let's define! Polish culture Ukrainian culture Polish-Ukrainian similarities	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	0 Pax	7 Pax	4 Pax	9 Pax	88,18%
How to be open for other cultures? Who are I?	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	2 Pax	0 Pax	3 Pax	15 Pax	92,27%



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Intercultural Learning – The Derdians	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	2 Pax	5 Pax	14 Pax	94,55%
Polish-Ukrainian Cracow - let's make the picture! & 'Exhibition of photo relations	0 Pax	0 Pax	0 Pax	1 Pax	0 Pax	1 Pax	2 Pax	6 Pax	1 Pax	11 Pax	86,82%
Mini-linguistic workshops Ukrainian linguistic workshop Polish LipDub workshop	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	1 Pax	2 Pax	2 Pax	5 Pax	11 Pax	88,18%
Common EU-Ukraine values	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	3 Pax	4 Pax	4 Pax	11 Pax	90,45%
Activities related to Movie shooting – Poland & Ukraine neverending friendship	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	0 Pax	0 Pax	2 Pax	2 Pax	16 Pax	92,72%
Active civic society discussion	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	3 Pax	2 Pax	5 Pax	12 Pax	91,82%
EU membership benefits and problems	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	1 Pax	1 Pax	5 Pax	3 Pax	11 Pax	88,64%
Europass CV as a key to European labor market	0 Pax	0 Pax	1 Pax	0 Pax	0 Pax	5 Pax	0 Pax	3 Pax	4 Pax	9 Pax	83,18%
We came here with stereotypes, we are going home with friendship ties!	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	1 Pax	2 Pax	5 Pax	12 Pax	90,91%



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Columns? Articles? Let's express our opinion about project and Polish-Ukrainian relations!	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	2 Pax	2 Pax	3 Pax	13 Pax	90,45%
Project Evaluation activities Daily Evaluation (3F method & 3 questions method) E-tools for Evaluation Project Evaluation	0 Pax	0 Pax	0 Pax	1 Pax	0 Pax	0 Pax	4 Pax	4 Pax	5 Pax	8 Pax	85,91%
Evenings Game Evening Movie Evening Cultural Evenings	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	2 Pax	2 Pax	18 Pax	97,27%
Overall Score	0	0	1	2	5	18	25	47	66	210	90,61%

General Organization

Logistics	1	2	3	4	5	6	7	8	9	10	Level of satisfaction
General Organization (information, transport, support, communication)	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	1 Pax	5 Pax	15 Pax	95,45%
Food	0 Pax	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	0 Pax	1 Pax	4 Pax	16 Pax	95,45%
Accommodation (hotel service, rooms standard)	0 Pax	0 Pax	0 Pax	0 Pax	1 Pax	0 Pax	1 Pax	4 Pax	3 Pax	13 Pax	91,36%
Overall Score	0	0	0	0	1	1	2	6	12	44	94,09%



Qualitative data

Did the Youth Exchange meet your expectation? Please explain why or why not.

- Yes, it did.
- Yes, it did. I have much more expectations than I expected.
- Yes, it was even more than I expect, good organization, interesting topic, nice people.
- I can say that the Youth Exchange not only met my expectations, but overcame it. It was really great time spending together. We gained new knowledge, met new interesting people, were inspired to learn more about different cultures. And of course it's really important that we became more open to other culture and nations. Taking part in the project helped me better understand my strengths and weaknesses. I was inspired and motivated for new achievements and projects.
- Yes, because it was a very fruitful time spent for me.
- Yes. I've improved my English, met new fantastic people.
- Yes, I met a lot of people, practiced my English and opened for other culture.
- Yes, I have left stereotypes about Ukraine and I have met a lot of great people.
- Yes, absolutely! I received to meet new people, to improve my soft skills, to become more aware of Polish stereotypes refer Ukrainians, thus my expectations were met.
- The youth exchange makes me feel very good and all what I want to see at the project became true.
- It has definitely met my expectations. I could know better Ukrainian culture and break my stereotypes about them. Now I know that our cultures are very similar to each other.
- Yes! And even more! All the trainings and other activities was organized very well.
- Actually I didn't have any expectations from the beginning, but this project opens for me people from different point of view.
- Yes, because I come to this project to improve my language, and I did it.
- It was first experience such like this for me, so I really didn't know what to expect. However, I am positively surprised, because the whole project was well organized and people created amazing atmosphere.
- Yes, even more. I did not expect the project to be so informative and valuable.
- Yes, I found a lot of new friend especially from Warsaw and I felt like part of big family.
- Yes, because as I expected I opened Polish culture for myself, learnt some Polish words and phrases, was participating in interesting activities, came up with creative ideas, met new friends, had fun and enjoyed this time.
- Definitely yes! It was my first bilateral Exchange, but one of the best ones ever. Ukrainian people are always the best and they didn't break my stereotypes, because I already haven't have them at all! I have met amazing people and I'm so excited about this experience.
- Of course! It was one of the best project I have ever participated in. Ukrainians are great people and I only convinced myself more about it.
- Yes, it met all of my possible expectations! I'm so happy to be the part of this project!



Which session made the biggest contribution to your development process and how?

- Most of all I like the session about EU membership. The discussion was very interesting. I had known many new information.
- Public speaking let me feel more confident.
- Derdians game allowed to understand how important it is to know other cultures and the ability to use knowledge of the contacts.
- Every session made great contribution to my development, but especially our discussions made me think differently. It helped me listen to other's opinions without any judgement. Also our team-building activities and time between them helped better understand our differences and things in common.
- I think every session made contribution to my development process.
- It would be the "Active society discussion". I got open for different points of view.
- Writing columns and articles, new experience.
- I really liked session when we had to think if we are open or not. It gave me a lot, because I had to think about important things that had influence on me.
- The most contributed sessions were "Who are I?" and "Active civic society discussion" because after them I put important questions to myself, such as: What does it mean to be open? Who influence on myself the most? The current social environment, how it works?
- Workshops about knowing myself better and about self-development.
- I think it is the Derdians game. It was hard teamwork for engineers to get to the compromise about what method of building bridge we should use. But to be honest, every session gave me a lot of new information and motivation. Especially the hot discussion after all trainings made me understand things better.
- "We came here with stereotypes, we are going home with friendship ties". It made me open to other people.
- I really liked our activities, especially "How to be open for other culture?" of 3 different levels, as well as "Mini linguistic workshops" and "Common values EU-Ukraine". This practical part implied the process of developing "Education outside the classroom" tools, which I would like to use in the activities within my university job.
- I think that "How to be open for other cultures?" and "Who are I?" made a great job for me, because I really looked deeply into myself and what created me as a person I currently am.
- The "Open not open" exercise, because I learned to be more open for another people.
- For me the biggest contribution development at the project was about active civic society. We can discuss about different problems which we have in our countries.
- Session about "Columns? Articles? Let's express our opinion about project" and "Polish-Ukrainian relations".
- The biggest contribution to my development made discussion about the things which make us open. It let me break barriers and tell in public about my own experiences and



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feelings. The other one was writing an article which develop my writing skills and translating skills.

- Derdians game – a very good example of culture respect. Movie shooting gave me some skills and knowledge in movie-making. Articles writing – I love writing so this was a good experience for me.
- I think it was the session "Who are I?" because it let me think more about myself in order to find out why I am open or close for other cultures and what influence on me the most. It was really useful session for my personal development.
- If I had to choose one, probably it would be the movie making about Polish-Ukrainian neverending friendship. I improved my presentation skills and I realized that I'm able to convince people to my ideas, while discussing and trying to find the solution which fits everyone.
- All of the sessions were really well-prepared and let me feel really useful as the part of the team. And I would say that the combination of all of the workshops and each of them gave me a lot and made me more open and self-confident.

Which new competences (skills, attitudes, knowledge) related to the topic did you gain during this Youth Exchange?

- As Bohdan said: "Don't believe all the information that you heard and don't create the stereotypes on its basis. Analyze as much information as you can and always have your own opinion about it".
- Working in the groups, knowledge related to Polish culture, language and history.
- I got to know the culture of Ukraine and a lot of interesting information about their country.
- I discovered different interesting things about EU from people who are living there. Also I developed my communication skills and gained new knowledge in Polish culture and traditions.
- During this Youth Exchange I became more confident person, improved my English vocabulary, I extended my worldview and stopped thinking about Ukraine in stereotypical way.
- Knowledge of Ukrainian culture. Better English language skill.
- Teamwork.
- Now I can better work in team and I'm more open.
- Knowledge about Polish songs, tradition, Góral culture, which were really amazing! Every person has some prejudice about other nation, but I realized, that I should make myself leave them while contact with all people because I do not know their life story, experience, so I should know them better before make a conclusion.
- I tried myself as a team leader, improved my English language skills and also learnt a bit Polish language, knowledge about Polish-Ukrainian common culture.



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- I can't describe everything what I gained, because it can take much time, so I will just say that every training brought me a lot. And also I improve my English and now I much better understand Polish.
- I improve my knowledge about Ukrainian traditions and culture, public speaking and language skills.
- The project included a various range of non-formal methods which were based on different type of learning. This way, all the parts implied were able to acquire valuable skills, competencies and attitudes to our personal and professional development.
- I think I have developed my language skills, but also working in a group which nowadays is one of the most important skills. I think I became more tolerant and patient person. I stopped looking only to myself, but also do something for others.
- Knowledge about Ukrainian country.
- My knowledge about traditions, culture and history of Poland is grown and my English skills improved a lot.
- I improved my Polish language, and I saw a lot of examples for activities with young people.
- Knowledge about Ukrainian culture and country, basic words in Ukrainian language, development of public speeches and taking part in debates.
- Public speaking, new information about Poland.
- For sure I became more aware about similarities between Polish and Ukrainian culture. And now I understand even better how important it is to know the background of people – where they come from, what they did in their lives to make some opinions about them.
- I improved my communication skills, I get to know how to lead the discussion effectively, as well as I gained some new knowledge about other culture.
- I experienced a lot of new feelings. I became more open for other cultures and more tolerant for people. I realized that I shouldn't judge someone just because I think he is as he is. Moreover, now I'm more aware about a lot of issues and I really feel responsible for my future development process.

How will you use these newly acquired competences (knowledge, skills and attitudes) in your future widely understood activities?

- After this project I know what type of CV is better. I can use it in finding my future job.
- I could easier make tasks in the groups.
- I think that greater openness to people makes me a smarter person.
- The project gave me a lot for developing my soft skills, which I will use in every part of me life.
- I think it will help me with my studies and future work.
- I will know Ukrainian culture when I go to Ukraine.
- At the moment I do not know, but I can say that these skills are not superfluous.



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- Nowadays it's really important to be able to work in teams so It will help me in my future job.
- I am not sure, but maybe I would like to participate on such projects as coordinator or as one member of coordinating group. After these 9 days I feel more effective member of the team than before.
- I will share new knowledge with my friends, colleagues at work, and I will work on organizing similar project to this in Ukraine.
- It is a great experience for a job, because now I can easily get used to work in a big team.
- Time will show.
- This practical part implied the process of developing “Education outside the classroom” tools, which I would like to use in the activities within my university job.
- I work in big company, so I am forced to work in group and be flexible. Also this is competence which I have gained during exchange and I will be able to use them at my university classes, where we do a lot of group presentation, etc.
- To connect better with new people in my environment.
- First of all, I will use all skills which I gained at the project at my future job, secondly this knowledge helps me to improve the understanding of Polish people.
- Right now I do not know how I can use these competences but I am sure that this project has been useful for me.
- Skills such as debating, making speeches and writing will help me in every activity connected with cooperating with other people, working in association and other organizations.
- In future I would like to become a facilitator and conduct trainings. So I believe such an experience was great for me.
- I am working in the field of projects' organizing and in general – with many different people at the same time, so for sure I will use the acquired skills in the future. Moreover, I met new people and now I have a lot of friends in Ukraine, so I hope I will visit them one day 😊
- I'm working as the Youth Worker in my everyday life, so all of the acquired skills and newly gained knowledge for sure will help me to implement another trainings and projects in the future. Additionally, I think that I will be more open in my personal life what will change my mind and the way of seeing many different things.
- For sure I will become more open and I would like to take part in the other activities like this one. Moreover, I'm thinking about working in that field, so for sure those acquired skills will be used by me in the future.



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Do you feel more able to influence your closest environment and promote good relations between Poland and Ukraine? Please explain why or why not?

- After this project I can feel myself more open with Polish when I have conversation about our history and politics.
- I feel more able to influence to my closet environment than before the project because I understood how close our countries are.
- Meet people from Ukraine I learned that they're very friendly, hard-working and intelligent people.
- I feel that I became closer to Polish culture. And I can for sure promote good relations between Poland and Ukraine. Now I know about what stereotypes have Polish people about Ukrainian. And I understood what we have to do for braking ice between our nations.
- Yes. I can promote good relations between Poland and Ukraine by talking with friends and family.
- Yes, I will. Ukrainians made really good impression on me and I'm going to tell my friends how close we are culturally to them.
- Yes, I do. I break some stereotypes.
- Yes, because now I know Ukrainian people better.
- Yes! I suppose that my promotion will be brightly perform via communication with Polish and Ukrainian people. I will not hesitate no more to start acquaintance with Polish because I know that it's better to try and know something new than did not do it at all and stay with my own attitude/thoughts/ fears.
- Yes, because the experience that I gained on the project helped me to be more competent in the topic of Polish-Ukrainian culture.
- Of course yes! Because it was my first visit to Poland and I understand that our nations have a lot in common and there is no bad attitude between us. Poland is a good example of European behavior and we should learn many things from them.
- Yes, because I have new knowledge about them.
- We understood the fact that we can work with these people with any borders, any stereotypes, because we are so similar and already open for new opportunity in our life.
- I know a lot about Ukrainian culture, so I think I would be able to promote it among my friends who are sometimes produced if it comes to Ukraine. They are great people and deserve for respect, so knowing their history and culture let me share the idea of common cooperation with my friends.
- Yes, because I meet very nice people,
- Yes. I think that I can convince my closest environment that relations between Poland and Ukraine are good and we must do our best to continue it.
- Yes, I have a lot of friends who live in Ukraine and have stereotypes about Poland, so I can share information which I received on this project.



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- I feel more able to impact on my environment, I met a lot of people who inspired me to do something more than just study or work. These people, great people are worth to cooperate in the future and I'm sure that we will develop our friendship. Promoting good relations between Poland and Ukraine is very important nowadays when conservative movements are very popular and often look at bilateral relations only through the prism of history. We live now, and we have to focus on our future to develop ourselves and live in good relations.
- Yes, by participating in this project I discovered a lot about Polish people and our relations. That is why now I am quite confident in speaking about our cultures.
- I think that yes. I get to know more Ukrainian people and it will be easier to spread good practices, experience and knowledge about them. They are so energetic and intelligent people, so it was really great to get to know them and get some knowledge about their culture, history of the country and habits that they have.
- Yes, definitely. I am now really open for others and I will spread my great knowledge about great Ukrainian people to my closest environment, as well as the rest of our European friends with who I have great contact during other activities that I'm taking part in.
- I will spread my new knowledge among my friends, who for sure have some stereotypes about Ukrainian people, as I did before, but now I broke all of them and I will do my best to change people's minds on this field.

If you would be able to change/improve/add anything, what would it be?

- Nothing.
- I prefer living in the room with people from other team.
- Nothing, because everything was great and organization was on top level.
- Much more free time, please =)
- If I had chance I wouldn't change anything. It was a great project!
- Nothing.
- More free time.
- We could play some outdoor games in Cracow.
- The content of project was perfect! I understood that when I actively participation in the exercises I better understand the aim of it and I enjoy it more than if I am passive viewer.
- I think it would be better when the accommodation must be international. In my opinion it makes people integrate more with each other.
- I guess everything was perfect. And I really want to "add" me to the next project 😊
- More outdoor activities.
- Nothing, everything was good 😊



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- Despite the fact that workshops were really great, more free time would be something great – just to get some rest, but also to integrate with others.
- More writing activities and integrational evenings.
- Nothing, everything was running smoothly.
- I changed deadline time for national evenings and party (until 00:00 I need more).
- Everything was very well organized. Just we didn't work last days, but it wasn't fault of organizers.
- Nothing, it was totally great project!
- I would change nothing, because it was really perfect time – taking into account all of the aspects.
- I wouldn't change nothing. I was really satisfied with all we have done during the project.

