

Cracow, 2017

# ECMS

European  
Contact  
Making  
Seminar



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**Building Bridges: Youth 2wards Integration**

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**Civil Society – a Fair Play Actor  
of the European Union**

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**„One step” into society**



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The project "European Contact Making Seminar" was prepared by the European Center for Youth Initiatives in collaboration with 13 partner organizations and was based on the existence of common needs in the field of youth and development of NGO sector in Europe. Its main aim was to create a network between partners for the future initiatives and grow the cooperation among them.

This brochure shows good practices that organizations involved in the project implementation would like to share.

Organizer:



Partner organizations:



# Creating a better world



European Contact Making Seminar in Krakow, Poland, was the first project we took part in. Because of this, we didn't know what to expect. Frankly, we were even a bit afraid of what might be waiting for us there and if we were up to the task. However, soon after we arrived, we realized this could be a life-changing experience. There really was nothing to be afraid of.

We were surrounded by wonderful people from all around Europe. Actually, the project included 14 different countries, so we can indeed say that we spent one week in a multicultural environment. It was really interesting to see how people from different backgrounds and different cultures communicate and collaborate with each other. Also, it was a great way to get to know other cultures. For instance, all of us organized two intercultural evenings where we shared our traditional dishes and drinks, but also our local stories and experiences. During the days, we participated in various workshops that turned out to be really fun, despite our previous fears. We played different games, all of which taught us something new. Therefore, apart from having fun, we also learned a lot. We learned bits of various languages (now we know how to count to 10 in French :-)), we learned how to act in teams and how to commu-

nicate better, either by using a foreign language or communicating without words. Moreover, this experience taught us how to think in advance, how to deal with some problems and obstacles and how to develop strategies, but also to think out of the box and to respect opinions and needs of every single individual. It was a place where no one would judge you and where everyone gave his or her best to respect and understand each other. Each day we felt that we are making progress in our personal development. And we laughed so much!

Having participated in European Contact Making Seminar, we got the motivation to actively join Device Youth Association, the Croatian organization we were representing during the Seminar. The main aim of the Association is to promote activities of young people, as they face many problems entering the work sphere in Croatia. Apart from this, the Association deals with various other local and world problems, trying to find ways to motivate people to become more active members of their society. It is trying to include the society from the very roots, meaning that people are deciding about what they think should be improved and what people should work on. They are included through surveying, after which the objectives are done by organizing national and international projects, lectures, classes, camps, workshops... We are inviting all of you who are reading this to make a step further, to become active members of your society and to apply for an Erasmus+ project. Believe us, you won't regret it :-).

*Mislav Matijević & Paula Vodinelić, Croatia*



# Good Youth Dynamics Practices



*Youth Dynamics* is a young informal group with a clear goal to spread education, culture and to work on personalities and general development.

We deal with educational activities, development, culture and publication of activities. We arrange lots of courses and workshops to enable young people to acquire skills and professionalize through the use of new and non-formal educational methods that stimulate learning, creativity and transfer skills useful even for the future.

There are many young people who constantly come close to our attention, following our lectures, events and workshops and propose innovative ideas that can be implemented by our group. We value cooperation, inspiration, sharing, active citizenship, diversity, friendship and creativity.

As a youth group we focus on encouraging, supporting and promoting communication, activities and relationships that engage, empower and motivate young Cypriots to be active citizens.

Furthermore, we aim to create intercultural bridges through joint activities, which aim is to get the youth of Cyprus involved in common issues, such as intercultural dialogue, diversity, environment and human rights. We organize cultural events, workshops and local activities to promote the understanding and respect of diversity and cultural cooperation.

Our target group is basically young people, but we also give to everyone interested the opportunity to express their creativity and to share experiences, ideas and imagination, in order to promote social cohesion and diversity.

Our group is an experienced organization working for the educational sake of both – youth and adults. We

try to raise their qualifications and knowledge concerning various themes. We are active in the field of international work due to the organization of various projects.

Using our experience, we encourage young people to develop attitudes, which will enable them to become active and mature people, ready to face various situations in a modern world and enter the labor market properly prepared. We also aim at promoting human rights and democracy, as well as initiating and organizing local activities. Our initiatives promote international cooperation and develop mutual trust between people of different cultures and nationalities.

Apart from rich experience in the sphere of developing professional qualifications, we try to implement good practices in the sphere of daily life. Thanks to meticulously chosen methods of work and theme workshops, we pursue developing the attitudes of conscious actions undertaking and its consequences.

Our group values the organization and participation in the vast scope of social initiatives. Working in local and international environments, allows better improvement of applied methodology. By getting involved in various educational and cultural actions, not only do we try to implement good practices, but also adjust working methods accordingly to the target group.

Due to already gained experience and combining it with individual approach concerning teaching, we not only motivate young people to be active but also encourage them to undertake numerous initiatives by themselves.

*Stelios Athrakiotis & Marios Philippou, Cyprus*



## Building Bridges: Youth 2wards Integration



At KEY for Life, in Copenhagen, Denmark, we believe that we all have a responsibility in creating the kind of society we want to live in. We also believe that change begins with oneself and that together we can make a big difference!

*Building Bridges: Youth 2wards Integration* was an Erasmus+ training course organized by KEY for Life, which targeted youth who were interested in creating a positive and empowering dialogue about immigration and the current refugee crisis.

This was a two-activity project where the first training took place from the 25th of September to the 2nd of October and the second on the 1st of November to the 10th of 2016. Both trainings took place in Copenhagen, Denmark. The twenty participants – 5 from each country – came from Germany, Greece, Jordan, Sweden and Denmark.

The training's aim was to teach participants to facilitate and encourage mutual understanding and peaceful coexistence on a local and global scale. It did so by addressing negative stereotypes and atti-

tudes toward immigrants and minorities, and provided the participants with the tools necessary to create a positive change in their local communities, among other things. Non-formal educational tools were used to reach these goals and the final outcomes of the project were 4 campaigns in the topic of migration. One of the great outcomes is a blog, Story behind the hijab, that was created as part of one of the campaigns but the creators decided on keeping it up and running after the project. The interesting personal stories can be read at:

[https://www.facebook.com/Storybehindthehijab/?hc\\_ref=SEARCH](https://www.facebook.com/Storybehindthehijab/?hc_ref=SEARCH)

Please check out the page to read the personal stories behind the hijab and to broaden your horizon about personal experiences.

*Kata Keebe & Artemis Szabo, Denmark*

# From lack of perspective to strategy for the future



Bela krajina region is one of the most underprivileged regions in Slovenia. Once industrially very developed region is nowadays battling with major unemployment and lack of perspective. Major problem is also a brain drain, especially between the youngsters who should be the ones who could pull the cart out of mud. The region has a lot to offer in terms of tourism, and this is the area where the patriotic youngsters united in KUD Plac – cultural artistic association – see the opportunity for bright future. This is the region with world class wineries, signature culinary, untapped nature and wild life, clean rivers. For a visitor there is a lot to offer, but how to get a tourists to visit the hidden pearl on the other side of Gorjanci mountain is another story. President of the association, Jaka Virant says: »United we stand – divided we fall. We can succeed on a demanding market of eco tourism only if all the players and enthusiasts work, breath, think and act as one. Tourism is the only segment in Slovenian economy which has a constant growth year in year out for the last 15 years. And we can have a piece of that.«

Since the best way to lead is to lead by example, in 2004 Cultural-Artistic Association Plac or »Kulturno umetniško društvo Plac« (KUD Plac) has been established and registered in Metlika, Slovenia. KUD Plac is a non-profit voluntary association and a non-governmental organization, whose aim is to become the most active and recognized youth organization in the region. KUD Plac purposes are to offer diverse and creative programs to fulfill the youthful cultural-artistic deficit, to revive the old town Metlika, to



promote ecological awareness through actions, to participate, organize and promote sports activities, to organize cultural, educational, musical events and free creative workshops, to offer non-formal learning through organizing creative workshops, round table discussions, lectures and courses, to be actively included in the programme Erasmus+ (Key Actions 1 and 2), to empower, teach and give opportunities to youngsters, to cooperate with similar organizations, to facilitate exchanges and volunteering, to emphasize mutual socializing and meeting new people.

Since the 2004 KUD Plac has organized numerous events and festivals which brought life back to the Metlika city and the region. Nowadays KUD Plac is the main drive of creating content for youth, youth by heart, elders and visitors. The festival – Week of culture on plac – has become the main event of the year, bringing thousands of visitors from all over the Slovenia and beyond. Youth got its perspective back and desire to contribute to the development of the region and co-create the common future. There are investments in accommodation capacities, museums, reviving forgotten traditions etc., in order to have a diverse and rich contents to offer to a potential visitors. Local authorities have recognized the important work of the association with numerous awards, but the most important one is funding, where we always have to struggle for every cent, says the president. But every cent invested in youth is a good investment, and local decisionmakers and businesses know that, and without their support our endeavours would be much more difficult.

Bojan Novak & Rok Jenko, Slovenia



# NGOs' power



In our country youth sector has been developing itself for many years, and I have to say that result is really good. What is more, it is not only my opinion, as many pupils, student and workers received a chance and possibility to develop themselves and their used it. That's why, in recent years we can observe in Poland economic growth and smaller unemployment rate. Little targets lead us to bigger one what is improving social and economic situation of the whole society.

You could ask me how did you do it? Well, answer won't be very complicated. We worked very hard on the lowest level. There were a lot of things to do but collective effort was a great response. Our work was focused not only on bigger cities, but mainly on smaller ones, where youth and workers have fewer chances. We tried to increase cultural awareness amongst youngsters, show them possibilities which are given by European Union and NGOs in our country and improve their soft skills and other competences. On that way, step by step we were creating society which is aware of their strengths and weaknesses but at the same time – motivated to change their future perspectives. Organizing seminars, courses, exchanges or just usual meetings helped us to convince them that there are really things which can easily be done to achieve their life goals.

In many countries knowledge about possibilities mentioned above is very poor. People don't realise that they can travel for free and in the same time

gain some new experience, skills and friends. How do we try to overcome that problems? We are looking for ideas how to motivate others and how to show them another way to spend their free time. Sounds easy, doesn't it? Well, it's not like that at all.

Imagine a young person – shy, not aware of possibilities which we are surrounded by and not very motivated to do something really useful in his life. I can honestly admit that few years ago I was a person like that. Playing football and learning for classes (from time to time, of course) constituted sense of my life. But then, I met amazing people, who showed me that life is much more than daily routine and how to make it interesting.

In the same time, I learned that I can achieve all my goals and have a lot of fun while doing it! With a little inspiration I was able to change my life in the way I will never regret. Now, my day is full of new self-developing projects but it doesn't mean I only work hard – old hobbies are still big part of my week. However, with a right time-management everything is possible. So I can still play football!

Bartłomiej Zając, Poland



# Involved Youth Coalition – a successful network



EuroDEMOS recommends the model of good practice *The European Network to Promote Youth Involvement in the Decision Making Process* **Involved Youth Coalition** that was created within the International Project Youth in the Decision-Making Process developed by EuroDEMOS Association in Iasi, Romania with the financial support of the European Youth Foundation of the Council of Europe.

Founders of the Network are 21 young leaders from 12 Council of Europe countries: Romania, Albania, Armenia, Azerbaijan, France, Italy, Latvia, Macedonia, Poland, Portugal, Republic of Moldova and Turkey.

Mission: To develop and increase the successful active involvement of youth in the decision making process at local, national and European level, in all the social spheres.

Purpose: To create and develop an European Network of youth leaders trained and prepared to contribute to youth involvement in the decision making process.

Objectives:

- to encourage and directly facilitate the active involvement of youth in all the levels of the decision making process, through concrete projects and activities;
- to train and involve youth leaders and youth workers as active factors to increase youth involvement in the decision making process;

- to promote among youth a clear and positive image about what involvement means, about the opportunities, advantages and benefits of volunteer civic participation;
- to develop partnerships and collaborations with all the important social factors for the active involvement in supporting youth in the decision making process;
- to facilitate the communication, sharing and transfer at European and international level of the knowledge and expertise level of the partners needed to develop youth sector.

The page is accessed weekly by youth leaders, youth workers, youth, NGOs representatives from around 50 cities of the world. Involved Youth Coalition is also promoting projects with successful impact at local and international level and useful results on youth sector.

For more information please access the webpage below: <http://www.involved-youth-coalition.com/>

Catalina Aghinitei & Oana Ilasc, Romania



## Develop yourself!

You are your best investment!

MeOut is a Hungarian organization that believes and works alongside the above statements. We have offices in Budapest and Miercurea-Ciuc.

We believe self-development helps you to be a good listener, to have more empathy towards others, to become more efficient, to learn to feel more confident, to become more focused and organized, to set up goals – personal and professional – for ourselves.

Personal growth is a growth of the society, that's why it is important to focus on coaching and self-development. As well as learning by doing and learning by guidance for progress.

Intercultural learning has an importance in self-developing. First to see and accept your own country. Secondly, to realize that other cultural models might seem strange, without judging them while observing. The next step is to deepen our own-culture awareness than to widen our cultural horizon and to develop an understanding and respect for cultures other than our own. It is essential to break down stereotypes in order to have a constructive and interactive satisfying relationships with a new and different cultural environment.

MeOut creates values and base for progress, with all the activities organized by professional trainers using the methods such as intercultural learning, non-formal education. The activities are for example brain stormings, plenary discussions, simulations, role plays, team building, energizers, ice breakers and many others.

Non-formal education is voluntary based on the concept of learning by doing. You can develop visualization skills, communication skills, self-motivation, expressing feelings, discovering new sides of yourself and so much more. The beauty of this method is that it all depends on how much you contribute and take in throughout the different processes, such as reflection.

How Mahatma Gandhi expressed: "We must become the change we want to see". That being said, start your change within by joining MeOut on an international project and learn all about yourself!

Dorottya Túros & László Simon, Hungary



Personal development is the process of achieving and expanding your full potential

# Civil Society – a Fair Play Actor of the European Union



As highlighted in the European Commission's White Paper on Sport, sport activities generate numerous benefits to society starting from its contribution to the EU economy and the value it has for the wellbeing of the citizens. Also, sport activities are a good promoter of social and democratic values such as social inclusion, promoting equal opportunities and equal chances.

EuroDEMOS has developed between January 2016 – June 2017 the international project Civil Society – a Fair Play Society – a Fair Play Union that provided the space for valuing the benefits of grassroots sports in youth work and education, as well as in health. The project Civil Society – a Fair Play Actor of European Union was funded by the Erasmus+ Programme of the European Union.

The project was considered by the European Commission innovative through topics and methodology, being one of the pilot projects that will contribute to the definition of the future priorities of the Programme Erasmus+ Sport.

The objectives of the project Civil Society – a Fair Play Actor of European Union were:

- To strengthen the international cooperation between actors involved in sport activities, youth work and education;
- To raise the awareness on the value of sport and physical activity for the personal, social and professional development of individuals;

- To promote grassroots sports at community level through methods specific to civil society;
- To contribute to the valorization and recognition of the competences developed through extra-curricular activities – sport activities, volunteering and non-formal education methodologies;
- To promote democratic and social values such as social inclusion, equal opportunities and equal chances, fighting against discrimination through sport.

The project activities have been developed in the framework of an international consortium of active civil society organizations willing to value their expertise in sport, youth work and education fields to strengthen the European partnership and to develop the organizational capacity of the civil society organizations.

The project Civil Society – a Fair Play Actor of European Union have been implemented by a consortium of 5 organizations from 5 European countries: EuroDEMOS Association – Romania, International Relations Research Student Association – Bulgaria, Vision2020 – Great Britain, TDM2000 – Italy, Mladinski center BIT – Slovenia.

Within the project have been implemented activities to develop incentives to practice grassroots sports in order to increase the level of participation of citizens in sport and physical activities.



The project has been implemented within 3 main phases:

1. An international training that gathered representatives from 16 different countries of European Union. The training provided the educational framework for the participants to understand the role of sport for the development of the community. Within the training it was discussed the European policy framework for sport activities.
2. Civil Society Sport Cups organized in each of the partners' communities to promote the role of sport and physical activities for the well being. Within the Civil Society Sport Cups there developed and implemented activities aiming to increase awareness on the benefits of grassroots sports at individual and community level.

3. Campaigns to promote grassroots sports and the benefit of sport in order to increase the level of activity in EU.

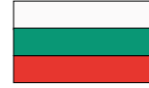
Through the project activities it was created the framework for dialog and cooperation between civil society organizations, public administration, decision makers and educational institution to promote grassroots sports at community level.

For more information about this initiative, please access the web page below: [www.fairplaycivilsociety.ro](http://www.fairplaycivilsociety.ro)

*Catalina Aghinitei & Oana Ilasc, Romania*



# Exchange of good practices



When I think of good practices that are worth to be shared, I can't emphasize enough the importance of one very important prerequisite and that is: if we would like to have success in our efforts in the sphere of youth work, then we have to start building our work upon the principles and the attitude of tolerance and involvement. I have volunteered in two youth centers, one in my home city and another one as an EVS volunteer abroad and I can say that the most important thing that I have noticed and that made me a permanent impression was that the youth workers did their job starting and entirely basing their attitude on the principles of tolerance and inclusion.

I think that's important because young people, in the same way as kids do, are very sensitive to the attitude that somebody has towards them. They feel more than think if you are being friendly with them or mean. This requirement is extremely important for all other work to be done whatsoever. People need to be included, people need to be understood and the youth worker as a social worker gives them a helping hand in this respect as a loving parent would do and sometimes even better because parents could be sometimes too bias or pushy towards the individuality of the growing up young person.

Let alone the bad examples of parental relations. The youth worker compensates for the missing roles in the family providing a more inclusive and constructive approach to the youngsters and from then on trying to assist them, by knowing the social systems and instruments and having a wider life view,

how to use all of the available opportunities in order to grow up as an individual and a decent person and get the best of what life can offer them and get the best out of themselves.

I can conclude that there might be other approaches for personal development and more Spartans' ways for growing an individual, but in the environment of youth centers, having in mind the vulnerability of the young people coming to the youth center and the quantity of other problems that they might have in their private lives or are about to encounter, I think the approach towards them in the spirit of tolerance and inclusion is a very noble effort and it makes possible working from then on and helping to build up the character of the young person needing them. This leads to a deeper connection with the social worker and provides the ground for a long term relationship based on sincere mutual respect and in the end, bringing about the desired personal growth which is the ultimate goal of the youth work.

*Plamen Simeonov, Bulgaria*



## I care



### Learn to be responsible inhabitants of the world!

Responsibility – word, which was a little scary for some of us, when we were younger. But ask yourself. What is this? What we should be responsible for? What do we choose to be responsible for? In today's interconnected world, our actions and words can have an impact worldwide. So do we realize this responsibility for our decisions, words and actions? How can one become fully aware of the impact of small steps in life? Now with 7 billion people on our Earth, we need good leaders and thoughtful, responsible citizens, in order to keep the planet livable and people healthy and happy living together there.

Our consumption already brought us to the edge of earth eco-system collapsing and to a huge environmental pollution. If we continue the lifestyle of modern western society, we will destroy ourselves in a short while. Already now, we are in a critical time, with a big responsibility to decide, what is going to happen with future generations. The decision is ours and the time is now.

In a Slovak organization *I care*, we focus on our consumption and its impact on the Earth and its

citizens. We see how we pollute and add on to inequality, exploitation and slavery of people, animals and Earth with our way of consuming and living. As we see the problem, we also see the solution. We promote good practices and projects which focus on solving this inequality and environmental crisis. Thinking globally, acting locally. Sustainability, education, ecology, art are main forms. We support local or fair trade and local farmers. Not buying products and services supporting exploitation of people from less developed countries of the world. Not buying children or underpaid labor.

We focus on recycling and upcycling. Reusing and repairing things and clothes from free shop we set up, from second-hand shops. We make art. Recycled art. We are building community and foundations for improvement and development of us and our surrounding.

We bring people together. To think, to brainstorm, to learn, to act, to create, to enjoy, to care. Care about people. Care about Earth. Care about future. Become responsible for own actions and words, its impact on surrounding and the world.

*Diana Furikova & Anna Orolinova, Slovak Republic*



# Presentation of Cap Mobilité Monde (Cap Mobility World)



## Objectives

Cap Mobility World is an association based in France worked for youth mobility. Is it managed by volunteers who are sending and hosting young people in seminars, trainings, internships aboard to give them opportunities to make new contacts, to exchange competences and knowledge. All of those are happening by talking about their experiences with people from other countries. The association assist them in many ways to build their own professional project by putting them in contacts with other volunteers around the world, giving a financial support and following them until achievement of their goals.

## Partnerships

CMM is also involved in social actions to develop the territory with the House of Youth and Culture (Maison des Jeunes et de la Culture), which work globally with young people with difficulties and teach foreigners the French language. This association organizes cultural workshops for children and adults, as well as sometimes volunteers are involved in ecological actions, like prevention.

Europe for Citizens, or Erasmus Projects whose implied in international exchanges is an another example of partnership.

## Projects

At a Youth Exchange in Malta on June 2017, organized by Salesjani Silema, volunteers of five countries including Malta had a meeting during one week to learn how to build their own corporation with success.

*Liane Bodin & Alassane Gaye, France*



*Social support  
Be Active  
Professional Training*



*Cultural Exchanges  
Travel  
Partnerships*



# Good practices in Bulgaria



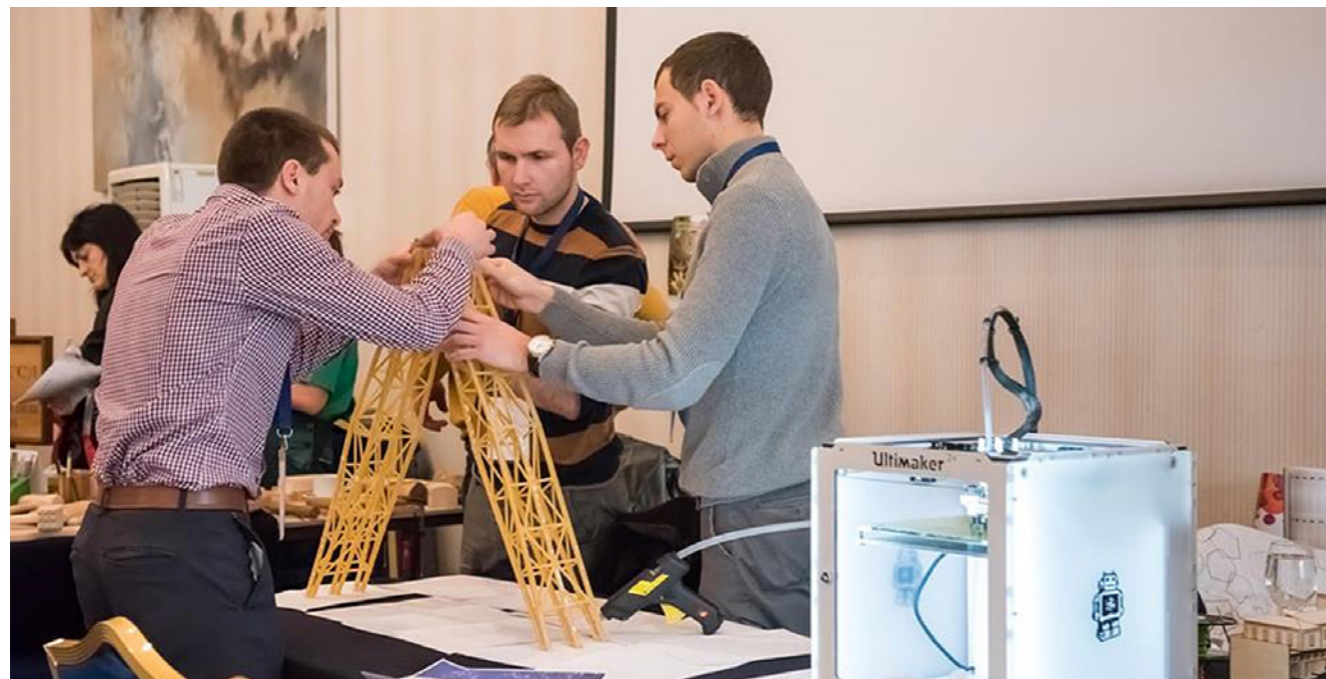
Bulgaria is a country with population that is in the Top 10 oldest in the world. Moreover, the latest surveys point out that Bulgarians are the unhappiest nation in the European Union. In a land where Poverty with capital P is omnipresent, there are not much prospects for young people and they are often unmotivated to stay and fight, so instead they are looking for the easy way out. Hence, the good practices in Bulgaria are tightly connected to the needs – we need a lot of young leaders and motivators to prove to the young people that their homeland is not bad if they look for opportunities and seize every possible one.

Since unemployment is a huge issue in our country, we have to find ways to battle it. One way of doing it is to connect young people and entrepreneurs who are looking for interns. It is a win-win situation, because the young people get some experience, while the entrepreneurs do not have to pay a lot to get some useful work done. Another huge initiative currently going on is called ABLE Mentor and it takes high school students' ideas one step forward by assigning them a mentor with whom they can develop their own projects.

Regarding non-formal education, the Human Resource Development Centre (HRDC) is actively executing and administrating European educational programs and initiatives. Since year 2017 marks the 30th birthday of the Erasmus program, they have launched many events to promote it. For instance, they honored the International Youth Day with various outdoor activities for young people, during

which former EVS volunteers were invited to present their Erasmus+ experience and good practices. Since they act as a National Agency, they would also send a great number of people abroad for Training Courses and Seminars to gain experience. Moreover, they are constantly organizing competitions for secondary school and high school students. One example is essay competitions with topics such as "The Others through My Eyes" or "My Appearance on Social Media", which aim is to promote tolerance and diversity, endorsing multicultural dialogue and overcoming educational differences between different groups of people.

There are also various NGO organizations, such as Rotary for people aged above 30, as well as the two subdivisions called Interact and Rotaract for high school and university students respectively. Rotary International is the oldest service club organization in the world. It is a worldwide association of men and women who, under the motto "Service above Self" – serve selflessly – have come together in clubs, to use their professional skills in volunteer work to make a difference. This organization is one of the many that would light a spark in the young people in Bulgaria by proving that you can achieve a lot if you unite with like-minded individuals who are willing to improve their communities. There are more than 100 different clubs around the whole country, which would cooperate between each other for bigger initiatives. Some of the most successful ones are the ones that would promote patriotism. For example, a project carried out in 2015 was called "History and Us" and it involved more than 70 schools throughout



the whole country. Each school was given three less popular yet important historical figures and they had to prepare a conference for the whole school in which they would present the given figures in an interactive way. This project brought young people one step further towards national pride, which is usually lacking in our country. Since there is also a lot of brain drain from Bulgaria, another hugely successful project to motivate young people was called "Stay and Fight" and it was held in the late 2016. It went for a whole day packed with different workshops that brought together successful people and teenagers, which aim was to prove to the youngsters that you can still good earn a decent salary in Bulgaria without being corrupt or part of the mafia and live happily.

*Rosana Petkova & Plamen Simeonov, Bulgaria*



## European Contact Making Seminar in Kraków (Poland)

Since our experience was not very broad, we arrived to Poland without a clear idea of what we would find. One of us had already taken part in three different projects before this, all of them related to different areas; this was, however, the first contact with an Erasmus+ training for the other one.

We arrived at midnight before the beginning of the seminar. The first two days were devoted to knowing each other. Kraków gave us warm, sunny days, which were spent in the park. We participated in activities intended to establish a first contact initially, and to get a deeper understanding of our colleagues little by little.

The multicultural evenings gave us the opportunity to discover and explore the gastronomy, traditions, and customs of different countries. We had the chance to prepare our typical sangría – which was very successful, although it was prepared with Polish ingredients. Sharing so many moments with people from several backgrounds was an amazing opportunity to learn about languages and lifestyles.

We were given the opportunity to organize and present our own workshop, which was an incredible opportunity to turn on our imagination and challenge our public-speaking skills. At the same time,

it was awesome to check the abilities and the great potential of our mates, who made us enjoy a day full of original activities.

To wrap it up, thanks to this project we have now a better understanding of the Erasmus+ projects, which are not very well-known in Spain. Kraków will always feel like a place to come back.

*Raquel Casas Bermejo & Marino Piñero Duque, Spain*



# „One step” into society



I would like to share with you a new form of well-known game “One step”, what we all have played once on an Erasmus+ project. It’s a common practice for seminars and training courses. If you don’t know it, the point of the game is to walk in somebody’s shoes and as result to feel the differences of your usual life benefits and life of other people. The main goal is to recognize our everyday privileges and to be more sensitive about it.

In the classic version of the game all participants get cards with new identities, should stay in one line and make a step if they agree with a statement of a moderator. For example, a card 35 years old homosexual man in Ukraine, a statement “You can be attacked in the street anytime”. It means you make a step, because it’s a reality of this person. BUT I played a modified variation of this game, which make you really feel the benefits of society.

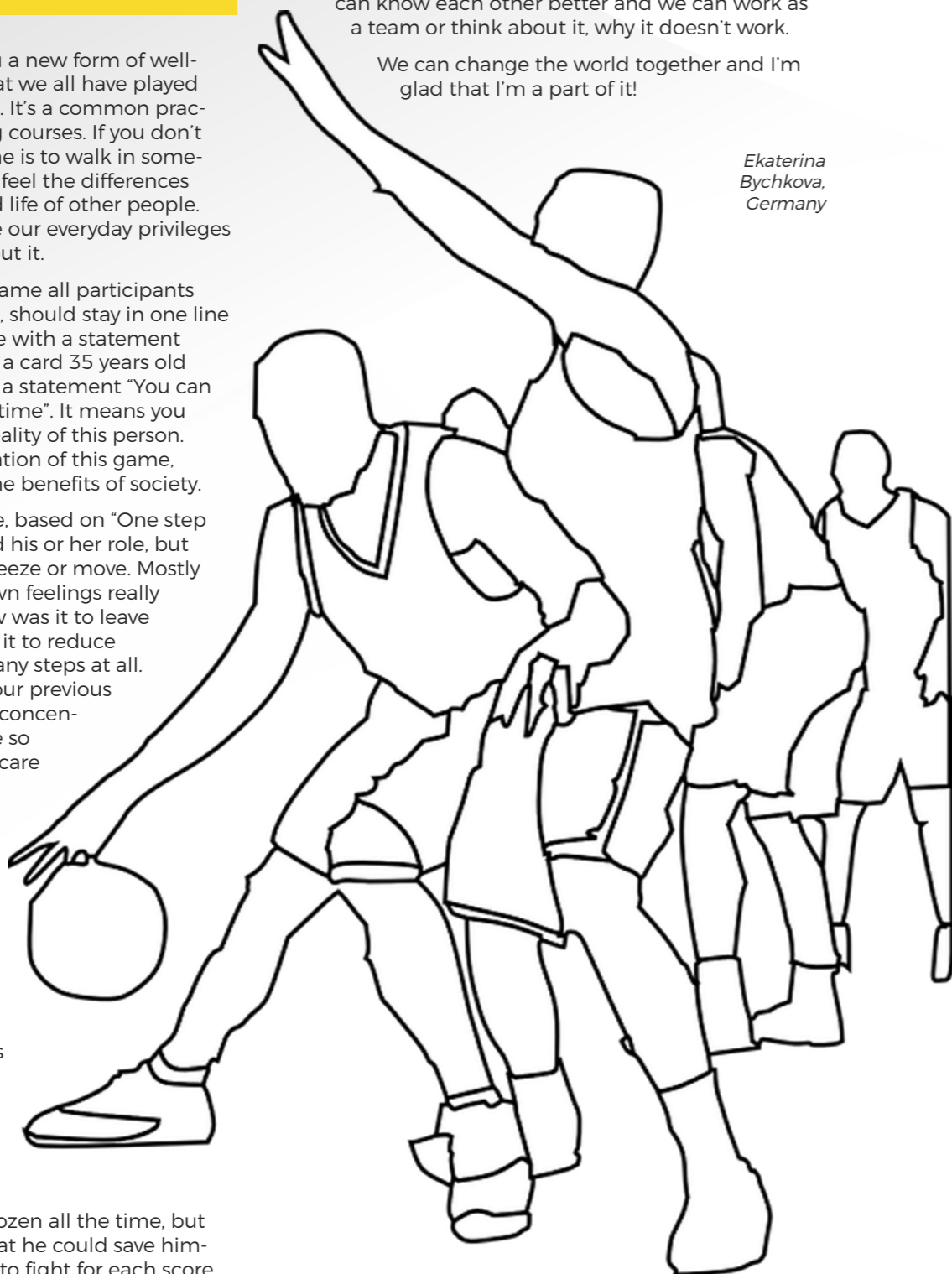
We played a basketball game, based on “One step forward” game. Everyone had his or her role, but instead of steps we should freeze or move. Mostly you can reflect about your own feelings really good during this activity, how was it to leave people behind you, how was it to reduce the distance or not to make any steps at all. But as the game started, all our previous experience disappeared. We concentrated ourselves on the game so much that we forgot to take care about each other (like in real life!). We forgot about others, because we needed to play our role and to take care about ourselves. The great idea was also to add lucky chance to the game’s rules. If you got a score, you could save yourself or somebody from freezing. Of course, I forgot to save others, because it was so nice to be an owner of a successful oil company and to move all the time. I really enjoyed my power and privilege. On the other hand, we had a guy who supposed to be frozen all the time, but he was so good at playing that he could save himself every statement. He had to fight for each score

all the time, what is also a nice parallel to a real life. Some of us can enjoy free moving and some of us should fight for it every single day.

We could really learn about ourselves during this activity and we had enough time to think about our experience later. I would highly recommend to play this brand new version with groups of all ages and all professions. Especially if you lead projects and want to add fresh wave in your youth work. We can rise our awareness during the simple basketball game, we can know each other better and we can work as a team or think about it, why it doesn’t work.

We can change the world together and I’m glad that I’m a part of it!

Ekaterina Bychkova, Germany

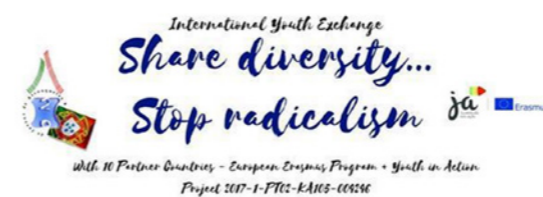


# H<sub>2</sub>O, a new way of life



H<sub>2</sub>O is a non-profit youth association based in a small village called Arroquelas, one hour away on the north of Lisbon.

Youth exchanges are one of the most important projects organized by H<sub>2</sub>O. This Years the main topic was to share the diversity and fight against radicalization. We hosted representatives from 10 different countries.



Organized and coordinated by H<sub>2</sub>O - Associação de Jovens de Arroquelas. To be held in Arroquelas - Rio Maior - Portugal

The main objective is to show to young participants the importance of respect diversity in all dimensions and assimilating equality, tolerance and integration into society of citizens with different gender, race, culture and religion.



It was one of the most interesting projects in which we could participate.

Our participants also took part in the renovation and improvement of the fountain of youth, which is the main project of H<sub>2</sub>O, which allowed young people to share our daily lives.

Everyday we have to work in the fountain, one of the most important and more popular meeting point of the village.

The different activities on the fountain was to clean, keep in function and add some new ideas for upgrade this beautiful and natural place, for keeping our connections with the nature.

Bastien Catoire & Abel Laloupe, Portugal



# Thank you Erasmus+!

Thank you Erasmus+ programme!

Thank you for making us meet new amazing people who share our common passion for different cultures and want to make Europe and the world a better place. Thanks to you, we discovered new cultures we didn't know and learned more about the ones we already knew. Working with different people with different backgrounds but the same goal was enriching and empowering.

Thank you Erasmus+ for making us become self-conscious about our strengths and weaknesses. Getting involved in different activities, practicing soft and hard skills, made us realize how we can do better. When we took part in the project we always felt included and not left apart; we always had the chance to speak our mind, but we also payed attention to other people's ideas and learned a lot.

Thank you Erasmus+ for creating a safe environment where people of all countries, all cultures, all races, all regions, can express themselves freely,

without being afraid of getting discriminated. We opened ourselves to "strangers" in a way that we don't even do with our friends!

Thank you Erasmus+ for the teambuilding and trust activities you propose. They taught us how we can think, how can we behave and what kind of attitude we should have to do efficient work as one team.

Last but not least, thank you Erasmus+ for uniting people of different countries because that made us practice our English and in some occasions also fall in love with different languages. Bora-Bora!

So we thank you one last time Erasmus+ for making our lives better.

*Lev Iliassov & Maxim Rezhenskiy & Daouda Thiam,  
Italy*



European Contact  
Making Seminar

## Erasmus+

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