

Zakopane, Poland 13-20 January 2018

inteGREAT YOuRself

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Index

- 3 Different cultures exploring what it means to be human
- 8 From East to West, South to North
- 14 Be the change!!!
- 18 From strangers to friends, from immigrants to citizens
- 23 interACT
- 28 Intercultural experience
- 33 OPPORTUNITIES
- 37 MIGRATION
- 44 INTEGRASITY



2 The “InteGREAT YOUrself” is a joint initiative of the members of 6 partner organizations from Croatia, Cyprus, Greece, Italy, Poland and Romania, who – after recognizing the existing needs of their peers, agreed together as follows: in the era of migration, when society is becoming more diverse ethnically, culturally and ideologically, when the topic of migrants has become one of the most important and present in the daily life of every human being at any age, but especially young people, a very important aspect is the social dialogue, tolerance, acceptance, but most of all - understanding the situation of migrants. To explore the theme of interdependence and equality and to realize the important role of young people in the whole process, it is necessary to focus also on our own personality, look deep inside into ourselves and understand the roots of our behavior and attitudes.

The main activity of the #GREAT_YOU project was Youth Exchange, during which each organization involved in the project was represented by a group of 6 active volunteers, including 1 leader, giving a total of 36 participants. The Exchange took place in Zakopane, Poland, on January 13-20, 2018. During this time, participants had the opportunity to acquire a range of skills and experience, as well as assimilate new knowledge, while having fun and spending GREAT time all together.

To see more about this beautiful learning adventure go further with reading this brochure, which is one of the results of our common work within „InteGREAT YOUrself” project.

Organizer:



Partner organizations:



Different cultures exploring what it means to be human

There is something exciting happening in Zakopane (besides winter sports) right now – 36 young people from all over Europe (Cyprus, Croatia, Greece, Italy, Poland, Romania), aged between 17 and 30, gathered to participate in the Erasmus+ project InteGREAT YOUrself #GREAT_YOU.

The youngsters did not only work on the topics of migration and integration, but also on developing their soft skills. In their daily evaluation reports, they stated that they feel more confident, open-minded and they are getting out of their comfort zone, which was one of their main personal goals. The project started off with ice-breaking activities, such as fun name games and speed dating about different topics. This helped them to get to know each other a bit and was a great way of making them feel ready for the start of activities related to the main topic of the project.

For us, one of the most intriguing ones was the one of impersonating excluded individuals of society, which made us feel how it is to be in their shoes and more emotional about this issue. Furthermore, we also rather enjoyed the workshop that included assessing the degree of the impact that migration has on our countries and Europe in general. This made us think about real-life stories and examples, making us feel more responsible about it and wanting to take action, as even a small aid can make a change. Some participants gave their own examples of good practice, such as Nicole, who is teaching migrants Italian as a volunteer. Alongside to these, we continued to do numerous ice-breaking and team-work activities, which led to us feeling more comfortable and confident with each other, as well as feeling free to speak up and represent our point of view about the topics mentioned.

Another one worth mentioning is the workshop exploring the roots of stereotypes. It made us realize that, despite being from different countries and having different background, we still have some stereotypes that we need to change and now even know how to help others change them, too.

Apart from doing the workshops, we also enjoyed our leisure time and the company of our new friends. We got to explore the beautiful surroundings of Zakopane and the Tatra mountains by walking, hiking, snowboarding, etc. We also got the opportunity to interact with the locals by doing a journalistic project in the city center, which included interviewing the people and getting to hear what Polish people have to say about their culture, migration and integration issues in their country.

The main topic and the burning issue of Europe, integration, began already on the project, where the participants integrated themselves into an international team. They learned how to work with different personalities, using fun and interactive informal learning as means of gaining skills. The topic of migration was also thoroughly discussed and the workshops raised awareness of social inclusion, exemplified the current situation in participating countries, etc. What is foremost, they developed the feeling that these topics are important for everyone.

To conclude, this project had the outcome of spreading cultural understanding between different countries and the improvement of language skills. We feel as we expanded our limits and as we experienced personal growth. We are glad to have the chance to meet people from other countries and hear about their culture directly from them. We also got to make friendships and hear new ways of thinking. Despite the cultural differences, we feel that this project made us realize that we are all human beings and can make, as the new generation, a contribution, no matter how small, and take action in order to develop a better society, as well as future, for everyone. InteGREAT YOUrself was therefore more than just a discovery of aspects of migration and inclusion – for us it was a teambuilding that reminded us what it means to be human.

*Katerina Christodoulou [Cyprus]
Ana Ganța [Romania]
Nika Gojanović [Croatia]*

Različite kulture istražuju što to znači biti čovjek

Nešto uzbudljivo se upravo događa u Zakopanima (izuzev zimskih sportova) – 36 mladih iz različitih dijelova Europe (Cipra, Grčke, Hrvatske, Italije, Poljske, Rumunjske) se okupilo kako bi sudjelovali u Erasmus + projektu InteGREAT YOUrself #GREAT_YOU.

Odabrani predstavnici navedenih država nisu obrađivali samo teme migracije i integracije, već su i razvijali soft skills – u svojim dnevnim evaluacijama su izjavili da se osjećaju samopouzdanije, imaju otvoreniji način razmišljanja i da su odvažniji u prihvaćanju novih izazova. Ovo su mnogi od njih i naveli kao svoj glavni cilj. Projekt je započeo s aktivnostima za probijanje leda, kao što su zabavne igre s imenima i speed dating s različitim temama. Ovo je sudionicima pomoglo da se malo upoznaju, te je bio odličan način kako bi se postigao osjećaj spremnosti za rad na projektu.

Nama je jedna od najintričnijih radionica bila ona u kojoj smo glumili neprihvaćene članove društva. Sudjelujući u njoj smo iskusili kako je biti u njihovoj koži, te smo postale osjetljivije po pitanju ovog problema. Nadalje, jako smo uživale u aktivnosti u kojoj se procijenjivao stupanj utjecaja migracije na zemlje iz kojih dolazimo, kao i na Europu općenito. Ovo nas je navelo na razmišljanje o stvarnim životnim pričama, što je u nama probudilo osjećaj odgovornosti i želju da nešto poduzmemo, jer vjerujemo da i najmanja pomoć može napraviti razliku. Neki sudionici su podijelili s ostalima vlastite primjere dobre prakse. Jedan od njih je od predstavnice Italije, Nicole, koja podučava talijanski jezik migrantima. Uz navedeno, nastavili smo s brojnim igrama za bolje upoznavanje, zahvaljujući kojima smo se počele osjećati slobodnije i samopouzdanije, te nam je bilo lakše izraziti se i zastupati vlastito mišljenje o navedenim temama. Još jedna aktivnost koju bi

se trebalo istaknuti je ona koja se bavila uzrocima predrasuda. Zbog nje smo shvatile da, unatoč tome što dolazimo iz različitih država i imamo drugačije životne priče, da i dalje imamo predrasude kojih smo se trebale riješiti. Štoviše, naučili smo i kako drugima pomoći da ih se riješe.

Uz radionice smo imali i priliku uživati u slobodnom vremenu i društvu naših novih prijatelja. Također smo istražili prekrasno okruženje Zakopana i Tatri kroz šetnje, snowboarding, itd. Došli smo i u kontakt s domaćim stanovništvom, glumeći novinare u centru grada. Ovaj zadatak je uključivao intervjuiranje i slušanje o tome kakva je poljska kultura od samih Poljaka, kao i kako oni doživljavaju probleme migracije i integracije u vlastitoj zemlji.

Jedna od glavnih tema projekta i aktualni problem Europe, integracija, je započela na samom projektu, jer su se sudionici morali integrirati u međunarodni tim. Naučili su kako surađivati s ljudima različitih osobnosti, koristeći zabavu i neformalno učenje kao sredstvo stjecanja vještina. Tema migracije je također bila temeljito obrađena i radionice su osvijestile sudionike o društvenoj inkluziji, dali aktualne primjere iz svojih država, itd. Što je najvažnije, razvile su svijest o važnosti ovog problema za sve.

Smatramo da je ovaj projekt rezultirao širenjem razumijevanja za kulture drugih država, kao i poboljšanjem jezičnih kompetencija sudionika. Mislimo da smo prešle svoje granice i doživjele osobni razvitak. Sretne smo što smo imale šansu upoznati ljude iz drugih zemalja i naučiti više o njihovim kulturama iz prve ruke. Također smo dobile mogućnost sklapanja novih prijateljstava, kao i čuti nove načine razmišljanja. Unatoč kulturalnim razlikama, mislimo da smo zbog ovog projekta shvatile da smo svi ljudi i da možemo, kao nova generacija, poduzeti nešto kako bi izgradili bolje društvo, kao i budućnost, za sve. InteGREAT YOUrself je bio više od otkrivanja aspekata migracije i socijalne inkluzije, za nas je bio teambuilding koji nas je posjetio što uistinu znači biti čovjek.

Diaforetikoí politismoí dierevnóntas ti simaínei anthrópino on

Κάτι πολύ ενδιαφέρον συμβαίνει αυτή τη στιγμή στη Ζακοπάνε (Πολωνία) εκτός από τα χειμερινά αθλήματα... 36 νέοι από διάφορα σημεία της Ευρώπης (Κύπρο, Κροατία, Ελλάδα, Ιταλία, Πολωνία, Ρουμανία) ηλικίας 18-30 ετών μαζεύτηκαν για να συμμετέχουν σε ένα πρότζεκτ του Εράσμου+ InteGREAT YOUrself #GREAT_YOU.

Οι νέοι όχι μόνο εργάστηκαν σε θέματα όπως η μετανάστευση και η ολοκλήρωση τους ως άτομα, αλλά, ανέπτυξαν επίσης και πολλές δεξιότητες. Στις καθημερινές αξιολογήσεις δήλωσαν ότι νιώθουν περισσότερη αυτοπεποίθηση, έγιναν πιο ανοιχτόμυαλοι και βγήκαν έξω από το καλούπι της καλοπέρασης και των ανέσεων τους, αφού αυτό ήταν και ένας από τους κύριους στόχους. Το πρότζεκτ ξεκίνησε με παιχνίδια γνωριμίας για να σπάσει ο πάγος, καθώς και με διασκεδαστικά παιχνίδια ονομάτων για να μάθουμε μεταξύ μας τα ονόματα του καθενός. Επίσης παίξαμε και speed dating, στο οποίο μέσω ενός λεπτού συζήτησης, ανταλλάζαμε ζευγάρια για να συζητήσουμε κάθε φορά ένα διαφορετικό θέμα. Αυτές οι δραστηριότητες βοήθησαν στο να γνωρίσουμε καλύτερα ο ένας τον άλλο και ήταν ένας καλός τρόπος για να προετοιμαστούμε για δραστηριότητες σχετικές με το κεντρικό θέμα.

Για μας το πιο εντυπωσιακό ήταν η ενσωμάτωση ρόλων από άτομα στην κοινωνία, η οποία δραστηριότητα βοήθησε στο να μπούμε στη θέση τους, να τους νιώσουμε για λίγο και να ευαισθητοποιηθούμε περισσότερο για το θέμα.

Επίσης μας άρεσε το εργαστήριο στο οποίο έδειχνε το βαθμό επίδρασης που έχει η μετανάστευση στις χώρες μας και στην Ευρώπη γενικότερα. Αυτό μας ώθησε στο να σκεφτούμε παραδείγματα από την καθημερινή μας ζωή και να μας κάνει πιο συνειδητοποιημένους, θέλοντας να δράσουμε με έστω μια πολύ μικρή βοήθεια που θα κάνει την αλλαγή. Κάποιοι συμμετέχοντες έδωσαν τα δικα

τους παραδείγματα καλής πράξης όπως η Νικόλ, η οποία διδάσκει Ιταλικά σε μετανάστες εθελοντικά. Πέρα από αυτά, συνεχίσαμε με πολλαπλές δραστηριότητες γνωριμίας και ομαδικές εργασίες. Με αυτό τον τρόπο νιώσαμε πιο άνετα και με περισσότερη αυτοπεποίθηση απέναντι στα άλλα άτομα. Παράλληλα με αυτό νιώσαμε πιο ελεύθερα να εκφραστούμε και να παρουσιάσουμε τον τρόπο σκέψης μας στα θέματα που αναφέρθηκαν.

Κάτι άλλο αξιοσημείωτο είναι το ότι μελετήσαμε τα στερεότυπα που υπάρχουν σε συγκεκριμένες ομάδες ατόμων και σε άλλες χώρες και εξερευνήσαμε το από πού προήλθαν. Στο τέλος συνειδητοποιήσαμε ότι παρόλο που είμαστε από διαφορετικές χώρες έχουμε κοινά στερεότυπα τα οποία πρέπει να αλλάξουν και τώρα ξέρουμε πως μπορούμε να βοηθήσουμε και άλλους να αλλάξουν τον κλειστόμυαλο τρόπο σκέψης τους και να αποκτήσουν μια πιο θετική γνώμη προς αυτά.

Εκτός από τα εργαστήρια όμως είχαμε και μερικές στιγμές ελεύθερου χρόνου και τις αξιοποιήσαμε με τους νέους μας φίλους, εξερευνώντας το πανέμορφο τοπίο της γύρω περιοχής της Ζακοπάνης, τα βουνά της Τάτρα, περπατώντας, συζητώντας, κάνοντας snowboarding κλπ.

Ακόμη είχαμε την ευκαιρία να έχουμε επαφή με τον κόσμο στο κέντρο της πόλης μέσω μιας δημοσιογραφικής δραστηριότητας, μέσω συνεντεύξεων ,φωτογραφιών, με τους ντόπιους, σχετικά με το μεταναστευτικό και τις παραδόσεις στη χώρα τους.

Το γενικό θέμα του πρότζεκτ ξεκίνησε ήδη από τη στιγμή που δημιουργήσαμε όλοι μαζί μια διεθνή ομάδα. Επιπρόσθετα, μάθαμε πως να δουλεύουμε με διαφορετικές προσωπικότητες, χρησιμοποιώντας διασκεδαστικούς και διαδραστικούς τρόπους μη τυπικής μάθησης, που αύξησαν τη συνείδηση μας στη κοινωνία, εξηγώντας την παρούσα κατάσταση στις συμμετέχουσες χώρες. Το πιο σημαντι-

kó από όλα όμως, είναι το γεγονός ότι ευαισθητοποιηθήκαμε περισσότερο σε αυτά τα θέματα και στη τελική είναι θέματα που είναι σημαντικά και αξίζουν την προσοχή όλων.

Τελειώνοντας, αυτό το πρότζεκτ είχε ως αποτέλεσμα να μεταδοθεί το μήνυμα της διαφορετικής κουλτούρας μεταξύ των χωρών καθώς και να βελτιώσουμε τις δεξιότητες μας στις ξένες γλώσσες και ειδικότερα στα αγγλικά που ήταν η κοινή γλώσσα επικοινωνίας. Βιώσαμε προσωπική ολοκλήρωση και ανάπτυξη και ανοίξαμε τους ορίζοντές μας. Το γεγονός ότι είχαμε την ευκαιρία να γνωρίσουμε ανθρώπους από άλλες χώρες και να ακούσουμε απευθείας και άμεσα από αυτούς σχετικά με την κουλτούρα και τον πολιτισμό τους, είναι κάτι που εκτιμήσαμε ιδιαίτερα και νιώθου-

με τυχεροί για αυτό. Ακούσαμε διαφορετικούς τρόπους και σκέψεις και αποκτήσαμε νέες φιλίες. Μέσα από αυτό το πρόγραμμα συνειδητοποιήσαμε ότι παρόλες τις διαφορετικές κουλτούρες, είμαστε πάνω από όλα άνθρωποι. Ως νέα γενιά μπορούμε να συμβάλουμε και να δράσουμε στη δημιουργία μιας καλύτερης κοινωνίας, στο μέλλον, για όλους, ανεξαρτήτως από το πόσο μικροί είμαστε και άλλους παράγοντες.

Το InteGREAT YOUrself επομένως είναι απλά η ανακάλυψη των διαφορετικών πτυχών της μετανάστευσης για μας, κτίζοντας ομαδική συνεργασία που μας υπενθυμίζει τι σημαίνει να είσαι άνθρωπος.

[RO]

Culturi diferite explorează ce înseamnă se fii OM

În Zakopane se întâmplă ceva interesant (pe lângă sporturile de iarnă). Chia acum, treizeci și șase de tineri din întreaga Europă (Croatia, Cipru, Grecia, Italia, Polonia, România), cu vârste cuprinse între 18 și 30 ani, s-au întâlnit pentru a participa în cadrul proiectului ERASMUS+ InteGREAT YOUrself #GREAT_YOU.

Tinerii au lucrat nu doar pe subiecte legate de migrație și integrate, dezvoltându-si de asemenea, soft skill-urile. În rapoartele zilnice de evaluare, aceștia au menționat că se simt mai încrezători în sine și deschiși, ieșind din zona lor de confort, ceea ce a fost unul din principalele scopuri personale. Proiectul a început cu activități de cunoaștere. Acestea i-a ajutat să se cunoască unii pe alții un pic mai bine și a reprezentat un mod genial de a-i pregăti pentru activitățile propriu-zise referitoare la tema proiectului.

Pentru noi, tinerii, una dintre cele mai intrigante activități a fost cea care a implicat un joc de roluri, prin care participanții au reprezentat oameni

neintegrați în societate, trecând prin experiența lor, am devenit mai sensibili cu privire la această problemă. Mai mult decât atât, ne-am bucurat de workshop-urile ce au inclus discuții despre impactul pe care îl are fenomenul migrației asupra țărilor participante și Europei în general. Asta ne-a făcut să ne gândim la povești și exemple din viață, să fim mai responsabili și să luăm atitudine. Chiar și un mic gest, poate produce o schimbare. Unii participanții au oferit propriile exemple de bune practici precum Nicole, care îi învață pe migranți limba italiană în calitate de voluntar. Pe lângă toate acestea noi am continuat să facem numeroase activități de cunoaștere și de lucru în echipă, care ne-au făcut să ne simțim mai confortabili și mai încrezători unul cu celălalt, precum și să vorbim liber, să ne exprimăm punctele de vedere despre subiectele sus menționate.

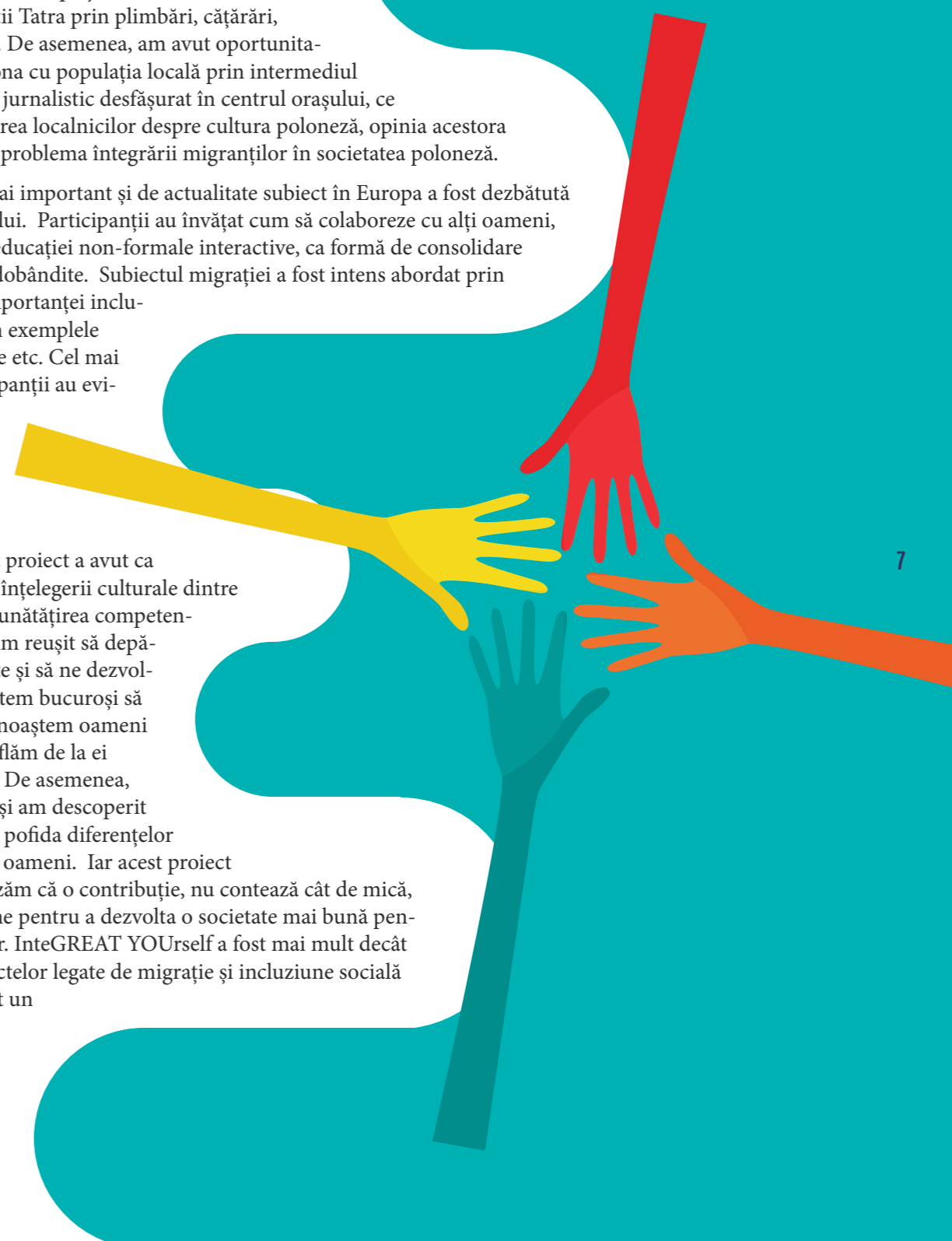
Un alt lucru demn de menționat a fost workshop-ul care a avut ca scop explorarea stereotipurilor. Acest lucru ne-a făcut să realizăm că, în pofida faptului că suntem din țări diferite și avem expe-

riențe diferite, continuăm să avem aceleași stereotipuri pe care trebuie să le schimbăm, iar acum suntem conștienți de acest lucru și putem de asemenea să-i ajutăm și pe alții să se schimbe.

Pe lângă workshop-urile din cadrul proiectului, ne-am bucurat de timpul liber și compania noilor prieteni. Am explorat împrejurimile frumoase din Zakopane și Munții Tatra prin plimbări, cățărări, snowboarding etc. De asemenea, am avut oportunitatea de a interacționa cu populația locală prin intermediul unui mini-proiect jurnalistic desfășurat în centrul orașului, ce a inclus interviuarea localnicilor despre cultura poloneză, opinia acestora despre migrație și problema integrării migranților în societatea poloneză.

Integrarea – cel mai important și de actualitate subiect în Europa a fost dezbătută în cadrul proiectului. Participanții au învățat cum să colaboreze cu alți oameni, prin intermediul educației non-formale interactive, ca formă de consolidare a competențelor dobândite. Subiectul migrației a fost intens abordat prin conștientizarea importanței incluziunii sociale, prin exemple țărilor participante etc. Cel mai important, participanții au evidențiat că aceste subiecte abordate anterior sunt importante pentru fiecare.

În concluzie, acest proiect a avut ca scop împărtășirea înțelegerii culturale dintre diferite țări și îmbunătățirea competențelor lingvistice. Am reușit să depășim propriile limite și să ne dezvoltăm personal. Suntem bucuroși să avem ocazia să cunoaștem oameni din alte țări și să aflăm de la ei despre cultura lor. De asemenea, am legat prietenii și am descoperit noi mentalități. În pofida diferențelor culturale, suntem oameni. Iar acest proiect ne-a făcut să realizăm că o contribuție, nu contează cât de mică, putem lua atitudine pentru a dezvolta o societate mai bună pentru fiecare în viitor. InteGREAT YOUrself a fost mai mult decât descoperirea aspectelor legate de migrație și incluziune socială – pentru noi, a fost un teambuilding care ne-a reamintit ce înseamnă se fii om.



From East to West, South to North

Thoughts on migration in a troubled Europe

Ten years after the 2008 credit crunch we can look back and assess the changes and challenges that affect the EU and each country individually. Millions of Syrian refugees braved the Mediterranean and the Turkish plains in order to reach safety and peace. They still do. The wave increased in strength when other African and Asian economic migrants joined what grew into a migration crisis of a magnitude that Europe has never faced before.

The toll was taken, mainly, by bordering countries such as Greece and Italy. Pressure grew at a quick, steady pace on their coastguards, border patrols and emergency services. Economic and migration issues affect all of Europe. Belief in the European Union has lowered as a result of these problems. United Kingdom voted to leave the European Union and countries like Hungary became more critical towards it. Divisions like these worsen the situation and the effects are being felt in the vast majority by the citizens of these bordering countries.

In the issue of European migration, it is important for its citizens to exchange ideas, cultures, ways of thinking in a way in which preconceptions and pre-formed ideas can be challenged. Everything seems to be changing at all times and we can't just ignore it, but we have to find a way to deal with these problems and situations. Of course what we can do depends on who we are, where we live, our education and backgrounds, but the first step is to understand that we must go past thoughts of individualism and introduce ourselves to think as part of the group.

We have to be aware about the topic of immigration and discuss the issues that affect us in our local community, our region, country and then at European level for a better understanding of the challenges facing different countries.

Such exchanges of ideas can be reached through meetings between citizens of different regions and countries, where we can explore points of view and experiences. This leads to exploration of empathetic concepts which leads to better cooperation that allows



individuals to be more inter-cultural and prepared for dealing with new situations and avoid preconceptions. These activities increase individual knowledge and they break insecurities, fears and barriers. People can then return home and apply gained information in their local communities.

Positive inputs re-energize thoughts for groups that have feelings of hopelessness and stagnation; this can lead to solutions and change of perspectives. Notions of unity and integration are important for present and future Europe. Such ideas are essential on the road to a better relation between each other and for a more effective way of dealing with problems that affects not just "them" but "us".

The European Union has been a catalyst for peace, security and collaboration between countries and regions. We need to continue promoting such models for a better and safer future.

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Nicole Lea di Stefano [Italy]
Horațiu Lupea [Romania]*

Απο την Ανατολή στην Δύση, απο το Βορρά στο Νότο

Σκέψεις για τους μετανάστες σε μια προβληματισμένη Ευρώπη

10 χρόνια μετά την οικονομική κρίση του 2008 μπορούμε να κοιτάξουμε πίσω και να δούμε τις διαφορές και τις δοκιμασίες που επιρεάζουν την ΕΕ και κάθε χώρα ξεχωριστά. Εκατομμύρια Σύριοι πρόσφυγες πέρασαν στην Μεσόγειο και τα Τούρκικα εδάφη για να φτάσουν σε ένα ασφαλή και ειρηνικό τόπο. Το χτύπημα ήταν πιο δυνατό όταν οικονομικοί μετανάστες απο την Αφρική και Ασία εισήλθαν στην μεταναστική κρίση της ΕΕ.

Το πρόβλημα στην οικονομία και τους μετανάστες επηρεάζουν όλη την Ευρώπη. Η Μεγάλη Βρετανία ψήφισε να φύγει απο την ΕΕ και χώρες σαν την Ουγκαρία το σκέφτονται και αυτοί. Καταστάσεις σαν αυτές χειροτερεύουν την κατάσταση και αυτό επηρεάζει τους κάτοικους στα σύνορα αυτόν τον χωρών. Στο πρόβλημα των μεταναστών στην Ευρώπη, είναι σημαντικό για τους κατοίκους να ανταλλάζουν ιδέες, κουλτούρες, τρόπο σκέψεις για την καλύτερη κατανόηση.

Στις μέρες μας όλα αλλάζουν και δεν μπορούμε να αγνοήσουμε αλλά

μπορούμε να βρούμε ιδέες για να χειριστούμε αυτά τα προβλήματα και καταστάσεις. Φυσικά στο τι μπορούμε να κάνουμε εξαρτάτε απο το ποιο είμαστε, πού ζούμε, η εκμάθηση, αλλά το πρώτο βήμα είναι το να καταλάβουμε ότι δεν μπορούμε να σκεφτόμαστε τους εαυτούς μας ξεχωριστά και το πρόβλημα αυτό μας αγγίζει όλους.

Πρέπει να είμαστε ενημερωμένοι για το θέμα των μεταναστών και να συζητάμε το θέμα που επηρεάζει την κοινότητα μας, την περιοχή μας, την χώρα μας και μετά την Ευρώπη. Αυτές οι ανταλλαγές ιδεών μπορούν να παλθούν μέσω συναντίσεων πολιτών διαφόρων περιοχών και χωρών στα οποία μπορούν να ανακαλήψουμε απο άλλες οπτικές γωνίες και εμπειρίες. Μέσα απο αυτό και μέσω εμπάθιας οδήγησε σε καλύτερη συνεργασία που κάνει τον καθένα ξεχωριστά να είναι πιο πολυπολιτισμικός και έτοιμος να διαχειριστή νέες συνθήκες και να αποφύγει τις αντιλήψεις. Αυτές οι δραστηριότητες ενισχύουν την γνώση και σπάζουν τις ανασφάλειες, φόβους και εμπόδια. Οι άνθρωποι μπορούν τότε να γυρίσουν στο σπίτι τους και να δώσουν τις πληροφορίες στις τοπικές κοινωνίες.

Η ενότητα και η ενσωμάτωση είναι σημαντικές για το παρών και το μέλλον της Ευρώπης. Αυτές οι ιδέες ενισχύουν τον δρόμο για μια καλύτερη σχέση μεταξύ άλλων και ένα πιο ενεργό τρόπο στο να επιλείσουμε αυτά τα προβλήματα που επηρεάζουν όχι μόνο "αυτούς" αλα και "εμάς".

Η ΕΕ έγινε καταλύτης για την ειρήνη, ασφάλεια και συνεργασία μεταξύ των χωρών και τον περιοχών. Πρέπει να συνεχίσουμε να προοθούμε τέτοια μοντέλα για να ενα καλύτερο αύριο.

Da est a ovest, da sud a nord

Pensieri sull'immigrazione in un'Europa piena di guai

Dieci anni dopo la crisi economica del 2008, è possibile guardarsi indietro e analizzare i cambiamenti e le sfide che toccano l'Europa nel complesso e ogni paese individualmente. Milioni di rifugiati siriani hanno sfidato il Mediterraneo e le pianure turche per raggiungere salvezza e pace. E continuano a farlo. La situazione è peggiorata quando anche i migranti economici di Africa e Asia si sono uniti a quella che è diventata una crisi migratoria di dimensioni mai sperimentate prima in Europa.

Il prezzo maggiore è stato pagato dai paesi di confine come Grecia e Italia. La pressione è cresciuta tutta in una volta, influenzando soprattutto la guardia costiera, le pattuglie di confine e i servizi di emergenza. I problemi economici e quelli collegati all'immigrazione riguardano tutta l'Europa. La fiducia nell'Unione Europea è diminuita come conseguenza di questi problemi. Il Regno Unito ha votato per lasciare l'Unione Europea e paesi come l'Ungheria sono diventati più critici riguardo ad essa. Divisioni come questa hanno peggiorato la situazione e gli effetti di ciò stanno influenzando soprattutto i cittadini di questi paesi di confine.

Riguardo all'immigrazione in Europa, è importante per i cittadini condividere idee, culture e modi di pensare in un modo che possa mettere in discussione preconcetti e pregiudizi. Al giorno d'oggi ogni cosa sta cambiando e non possiamo semplicemente far finta di niente, ma dobbiamo trovare un modo per approcciarci a questi problemi e situazioni. Ovviamente quello che possiamo fare dipende da chi siamo, da dove viviamo, dalla nostra educazione e dal nostro passato, ma il primo passo è capire che non possiamo pensare solo a noi stessi come individui e che questo argomento tocca tutti noi.

Dobbiamo essere consapevoli riguardo al tema dell'immigrazione e discutere gli argomenti che ci riguardano nella nostra comunità locale, nella nostra regione, nel nostro paese e in seguito a livello europeo per una migliore comprensione delle sfide che interessano i diversi paesi. Questa condivisione di idee può essere raggiunta attraverso incontri tra cittadini provenienti da diverse regioni e paesi, in cui è possibile esplorare differenti punti di vista ed esperienze. Ciò porta a una maggiore empatia e, di conseguenza, a una migliore cooperazione che permette agli individui di essere più aperti verso le altre culture e pronti a relazionarsi con nuove situazioni e andare oltre i preconcetti. Queste attività fanno crescere la consapevolezza di sé e permettono di superare le insicurezze e le paure e di rompere le barriere. Di conseguenza, le persone che vi prendono parte possono tornare a casa e condividere le informazioni ottenute nelle loro comunità locali.

Input positivi di questo tipo donano nuova energia ai pensieri e ciò può portare gruppi di persone che sentono di non avere speranza o sono bloccati in una situazione di immobilità a trovare delle soluzioni inaspettate. I concetti di unità e integrazione sono importanti per l'Europa del presente e del futuro. Queste idee sono essenziali per raggiungere relazioni migliori tra le persone e per trovare un modo più efficace per relazionarsi ai problemi che toccano non solo "loro" ma anche "noi".

L'Unione Europea ha rappresentato uno stimolo per la pace, la sicurezza e la collaborazione tra i paesi e le regioni. Di conseguenza, è necessario continuare a promuovere questi modelli per un futuro migliore e più sicuro.

Ze wschodu na zachód, z północy na południe

Rozmyślenia nad migracją w zakłopotanej Europie

Dziesięć lat po zapaści gospodarczej w 2008 roku możemy spojrzeć w przeszłość i oszacować zmiany i wyzwania, które wpływały i dalej wpływają na Unię Europejską jako całość oraz na każdy kraj indywidualnie. Miliony Syryjskich uchodźców dobiły do wybrzeża śródziemnomorskiego i afrykańskiego, celem odnalezienia bezpieczeństwa i spokoju. Nadal to robią. Fala powróciła z jeszcze większą mocą kiedy dołączyli afrykańscy i azjatyccy ekonomiczni migranci. Wszystko to spowodowało, że problem urósł do tzw. kryzysu migracyjnego, z którym Europa nigdy wcześniej nie miała okazji się zmierzyć.

Problemy dotknęły głównie krajów granicznych, takich jak Grecja czy Włochy. Presja rosła szybko, zaczynając spokojnie od celników, patroli granicznych i służb ratunkowych. Ekonomiczne i migracyjne problemy oddziaływały jednak na całą Europę. Wiara w Unię Europejską zmniejszała się, tak jak wiara w rozwiązanie zaistniałych problemów. Wielka Brytania zagłosowała za wyjściem z Unii Europejskiej, a państwa takie jak Węgry stały się bardziej krytyczne w stosunku do podobnych kwestii. Tego typu podziały pogorszyły sytuację, a efekty odczuwalne są w dużym stopniu przez obywateli krajów granicznych.

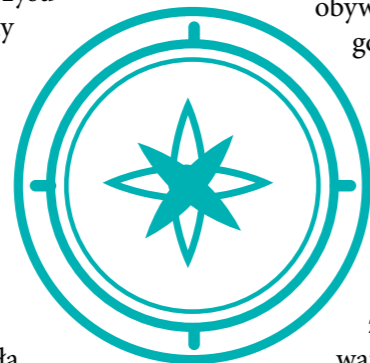
W kontekście problemu migracji europejskich niezwykle ważne jest, aby obywatele wymieniali się i dzielili pomysłami, poznawali inne kultury, sposoby myślenia, dzięki którym uprzedzenia i wcześniej wytworzone idee są poddawane dyskusji i często obalane. W dzisiejszych czasach wszystko bardzo szybko się zmienia, a my nie możemy tego ignorować. Musimy znaleźć sposób na radzenie sobie z podobnymi problemami i sytuacjami. Oczywiście wszystko zależy od tego kim jesteśmy, gdzie żyjemy, od naszej edukacji i zaplecza życio-

wego, jednak pierwszy krok to zrozumienie, że nie możemy myśleć jedynie o sobie oraz że problem ten tak naprawdę dotyka każdego z nas.

Musimy posiadać pewną wiedzę na temat imigracji oraz dyskutować o problemie, który oddziałuje na nasze najbliższe otoczenie, region, państwo, a idąc dalej – na całą Europę. Wszystko to jest nam potrzebne, aby lepiej zrozumieć trudności, z którymi mierzą się różne kraje. Taka wymiana pomysłów może odbywać się podczas spotkań między obywatelami różnych regionów i państw, gdzie pojawia się okazja do poznawania i wymiany poglądów oraz doświadczeń. Prowadzenie badań do odkrycia empatycznych koncepcji powoduje rozwój lepszej, bardziej efektywnej współpracy, która pomaga w staniu się osobą bardziej międzykulturową, przygotowuje do radzenia sobie z nowymi sytuacjami i unikania powstawania często fałszywych uprzedzeń. Takie aktywności poszerzają naszą wiedzę i przełamują niepewność, strach i bariery. Dzięki temu ludzie wracając do swoich lokalnych społeczności, mogą pozyskaną wiedzę przekazywać dalej.

Pozytywne impulsy odświeżają postrzeganie, które może grupy czujące bezsilność i stagnację doprowadzić do wypracowania nowych rozwiązań. Jedność narodów i integracja są ważne dla Europy – biorąc pod uwagę zarówno dzisiejszą sytuację, jak i to co wydarzy się w przyszłości. Takie inicjatywy są istotne na drodze do budowania lepszych relacji oraz dla bardziej efektywnego sposobu radzenia sobie z problemami, które wpływają nie tylko na „nich” ale także na „nas”.

Unia Europejska od zawsze pełni funkcję strażnika pokoju, ochrony i kolaboracji między państwami i regionami. Należy kontynuować promowanie takich modeli dla lepszej i bezpieczniejszej przyszłości dla nas wszystkich.



Din Est spre Vest

Gânduri despre migrație într-o Europă problematică

Zece ani după criza din 2008 putem privi spre trecut cu un ochi critic pentru a observa ce schimbări sau petrecut și prin ce schimbări a trecut Uniunea Europeană și țările care fac parte din aceasta. Milioane de sirieni au „plutit” peste Marea Mediterană și au luat la pas drumurile Turciei în căutare de pace și securitate. Încă o fac. Valul a devenit mai puternic cu adaosul reprezentat de migrații economice dinspre Africa și restul Asiei, făcând din această criză una de o magnitudine nemaivăzută în trecut de Europa.

Cele mai afectate țări au fost cele de la marginea continentului, printre care Grecia și Italia. Presiunea pusă pe granițele, serviciile de urgență și paza de coastă a acestor țări a crescut rapid și constant. Problemele economice și de migrație afectează toată Europa. Asta se vede prin scăderea de încredere în Uniune, cu țări „rebele” ca și Ungaria sau prin efectele și rezultatul Brexit-ului. Diviziunile de acest fel înrăutățesc situația și efectele divergențelor politice sunt simțite cel mai mult de cetățenii acestor țări care mărginesc continentul.

Când vine vorba despre migrația din și înspre Europa, este important ca cetățenii țărilor UE să schimbe idei, practici și feluri de a gândi, în așa fel încât preconcepțiile să fie dezbătute și, ideal, eliminate. Simțim ca și cum totul în jurul nostru e în continuă schimbare, dar nu putem ignora problemele care se ivesc și situațiile cu care ne confruntăm. Desigur, nivelul la care putem produce schimbări depinde de cine suntem, unde trăim, educația și trecutul nostru. Dar primul pas pe care îl putem face este să înțelegem cum să gândim ca și parte dintr-o mare comunitate în care problemele ne afectează pe toți ca și grup.

E important să fim conștienți despre problemele de migrație și să discutăm ce și cum ne afectează în comunitate, regiune, țară și la nivel European pentru o înțelegere mai bună a felurilor în care sunt afectate diferite țări. Schimburile de idei pot fi făcute prin întâlniri dintre diferiți cetățeni din regiuni și țări diferite, unde putem explora puncte de vedere și experiențe. Asta poate duce la o mai bună cunoaștere a ideilor empatice și mai departe

la o mai bună cooperare, crescând capacitățile indivizilor de a fi interculturali și pregătiți să facă față la situații noi, evitând preconcepțiile. Aceste activități măresc raza de cunoaștere și pun semne de întrebare peste insecurități, frici și bariere. Cei care iau parte la aceste activități pot crește raza de acțiune a acestor idei prin a le promova în propriile comunități locale.

Grupurile afectate de migrație care simt sentimente de neputință și stagnare pot fi energizate prin acest fel de acțiuni, oferind diferite perspective și soluții. Noțiunile de unitate și integrare sunt importante pentru prezentul și viitorul Europei. Ideile de acest gen sunt esențiale pentru traseul spre o relație mai bună între fiecare dintre noi și în a găsi feluri efective de a rezolva problemele care ne afectează pe „noi” nu doar pe „ei”.

Uniunea Europeană a fost de-a lungul anilor un catalist pentru pace, siguranță și colaborare între țări și regiuni. Trebuie să continuăm promovarea acestor idealuri pentru un viitor mai bun și mai sigur.

Be the change!!!

First experience

Francesca Savu [Romania]

For 10 days, I have experienced a lot of feelings regarding meeting new people from different countries. This new experience gave me a new perspective about what diversity means and also the importance of communication between different people with a different life style.

Timp de 10 zile, am experimentat o multitudine de sentimente legate de colaborarea cu persoane din diferite tari. Aceasta noua experienta, mi-a oferit o serie de perspective legate de ceea ce inseamna diversitatea si de asemenea, despre importanta comunicarii intre persoane straine cu stiluri de viata diferite.

Manlio Scalzilli [Italy]

This is my first time experiencing an Erasmus+ Youth Exchange project.

I started with the conviction that it would not be easy to live and share my personal space with strangers for 10 days.

It's very simple to explain the result: the ability to listen to each member of the group, to be aware of the difficulties that each of us could have, to create a small new society, with clear rules, empathy, sharing and above all, respect for others in the most concrete sense of the word.

As ambassadors of our culture in Europe, I recommend this

experience to all those who want to become citizens of the world.

Questa è la mia prima esperienza di un progetto Erasmus Youth Exchange.

Sono partito con la convinzione che non sarebbe stato facile per dodici giorni condividere e vivere con estranei le mie abitudini.

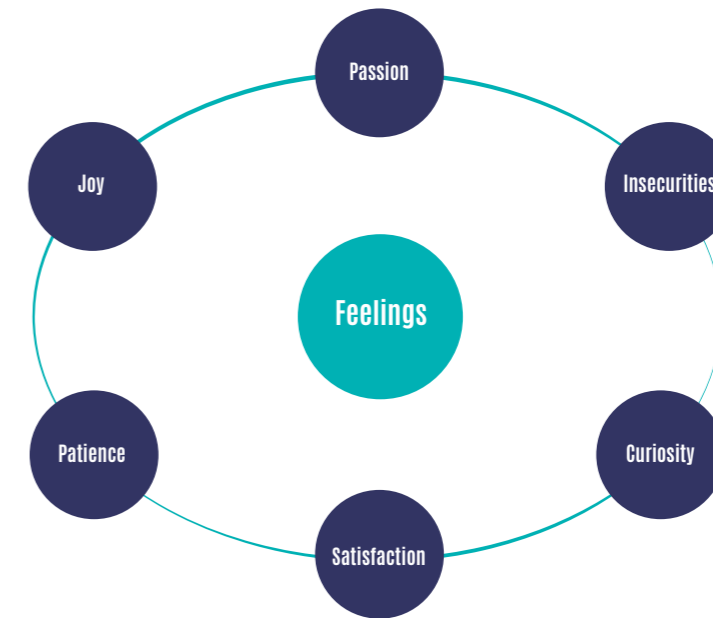
Il risultato è stato molto semplice: la capacità di ascoltare di ciascun membro del gruppo, cosciente delle difficoltà che ciascuno di noi avrebbe potuto avere, ha dato vita ad una piccola società nuova, fatta di regole chiare, empatia, condivisione e soprattutto rispetto della persona nel senso più concreto della parola.

Come ambasciatori della nostra cultura in Europa, consiglio questa esperienza a tutti coloro che vogliono diventare cittadini del mondo.

Panagiota Rapti [Greece]

I participated in the Erasmus+ Youth Exchange project more to see how a programme like this works and to observe how the members of the group behave during the daily activities, in order to organize a relevant project such as this one in my city. Eventually, alongside my primary goal. I unconsciously swifed from viewer to an active member of the group.

Συμμετείχα στο πρόγραμμα ανταλλαγής νέων Erasmus + περισσότερο για να δω τον τρόπο με τον οποίο λειτουργεί ένα τέτοιο πρόγραμμα και να παρατηρήσω πώς συμπεριφέρονται τα μέλη της ομάδας κατά τη διάρκεια των ημερησίων δραστηριοτήτων. Ο στόχος μου ήταν να οργανώσω ένα πρόγραμμα όπως αυτό στην πόλη μου. Τελικά, ασυνείδητα έγινα από θεατής ένα ενεργό μέλος του πληθυσμού και ξεχάσα τον πρωταρχικό μου στόχο.



Emotional Level

Even we, the participants, are different people coming from different countries and with different background, but despite this, we still share the same feelings.

Dedication:

- to change the world
- to share the idea of respecting the differences between us
- to develop something new by transmitting our ideas and European values in society

Insecurities:

- as participants of the project that we would not be understood by other members of the group
- that we would not be able to leave our comfort zone
- if we would be able to destroy the stereotypes that our society embodies, such as being afraid of the unknown before we get to know it

Curiosity:

- to discover the cultural heritage of other participants' countries
- to learn about the refugee situation in each country

Satisfaction:

- that the members of the group were interested in my culture, experience and me
- to realize that we are all the same after getting to know each other
- of how well prepared and organized the project was

Patience:

- taking our time to open up to others
- to listen to what other people have to say about the main topics
- to discover the unknown without rejecting it

Joy:

- to spend time together
- share experience and our new feelings

New society

Ten days ago, we were one small group which evolved into a true accepting society, with people characterized by different background and viewpoints.

Together we created something new and better, based on respect, solidarity and humanity.

The aim was to break the rules and boundaries that characterized our society by destroying the influence of media and government, which created a disordered image of reality.

We wish that young people will build the future by participating in this kind of international projects.

Join us and be a part of making a change we all want to see!

*Panagiota Rapti [Greece]
Francesca Savu [Romania]
Manlio Scalzilli [Italy]*

Nivel emoțional

Chiar dacă suntem oameni din diferite țări, cu diferite obiceiuri, împărtășim toți aceleași sentimente.

Dedicare:

- să schimbăm lumea
- să împărtășim ideea de respectare a diversității
- să cream ceva nou prin transmiterea idealurilor și valorilor europene în societatea actuală

Temeri:

- teama de a nu fi înțeles de ceilalți membrii ai grupului, participanții la acest proiect
- frica de a nu putea să ieși din zona ta de confort
- teama de a nu putea distruge stereotipurile pe care societatea noastră le-a promovat

Curiozitate

- de a descoperi istoria-moștenirea culturală a tarilor participante
- de a învăța despre situația refugiaților din fiecare țară participantă

Mulțumire:

- satisfacția ca ceilalți participanți au descoperit propria mea cultură
- conștientizarea că toți suntem la fel, indiferent de cultură
- că bine a fost organizat proiectul de către organizație

Răbdare:

- timpul permite deschiderea unui fată de celălalt
- capacitatea de a asculta pe ceilalți atunci când au ceva de spus despre anumite subiecte
- să descoperim necunoscutul fără a-l respinge

Bucurie:

- petrecem timp împreună
- împărtășim experiențe împreună

O noua societate

Acum 10 zile, eram un grup mic ce pe parcurs a evoluat într-o adevărată societate, caracterizată prin istoricul fiecărei persoane participante.

Împreună am creat ceva nou și bun, bazat pe respect, solidaritate și umanitate.

Telul nostru a fost de a doborâ barierelor ce ca-

racterizează societatea actuală, prin distrugerea influenței pe care o are mass-media, dar și guvernul asupra societății.

Ne-am dori ca tinerii să construiască un viitor mai bun prin participarea la astfel de proiecte.

Alăturare nouă și fi parte la această schimbare pe care toți o așteptăm!

Συναισθηματικό επίπεδο

Ακόμη και εμείς, οι συμμετέχοντες, είμαστε διαφορετικοί άνθρωποι που έρχονται από διαφορετικές χώρες και με διαφορετικά υπόβαθρα, αλλά παρόλα αυτά εξακολουθούμε να έχουμε τα ίδια συναισθήματα.

Αφιέρωση:

- να αλλάξουμε τον κόσμο
- να μοιραστούμε την ιδέα του σεβασμού των διαφορών μεταξύ μας
- να αναπτύξουμε κάτι νέο, μεταφέροντας τις ιδέες μας και τις ευρωπαϊκές αξίες στην κοινωνία

Ανασφάλειες:

- ως συμμετέχοντες στο έργο, ότι δεν θα είμαστε αδιάφοροι από άλλα μέλη της ομάδας
- ότι δεν θα μπορούσαμε να αφήσουμε τη ζώνη άνεσης μας
- αν θα μπορούσαμε να διαστρεβλώσουμε τα στερεότυπα που εμπλέκεται η κοινωνία μας, όπως το να φοβόμαστε το άγνωστο πριν το γνωρίσουμε

Περιέργεια:

- να ανακαλύψουμε την πολιτιστική κληρονομιά των χωρών των άλλων συμμετεχόντων
- να μάθουμε για την κατάσταση των προσφύγων σε κάθε χώρα

Ικανοποίηση:

- ότι τα μέλη της ομάδας ενδιαφέρονται για την κουλτούρα, την εμπειρία μου και για μένα
- να συνειδητοποιήσουμε ότι όλοι μας είμαστε ίσοι γνωρίζοντας ο ένας τον άλλον
- πόσο καλά προετοιμάστηκε και οργανώθηκε το project

Υπομονή:

- να πάρουμε το χρόνο μας για να δεχθούμε τους άλλους

- να ακούσουμε τι έχουν να πουν οι άλλοι σχετικά με τα κύρια θέματα
- θέλουμε να ανακαλύψουμε το άγνωστο χωρίς να το απορρίψουμε

Χαρά:

- περάσαμε το χρόνο με τους άλλους
- να μοιραστούμε την εμπειρία και τα νέα μας συναισθήματα

Νέα κοινωνία

Πριν από δέκα ημέρες, ήμασταν μια μικρή ομάδα που εξελίχθηκε σε μια πραγματική κοινωνία αποδοχής, με ανθρώπους που χαρακτηρίζονται από διαφορετικό υπόβαθρο και απόψεις.

Μαζί δημιουργήσαμε κάτι νέο και καλύτερο, με βάση το σεβασμό, την αλληλεγγύη και ανθρωπισμό.

Στόχος ήταν να σπάσουμε τους κανόνες και τα όρια που χαρακτήριζαν την κοινωνία μας καταστρέφοντας την επιρροή των μέσων ενημέρωσης και της κυβέρνησης, που δημιούργησε μια διαστρεβλωμένη εικόνα της πραγματικότητας.

Ευχόμαστε οι νέοι να οικοδομήσουν το μέλλον συμμετέχοντας σε τέτοιου είδους διεθνή προγράμματα

Ελάτε μαζί μας και γίνετε μέρος μιας αλλαγής που όλοι θέλουμε να δούμε!

Siamo un gruppo di ragazzi provenienti da nazioni diverse, ma nonostante questo condividiamo gli stessi sentimenti.

Dedizione:

- per cambiare il mondo
- condividere l'idea di rispettare le differenze tra di noi
- sviluppare qualcosa di nuovo trasmettendo le nostre idee e i valori europei nella società

Insicurezza:

- come partecipanti al progetto, su come gli altri avrebbero reagito al nostro modo di essere
- di trovare una nuova zona di comfort personale
- di ciò che non conosciamo, che normalmente ci porta a ragionare per stereotipi

Curiosità:

- di scoprire il patrimonio culturale di altri paesi partecipanti

- conoscere la situazione dei rifugiati in ogni paese

Soddisfazione:

- nel percepire interesse da parte degli altri membri del gruppo nei confronti della mia cultura e della mia persona
- nel vedere che le diversità geografiche non implicano per forza di cose diversità nelle proprie opinioni in merito ai temi del progetto
- organizzazione e svolgimento del progetto

Pazienza:

- di aprirsi agli altri
- di ascoltare le opinioni altrui
- di scoprire l'ignoto senza rifiutarlo

Gioia

- trascorrere del tempo insieme
- condividi nuove esperienze

Nuova società

Il giorno in cui ci siamo incontrati eravamo un piccolo gruppo che con il passare del tempo, si è evoluto in una vera società caratterizzata da persone con diverse esperienze e diversi punti di vista.

Insieme abbiamo creato qualcosa di nuovo, basato sul rispetto, la solidarietà e l'umanità.

L'obiettivo era rompere le regole e i confini che caratterizzavano la situazione in cui viviamo, provando ad andare oltre l'influenza dei media e del governo, i quali tal volta creano e diffondono, un'immagine distorta della realtà.

Ci auguriamo che qualsiasi giovane, responsabile nel suo piccolo del futuro che verrà, possa partecipare a questi progetti internazionali.

Unisciti a noi e promuovi il cambiamento con le tue idee.

From strangers to friends, from immigrants to citizens

Somewhere in Europe, a group of strangers from different countries gathered having in mind a simple task, to InteGREAT. Through non-formal education, workshops, cultural evenings and discussion they got to discover other countries and learn more about themselves. Just by taking a glimpse at the participants, one could see the diversity. Young people from six different countries: Poland, Cyprus, Italy, Croatia, Romania and Greece arrived to Zakopane. A challenging experience for each one of them, different environment, extreme temperatures, a mixture of languages but their purpose enabled them to work together. Thanks to NGOs from all the countries, who are proactively working on changing Europe in small steps, this project was formed.

The main topic of this project was migration. Through sharing their stories about the situation in their countries and hearing what is happening in other countries, each participant was enabled to develop their viewpoint and maybe change their initial idea about the topic. As they had diverse backgrounds, the opinions varied, but one thing was clear: all of them wanted to change something. They leaned different ways through which they could integrate migrants in

their societies. After few days they all realized something: for a small change all you need is to keep in your mind just a thought. It doesn't need to be something special, but if it is enough to influence your surroundings, family, friends, work or faculty colleagues, it will be more than enough. Remember, the change starts with you!

Every day was special and offered different topics, which broke stereotypes and showed that is possible to accept someone even if it's hard at first. They had to come out from their comfort zones, experience new feelings, go through different situations and try to discover a new side of themselves. Day by day, they came closer to each other, made new friendships, discovered that their similarities were more than the things that were separating them. Then, they found a way to understand each other, became more tolerant and finally build a bridge to connect. That is how integration works - every decision you make helps to take down the wall that separates countries and cultures. And in the end, remember, behind every border there is a person just like you.

#warmambient #Italiansdoitbetter #GREAT_YOU #Matijalovesthelake

*Salvatore Basolu [Italy]
Persa Marathefti [Cyprus]
Wiktoria Szmydt [Poland]
Matija Vukušić [Croatia]*

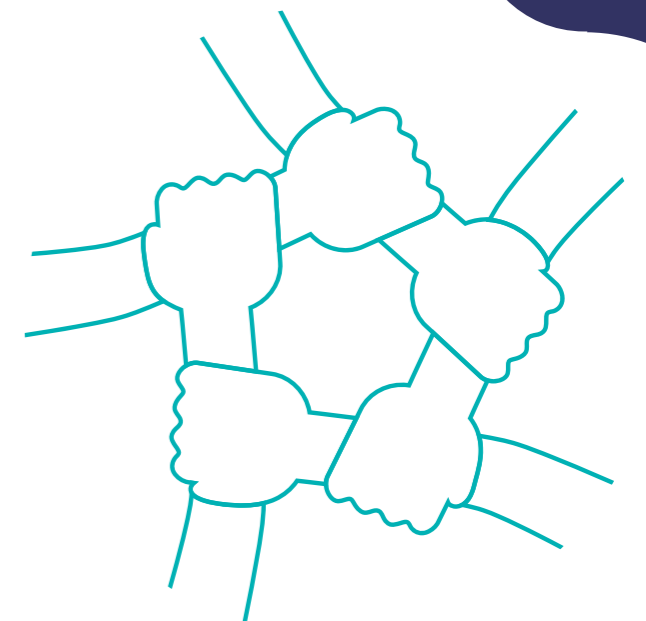
Od stranca do prijatelja, od imigranta do građana

Negdje u Europi, okupila se grupa potpunih stranaca, svi podrijetlom iz različitih država, imajući na umu jednu jednostavnu misao, integrirati se. Kroz neformalnu edukaciju, radionice, kulturalne večeri i rasprave svi sudionici će otkriti i naučiti mnogo o drugim kulturama i državama. Već na prvi pogled može se uočiti raznolikost između sudionika. Mladi ljudi iz šest različitih država (Poljska, Cipar, Italija, Hrvatska, Grčka, Rumunjska) su stigli u Zakopane na projekt. Na prvi pogled jedno vrlo zahtjevno iskustvo za svakoga od njih, poput niskih temperatura i mješavine pet stranih jezika. No njihov zajednički cilj će ih ujediniti i svaka će prepreka s lakoćom biti preskočena. Zahvaljujući nevladinim organizacijama (NGO) iz svih zemalja, koje preaktivnim djelovanjem pokušavaju unijeti male promijene unutar Europe, ovaj projekt je omogućen.

Glavna tema ovog projekta je migracija. Svaki sudionik opisao je situaciju u svojoj zemlji dok su ostali sudionici slušajući pojedine priče gradili vlastito mišljenje o cjelokupnoj situaciji. Nakon pet različitih situacija, svaki od sudionika je zasigurno promijenio prijašnji pogled. S obzirom na to da svi imaju različite kulturne pozadine, svaki je sudionik imao i drugačije mišljenje, ali jedna stvar je bila jasna, svi su htjeli napraviti promjenu. Otkrili su razne načine kako imigrante integrirati u vlastitoj državi. Već nakon par dana svi su došli do iste spoznaje. Za i najmanju promjenu sve što je potrebno je jedna misao. To ne treba biti nešto posebno no, ako je i ta jedna mala misao dovoljna da se promijeni okolina (obitelj, prijatelji, kolege s posla ili fakulteta) oko nas, isplatit će se. Zapamtite, promjena počinje od vas.

Svaki dan tokom projekta je bio poseban i sadržavao je drugačiju tematiku radionica kroz koje su promijenjeni razni stereotipi. Sudionici su uspjeli vidjeti da je moguće nekoga prihvatiti u vlastitu zajednicu čak iako se na prvu to čini teško ili nemoguće. Tokom radionica sudionici su više puta

trebali izaći iz komfort zone, iskusiti nove osjećaje, proći kroz različite, nesvakidašnje situacije i pritom pokušati pronaći novu stranu sebe. Kako su dani prolazili ljudi su se sve više i više zbližavali, nastajala su nova prijateljstva i svi su shvatili da su zapravo puno sličniji jedni drugima nego što su mislili. U konačnici pronašli su način da se svi razumiju i povežu u jednu multikulturalnu zajednicu koja savršeno funkcionira. Upravo tako integracija i funkcionira, svaka zajednička odluka pomaže u rušenju zida koji stoji između različitih kultura i nacija. U konačnici sve što treba zapamtiti jest to da iza svake granice postoje ljudi koji su baš poput nas.



Από Ξένοι, Φίλοι Από Πρόσφυγες, Πολίτες

Κάπου στην Ευρώπη, μια ομάδα αγνώστων συναντήθηκαν έχοντας στο μυαλό τους ένα απλό σκοπό, να ενσωματωθούν. Μέσα από εργαστήρια μη τυπικής μάθησης, παραδοσιακές βραδιές και συζητήσεις, ανακάλυψαν καινούργια πράγματα για άλλες χώρες, αλλά και για τον ίδιο τους τον εαυτό. Νέοι από 6 διαφορετικές χώρες, Πολωνία, Κύπρος, Κροατία, Ρουμανία και Ελλάδα συναντήθηκαν στο Ζακόπανε. Μια διαφορετική πρόκληση για τον καθένα, διαφορετικό περιβάλλον, ακραίες καιρικές συνθήκες, πολύ χαμηλές θερμοκρασίες, ένα μείγμα από διάφορες γλώσσες, ο κοινός σκοπός τους όμως τους επέτρεψε να δουλέψουν σαν ομάδα. Το πρόγραμμα αυτό έγινε πραγματικότητα χάρη στους Μ.Κ.Ο. από τις διαφορετικές χώρες, που δρουν προ δραστικά για να φέρουν την αλλαγή στην Ευρώπη με μικρά βήματα κάθε φορά.

Το κύριο θέμα ήταν η μετανάστευση. Μοιράστηκαν τις ιστορίες τους για την κατάσταση που επικρατεί στις χώρες τους και άκουσαν όσα είχαν να πουν οι άλλοι, μέσα από αυτή την ανταλλαγή απόψεων, ανέπτυξαν τις απόψεις τους σχετικά με το θέμα και μερικοί άλλαξαν εντελώς τις αρχικές τους απόψεις. Η διαφορετικότητα, τόσο στον τρόπο ζωής όσο και στον τρόπο σκέψης, ήταν φανερή, μερικές απόψεις κοινές, άλλες αντίθετες, ένα όμως ήταν ξεκάθαρο, όλοι ήθελαν να αλλάξουν κάτι σχετικά με αυτή την κατάσταση. Μέσα από το πρόγραμμα έμαθαν καινούργιους τρόπους ένταξης των μεταναστών στην κοινωνία τους. Όσο περνούσαν οι μέρες, άρχισαν να συνειδητοποιούν, ότι για να αρχίσουν να αλλάζουν τα πράγματα το μόνο που χρειάζεται είναι μια απλή σκέψη. Δεν είναι αναγκαίο να είναι κάτι πολύ μεγάλο, αλλά εάν μπορεί να επηρεάσει τους γύρω μας, την οικογένεια, τους φίλους και τους συναδέλφους μας είναι περισσότερο από αρκετό. Απλά να θυμάστε, η αλλαγή ξεκινά από τον καθένα μας, πέρασαν μέσα από διαφορετικές συνθήκες

Κάθε μέρα ήταν ιδιαίτερη, και η συζητήσεις αφορούσαν διαφορετικά θέματα, μέσα από αυτές διάφορα στερεότυπα καταλύθηκαν και αποδείχτηκε ότι είναι δυνατόν να αποδέχεσαι τον άλλο

ακόμα και αν αρχικά φαίνεται αδύνατο. Όλοι έπρεπε να απελευθερωθούν, να νιώσουν άνετα, να νιώσουν καινούργια συναισθήματα, να περάσουν από διαφορετικές συνθήκες και να ανακαλύψουν καινούργιες πτυχές του εαυτού τους. Μέρα παρά μέρα, έρχονταν πιο κοντά ο ένας στον άλλο, έκαναν νέους φίλους και τελικά ανακάλυψαν ότι αυτά που τους ενώνουν είναι περισσότερα από αυτά που τους χωρίζουν. Σιγά σιγά ανακάλυψαν νέους τρόπους για να κατανοούν ο ένας τον άλλο, έγιναν πιο ανεκτικοί και έχτισαν γέφυρες επικοινωνίας μεταξύ τους. Αυτά συμβαίνουν και κατά τη διάρκεια της ενσωμάτωσης, κάθε απόφαση που παίρνεις συμβάλλει στην κατάρριψη του τοίχους που χωρίζει χώρες και κουλτούρες. Κλείνοντας, να θυμάστε πως πίσω από κάθε σύνορα υπάρχει ένας άνθρωπος σαν και εσένα.



fot. Eleftherios Stasi

Dagli estranei agli amici, dagli immigrati ai cittadini

Da qualche parte, in Europa, delle persone provenienti da Paesi diversi, e mai incontratesi prima, si sono riunite avendo in mente un parola ben precisa: Integrazione. Attraverso l'educazione non formale, i workshop, le serate culturali e le discussioni, i ragazzi hanno scoperto nuovi Paesi e imparato qualcosa su stessi. Una rapida occhiata è sufficiente per cogliere le diverse realtà da cui provengono i partecipanti: giovani ragazzi partiti da Polonia, Croazia, Italia, Romania, Cipro, Grecia e arrivati a Zakopane. Per ognuno di loro questa esperienza è stata una sfida: le diverse zone di provenienza, le temperature estreme, la mescolanza di lingue non gli hanno di lavorare insieme. Grazie alle ONG (Organizzazioni Non Governative) dei vari paesi, costantemente attive nel cercare di cambiare l'Europa, è stato possibile realizzare questo progetto.

Il tema principale dell'iniziativa è stato l'immigrazione. Raccontando la situazione presente nella propria realtà e ascoltando quella degli altri paesi, è stato possibile ampliare il proprio punto di vista e, in alcuni casi, cambiare le opinioni iniziali riguardo l'argomento. Data la presenza di diversi background, le idee di partenza sono variate ma è sempre rimasto chiaro l'intento iniziale: tentare di cambiare qualcosa a in Europa. I ragazzi hanno scoperto diverse modalità riguardo come si potrebbe tentare di migliorare l'integrazione nelle nostre società. Dopo pochi giorni tutti si sono resi conto di aver fatto una scoperta fondamentale: tutto ciò che hai bisogno per cambiare il mondo è un'idea. Non è necessario trovare qualcosa di straordinario perché se l'idea è ben radicata sarà abbastanza forte da far cambiare il modo di pensare di conoscenti, amici, familiari, colleghi di lavoro o dell'Università: il cambiamento parte da te.

Ogni giorno ha offerto spunti di riflessione che hanno scardinato gli stereotipi e permesso di mostrare che è possibile accettare la diversità nonostante le difficoltà iniziali. I ragazzi sono dovuti uscire dalla propria comfort-zone e scoprire nuovi lati della propria personalità: vivere esperienze inusuali, provare emozioni diverse attraverso nuove situazioni, creare solidi rapporti di amicizia. Giorno dopo giorno, infatti, i partecipanti si sono conosciuti meglio, hanno creato amicizie e scoperto che le similitudini tra i vari paesi sono molto più numerose rispetto alle differenze. Così tutti hanno trovato un modo per comunicare fra loro, diventare più tolleranti e sono infine riusciti a trovare un punto di connessione. Questo è il punto fondamentale dell'integrazione: ogni decisione presa può aiutare a distruggere il muro dell'ignoranza che separa Paesi e Culture. Bisogna sempre ricordare che dietro ogni muro c'è una persona, proprio come te.

Od nieznajomych do przyjaciół, od imigrantów do obywateli

Gdzieś w Europie grupa zupełnie obcych sobie ludzi z różnych państw zebrała się w tym samym celu – by zintegrować się, poznać się lepiej. Poprzez nieformalne nauczanie, zajęcia, wieczory kulturowe i dyskusje dowiedzieli się więcej o innych państwach i o nich samych. Już na pierwszy rzut oka było widać, że uczestnicy znacznie się różnili. Młodzi ludzie pochodzący z sześciu kompletnie różnych państw: Polski, Cypru, Włoch, Chorwacji, Rumunii i Grecji spotkali się razem w Zakopanem. Trudnym doświadczeniem dla każdego z nich było nowe środowisko, ekstremalne temperatury, stale mieszające się języki, ale ostatecznie udało im się owocnie współpracować. Nie doszłoby do tego, gdyby nie współpraca NGO (organizacji pozarządowych) ze wszystkich państw, które produktywnie starają się małymi krokami zmieniać Europę. Tak właśnie powstał ten projekt.

Głównym tematem projektu była migracja i kwestie z nią związane. Zadaniem uczestników było podzielenie się swoimi historiami dotyczącymi aktualnej sytuacji w każdym z państw i wysłuchanie co dzieje się w innych krajach. Uczestnicy opowiadali o swoich przekonaniach i niejednokrotnie zmieniali swój punkt widzenia. Dzieliły ich różne podłoże kulturowe, opinie, ale w jednym byli zgodni – wszyscy chcieli coś zmienić. Wspólnie doszli do wniosku, że powinni wspierać migrantów w swoich lokalnych społecznościach. Po paru dniach zrozumieli, że istotną zmianą jest już sama próba albo zmiana postrzegania choćby jednej osoby. Nie musi być to coś wielkiego – wystarczy, że zaczniesz działać wśród najbliższych ci osób: rodziny, przyjaciół, kolegów z pracy lub uczelni – to i tak będzie wystarczające. Pamiętaj, jeśli chcesz coś zmienić – zacznij od siebie!

Każdy dzień był wyjątkowy i przynosił nowe tematy do rozmów, które pozwalały dostrzec, że możliwe jest zaakceptowanie kogoś nawet, jeśli początki są ciężkie, a z tyłu głowy mamy stereotypy. Młodzi ludzie musieli otworzyć się na innych, doświadczyć nowych odczuć i skonfrontować się z różnymi sytuacjami, próbując znaleźć nowy sposób postrzegania rzeczywistości. Dzień po dniu zbliżali się do siebie coraz bardziej, zawiązywali przyjaźnie, rozumiejąc, że jest między nimi więcej podobieństw niż różnic. Stali się bardziej tolerancyjni, odkryli sposób jak się lepiej rozumieć. W końcu – zbudowali łączący ich różnorodność most. Tak wygląda integracja – tu każda decyzja jest istotna i to od niej zależy jak wiele będzie dzielić kraje i ich kultury.

I na koniec - dobra rada: pamiętaj, że za każdą granicą znajduje się człowiek - dokładnie taki sam, jak Ty!

interACT

It is known that when people want to change something and in this way to be involved in a situation, they can achieve great things. Especially when people work as a team, their power becomes greater and it is easier to reach common goals. Through our experience here we started as a group of people that had to know each other first and later to find a common way to express ourselves and ideas and to think about the common problems that every country is facing nowadays.

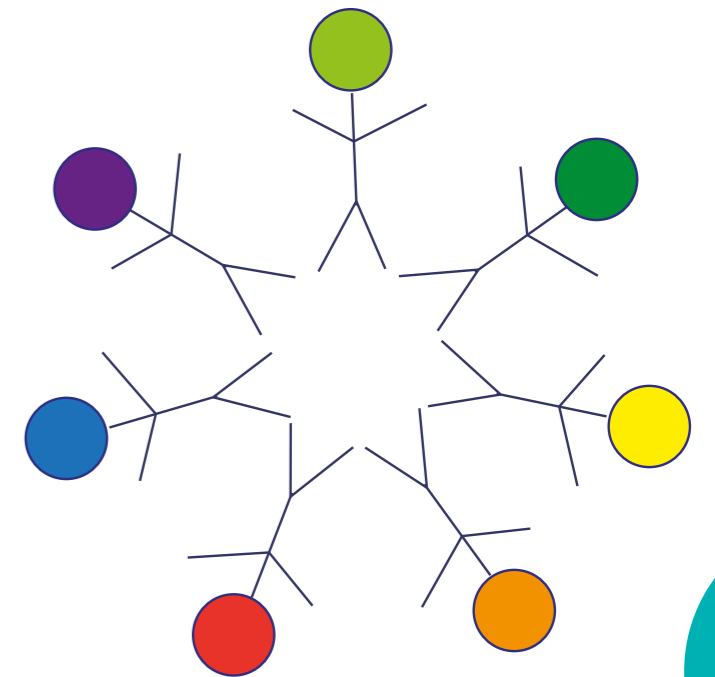
What did we find out? Besides of finding amazing people that we have a lot of things in common with, we share same ideas but at the same time we have different points of view regarding same topics. The main issue that we have discussed was about the migration in different countries in Europe (Croatia, Cyprus, Greece, Italy, Poland and Romania), personal experiences of people between 17 and 35 years old and the changes that we could do in the future. During our interactive workshops we found out that the majority of us have the same worries, feelings and priorities related to the topic. Either by talking hypothetically or either by sharing personal experiences, we saw that, as human beings, we want to be accepted when it is about being integrated in a new society. Common feelings like sadness and disappointment were pointed about migrants and refugees as well, because of an interaction that was conducted in the group of youngsters.

What can we do? We know that we cannot change something during the night, that a visible change could take years but by being aware about the situation of migrants all over the Europe, we can try not to be ignorant. We can make a better world by fighting against the individualism that is promoted by a lot of people in modern societies. This could be achieved by spreading our ideas about improving the future societies and way of living between migrants and local people.

Diamanto Alexaki [Greece]

Saad Kachach [Italy]

Ana-Maria Alexandra Kreis [Romania]



What can you do?
Be part and interact!

αλληλεπίδραση

Είναι γνωστό ότι οι άνθρωποι, όταν θέλουν να αλλάξουν κάτι και μέσω αυτού να εμπλακούν σε μια κατάσταση, μπορούν να επιτευχθούν απίστευτα πράγματα. Ειδικά όταν οι άνθρωποι δουλεύουν σαν ομάδα, η δύναμή τους γίνεται μεγαλύτερη και έτσι είναι ευκολότερο να φτάσουν τους κοινούς τους στόχους. Μέσω της εμπειρίας μας εδώ, ξεκινήσαμε ως μια ομάδα ανθρώπων που αρχικά έπρεπε να γνωριστούμε μεταξύ μας και έπειτα να βρούμε έναν τρόπο να εκφράσουμε τις ιδέες και να σκεφτούμε τα κοινά προβλήματα με τα οποία έρχεται αντιμέτωπη κάθε χώρα.

Τι ανακαλύψαμε? Πέραν της εύρεσης εκπληκτικών ανθρώπων με τους οποίους έχουμε πολλά κοινά, μοιραζόμαστε ίδιες ιδέες αλλά ταυτόχρονα έχουμε διαφορετική οπτική σχετικά με διάφορα θέματα. Το κύριο θέμα το οποίο συζητήσαμε αφορούσε την μετανάστευση σε διάφορες χώρες της Ευρώπης (Κροατία, Κύπρος, Ελλάδα, Ιταλία, Πολωνία και Ρουμανία), προσωπικές εμπειρίες από ανθρώπους ηλικίας 17 έως 35 ετών και για αλλαγές τις οποίες θα μπορούσαμε να εφαρμόσουμε στο μέλλον. Μέσω των δραστηριοτήτων αλληλεπίδρασης συνειδητοποιήσαμε πως η πλειοψηφία της ομάδας μας έχει τις ίδιες ανησυχίες, ίδια αισθήματα και προτεραιότητες που σχετίζονται με το θέμα.

24

Είτε μιλώντας υποθετικά, είτε με την έκφραση προσωπικών εμπειριών, είδαμε ότι ως άνθρωποι θέλουμε να είμαστε αποδεκτοί όταν πρόκειται για την ένταξή μας σε μια νέα κοινωνία. Εντοπίστηκαν επίσης και κοινά συναισθήματα για τους μετανάστες και για τους πρόσφυγες, όπως στεναχώρια και απογοήτευση, μέσω μιας αλληλεπίδρασης που πραγματοποιήθηκε σε μια ομάδα νέων.

Τι μπορούμε να κάνουμε? Γνωρίζουμε ότι δεν μπορούμε να αλλάξουμε κάτι μέσα σε μια στιγμή και ότι μια αισθητή αλλαγή μπορεί να χρειαστεί έως και χρόνια. Όμως, με το να είμαστε ενήμεροι σχετικά με την κατάσταση του μεταναστευτικού ζητήματος σε όλη την Ευρώπη μπορούμε να προσπαθήσουμε να μην είμαστε αδιάφοροι. Μπορούμε να κάνουμε τον κόσμο καλύτερο πράττοντας ενάντια στον ατομικισμό όπου υποστηρίζεται από πολλά άτομα στις σύγχρονες κοινωνίες. Αυτό μπορεί να επιτευχθεί με την εξάπλωση των ιδεών μας σχετικά με την βελτίωση των μελλοντικών κοινωνιών και την ποιότητα ζωής μεταξύ μεταναστών και ντόπιων ανθρώπων.

Τι μπορείς να κάνεις? Πάρε μέρος και αλληλεπίδρασε!

interACȚIONEAZĂ

Se știe că atunci când o persoană își dorește cu adevărat să facă o schimbare prin implicarea directă într-o situație, rezultatele vor fi minunate. Mai ales atunci când oamenii lucrează ca o echipă, puterea lor este mai mare, iar scopurile comune sunt mult mai ușor de atins. Prin experiența pe care noi am avut-o în acest proiect, am început ca un grup care mai întâi de toate trebuia să se cunoască pentru ca ulterior să poată găsi o modalitate comună pentru a își exprima opiniile și în același timp să reflecte la problemele comune pe care fiecare țară le întâmpină în prezent.

Ce am aflat? Pe lângă faptul că am desoperit oameni minunați care au o serie de lucruri în comun, am împărtășit idei similare, dar și diferite despre același subiect. Principala problemă dezbătută a fost cea referitoare la situația migranților în diferite părți ale Europei (Croatia, Cipru, Grecia, Italia, Polonia și România), experiențe personale ale unor tineri cu vârste cuprinse între 17 și 35 de ani precum și schimbările pe care putem să le facem în viitor. Pe parcursul workshopurilor interactive am aflat că majoritatea împărtășim aceleași îngrijorări, sentimente respectiv priorități referitor la subiectul anterior menționat. Fie că am discutat de situații ipotetice sau experiențe personale am observat că fiecare ființă umană își dorește să fie acceptată ca parte a societății în care vrea să se integreze. Sentimente comune precum tristețe și dezamăgire au fost amintite în momentul în care am realizat o activitate în care tinerii și-au exprimat trăirile referitor la situația migranților.

Ce putem face? Suntem conștienți că nu putem schimba ceva peste noapte, de faptul că pentru ca o schimbare să fie vizibilă este nevoie de ani, dar tot odată conștientizând problemele pe care le întâmpină migranții din întreaga Europă putem încerca să nu rămânem indiferenți. Putem

ajuta la formarea unei lumi mai bune luptând împotriva individualismului care este promovat de un număr mare de oameni în societatea modernă în care trăim. Acest lucru poate fi împlinit prin răspândirea ideilor noastre despre îmbunătățirea societății în viitor precum și a interacțiunii între migranți și comunitatea locală.

Ce poți face? I parte, acționează!

25

interACTÚA

Es obvio que cuando la gente quiere cambiar algo y en esta manera estar parte de una situación, puede lograr cosas increíbles. Especialmente cuando la gente trabaja en grupo, su fuerza crece más y es más fácil alcanzar metas comunes. A causa de nuestra experiencia aquí, al principio comencemos como un grupo que tenía que conocerse el uno al

otro y luego encontrar una manera común para expresar nuestros mismos, nuestras ideas y pensar sobre los problemas comunes que se notan en cada país en la actualidad.

¿Qué hemos descubierto?

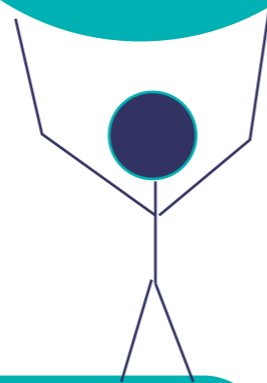
Aparte de conocer gente maravillosa con la que tenemos bastante en común, hemos compartido ideas similares pero al mismo tiempo hemos tenido opiniones distintas sobre el mismo asunto. El tema principal sobre el cual hemos hablado ha sido sobre la inmigración

en distintos países de Europa (Croacia, Chipre, Grecia, Italia, Polonia y Rumanía), experiencias personales vividas por jóvenes de 17 a 35 años y los cambios que podemos hacer en el futuro. Durante nuestros talleres interactivos nos hemos enterado de que la mayoría tiene los mismos preocupaciones, sentimientos y prioridades sobre el tema. Que se trata de situaciones hipotéticas o de experiencias personales, hemos visto que, como seres humanos, queremos ser aceptados cuando uno quiera integrarse en una nueva sociedad. Sentimientos comunes como tristeza y desilusión han sido mencionados sobre inmigrantes y refugiados también por una interacción que ha sido conducida por un grupo de jóvenes.

¿Qué podemos hacer?

Sabemos que el mundo no se puede cambiar de hoy por la mañana, que un cambio visible puede necesitar años pero al estar al tanto sobre la situación de los inmigrantes de todas las partes de Europa podemos al menos intentar no quedarnos ignorantes. Podemos hacer un mundo mejor, luchando contra el individualismo que está promovido por bastante gente en nuestras sociedades modernas. Esto se puede conseguir propagando nuestras ideas sobre el mejoramiento de las sociedades futuras y la manera en la que conviven los inmigrantes y las personas de una comunidad local.

¿Qué puedes hacer?
Haz parte e interactúa!



interAZIONE

È risaputo che quando le persone vogliono cambiare qualcosa, e vengono coinvolti in una situazione, possono ottenere grandi risultati. Soprattutto quando le persone collaborano in un team, la loro energia aumenta ed è più facile raggiungere obiettivi comuni. Attraverso la nostra esperienza qui, iniziata come un gruppo di persone che si sono conosciute per trovare un modo comune per esprimere noi stessi e le nostre idee e per pensare ai problemi comuni che ogni paese sta affrontando.

Che cosa abbiamo scoperto?

Oltre ad incontrare persone straordinarie con cui abbiamo molte cose in comune, condividiamo anche diverse idee ma allo stesso tempo abbiamo punti di vista differenti per quanto riguarda gli argomenti trattati. Il problema principale che abbiamo discusso riguardava la migrazione in alcuni paesi europei (Croazia, Cipro, Grecia, Italia, Polonia e Romania), parlando delle nostre esperienze personali di ragazzi tra i 17 e i 35 anni e come potrebbero cambiare la situazione in futuro. Durante i nostri workshop interattivi abbiamo scoperto che la maggior parte di noi ha le stesse preoccupazioni, sentimenti e priorità riguardanti il tema. Partendo da questioni ipotetiche e condividendo esperienze personali, siamo giunti alla conclusione che vogliamo essere accettati quando si tratta di essere integrati in una nuova società. Sentimenti comuni come tristezza, solidarietà e delusione sono riapparsi anche per quanto riguarda i temi riguardanti migranti e rifugiati, grazie all'interazione sorta nel gruppo.

Che cosa possiamo fare?

Sappiamo che non possiamo cambiare tutto in una notte, il cambiamento richiede anni, ma siamo consapevoli della situazione dei migranti in tutta Europa, nonostante dobbiamo combattere l'ignoranza.

Possiamo provare a creare un mondo migliore lottando contro l'individualismo su cui si fondano le società moderne. Per ottenerlo bisognerebbe diffondere le nostre idee costruttive per migliorare la società che verrà e cambiare la relazione tra migranti e popolazione locale.

Cosa puoi fare?
Sii parte e interagisci.



Intercultural experience

Came here to have fun and travel but you end up with a lot of beautiful memories and you might even learn something.

Being a part of an intercultural experience can open your eyes and minds. It is a whole different world than the one you are used to. To learn something new and different, you have to push yourself outside of your comfort zone. You might feel scared or inconvenient at the beginning but in the end, you will feel comfortable and you'll be very happy and thankful for the rich experience you gained.

The project we are on right now is in Zakopane in Poland, it's called "InterGREAT YOURself" and it's organized by "European Center for Youth Initiatives". There are 36 participants from 6 different countries (Croatia, Cyprus, Greece, Italy, Poland and Romania). On the first days, we had many different games and workshops which main goal was to get to know each other. Although we come from different countries, cultures and backgrounds through these interactions we found a lot of things in common with each other. We realized that we are all equal and nobody was going to judge us considering our background, so we felt more comfortable and free to express ourselves.

In the next stage of a project, we had various team building activities which brought us closer together and strengthened our bond within a group.

We were no more 36 people from 6 different coun-

tries – we became a team of 36 united internationals working towards the same goal.

During the project, every nation had their own cultural evening where they could present their origins, traditions, food, drinks, music, dances and also the best places to visit in their countries. Through those events, we had a great opportunity to discover some new information about their countries and even see them from a new point of view. We noticed a lot of similarities considering habits and tradition between our cultures and it made us realize that although we live far away from each other, we are still all just human beings trying to make the world a better place. We were talking about stereotypes, prejudices and the way society defines people only by their nationality, religion, origins etc. We found out that stereotypes are deeply rooted in their way of thinking and we act according to those.

Stereotypes don't necessarily need to be bad, some parts of them can be true and that is perfectly fine, but we can't and shouldn't judge people only by their origins, culture or tradition. Each person on this planet has its own unique personality and should be treated according to that.

We would strongly recommend everybody to participate in an Erasmus+ project or any kind of international activities like Youth Exchanges or working abroad. When you live your everyday normal life, you are most of the time with the same people in school or work, you live with the same roommates and you hang out with your regular friends. That is nice but in that way, you are always inside your comfort zone and it's not that often that you learn something new when you're doing the same stuff with the same people all over again. By joining some intercultural activity, you open yourself a new door for learning, improving yourself and also having fun.

Mislav Ćuk [Croatia]

Sara Korbi [Italy]

Patryk Mielniczuk [Poland]

Constantinos Venizelou [Cyprus]

Internacionalno iskustvo

Dodeš čisto da putuješ i da se zabaviš, a vratiš se s mnogo lijepih uspomena i prijatelja a možda nešto slučajno i naučiš.

Kad si dio interkulturalnog okruženja, to ti može otvoriti oči ali i um. To je potpuno drukčiji svijet od onog na kojeg si se naviknuo. Da bi naučio nešto novo i drukčije, trebaš se maknuti iz zone komfora. Na početku će te možda biti strah, ali na kraju ćeš se osjećati zaista ugodno i bit će ti drago što si stekao novo i bogato iskustvo.

Projekt na kojem se trenutno nalazimo je u Poljskoj u Zakopanama, zove se "interGREAT YOURself" a organiziran je od strane udruge "European Center for Youth Initiatives". Tu se nalazi 36 učesnika iz 6 različitih zemalja (Hrvatska, Poljska, Cipar, Grčka, Italija i Rumunjska). Prvih par dana smo imali mnogo različitih igara i radionica čiji je glavni cilj bio da se svi međusobno bolje upoznamo. Iako dolazimo iz različitih zemalja, kultura i navika, kroz ove interaktivne radionice otkrili smo da svi imamo mnogo zajedničkih stvari. Shvatili smo da smo svi jednaki i da nas nitko neće osuđivati na temelju našeg porijekla. Tako smo se opustili i osjećali slobodnima da izrazimo ono što mislimo.

U idućoj fazi projekta imali smo razne team building aktivnosti koje su nas zbližile međusobno i ojačale našu povezanost unutar grupe. Više nismo bili 36 ljudi iz 6 različitih zemalja, sada smo postali ujedineni tim od 36 interacionalama koji rade ka ostvarenju zajedničkog cilja.

Tijekom projekta svaka je nacija imala svoju kulturalnu večer gdje su mogli prezentirati svoje porijeklo, tradicije, hranu, piće, glazbu, plesove ali i najbolja mjesta za posjetiti u njihovim zemljama. Kroz ovakve događaje smo dobili odličnu priliku za saznati nove informacije o njihovim državama, a uz to smo ih mogli sagledati s novog gledišta. Primijetili smo mnogo sličnosti u vezi navika i tradicije među našim kulturama i to nas je navelo da shvatimo iako živimo daleko jedni od drugih da smo mi svi i dalje ljudska bića koja pokušavaju svijet učiniti boljim mjestom. Pričali smo o stereotipima, predrasudama i o tome kako društvo definira ljude na temelju njihovih nacionalnosti, religija, porijekla itd. Otkrili smo da su stereotipi duboko

ukorijenjeni u način razmišljanja o drugim ljudima te da se ponašamo u skladu s njima.

Stereotipi ne trebaju nužno biti loši, neki od njih su i istiniti ali to je sasvim u redu, ali ono što nije u redu je da osuđujemo ljude samo na temelju njihovog porijekla, kulture ili tradicije. Svaka osoba na ovom planetu ima svoju jedinstvenu osobu i treba biti tretirana na temelju toga kakva je kao osoba.

Svakako bismo preporučili svima da sudjeluju na Erasmus+ projektima ili na bilo kakvoj vrsti internacionalne aktivnosti poput Youth Exchange razmjene ili rada u internacionalnom okruženju. Kad si u svom svakodnevnom životu, većinu vremena provodiš na poslu ili školi s istim ljudima, živiš s istim cimerima i družiš se s istim prijateljima. To je lijepo, ali kad si stalno u svojoj zoni komfora nećeš često biti u situaciji da naučiš nešto novo pogotovo ako stalno radiš iste stvari s istim ljudima. Kad se priključiš međunarodnoj aktivnosti, otvore ti se nova vrata ka učenju nečeg novog, unaprijeđenju sebe samoga ali i velikoj dozi zabave koja se javlja u ovakvoj atmosferi.



Διαπολιτισμική Εμπειρία

Έρχεσε εδώ για να διασκεδάσεις και να ταξιδέψεις αλλά καταλιγής γεματος ομορφες αναμνησεις και μαθενεις και κατι.

Το να λαμβανεις μερος σε διαπολυτισμικα προγραμματα διευρινει τους οριζοντες σου.Ειναι ενας εντελος διαφορετικος κοσμος απο αυτον που εχεις συνηθισεις. Για να μαθεις κατι καινοργιο και διαφορετικο πρεπει να βγεις εκτος απο το comfort zone σου. Αρχικα, μπορει να νιωσεις αβολα και τρομαγμενος αλλα στο τελος θα νιοσις ανετα και θα εισαι πολυ χαρουμενος και ευγνομον για τη πλουσια εμπιρια που εχεις παρει.

Το προγραμμα στο οποιο βρισκομασται ειναι στο Ζακοπανε της Πολωνια, ονομαζε-ται "InterGREAT YOUrself" και οργανοθηκε απο το "European Center For Youth Initiatives". Συμετεχουν 36 ατομα απο 6 διαφορετικες χωρες(Κροατια, Κυπρος, Ελλαδα, Ιταλια, Πολωνια και Ρουμανια).Τις προτες μερες παιξαμια πολλα διαφορετικα παιχνιδια και σιμετεχαμε σε διαφορες δραστηριοτιτες που ειχαν κιορο σκοπο να γνωριστουμε καλιτετα μεταξυ μας. Παρολο που ερχομασται απο διαφορετικες χωρες με διαφορετικες κουλτουρες και τροπο ζωης μεσα απο αυτες τις διαδραστηκες δραστηριοτιτες ανακαλυψαμια πολλα κοινα. Συνιδιτοποιησαμια οτι ειμασται ολοι ισοι και οτι κανενας δεν θα μας κρινει για τον τροπο ζωης μας, ετσι νιοσαμια πιο ανετα και μπορουσαμια να εκφραστουμα πιο ελευθερα.

Στην επομενη φαση του προγραμματος ειχαμε πολλες δραστηριοτιτες για να κτισουμα καλητερα της ομαδες μας που μας εφεραν πιο κοντα και ενδιναμοσαν τους δεσμους μεταξι μας. Δεν ειμασταν κατι περισσότερο απο 36 ατομα απο 6 διαφορετικες χωρες αλλα γιναμια μια ομαδα απο 36 ενομενα

μελοι που δρουν για ενα κοινο σκοπο.

Κατα τι διαρκια του προγραμματος καθε λαος ειχε την ευκαιρια να παρουσιασι τις ριζες, τις παραδοσεις, τα φαγητά, τα ποτά, τους χορούς, αλλά και τους ωραιότερους τόπους για να επισκεφτεί κανείς στη χωρα τους, κατα τη διάρκεια της παραδοσιακας βραδιας καθε χωρας. Μεσα απο αυτες τις βραδιες, ειχαμε την ευκερια να ανακλαψουμα κενουργιες πληροφοριες για τις χωρες τους και να τις δουμα απο μια διαφορετικη οπτικη γονια. Παρατρισαμια πολλες ομοιοτιτες σχετικα με τις συνηθιες και τις παραδοσις μας, αυτο μας εκανε να συνιδιτοποιήσουμα οτι παρολο που ζουμα μακρια ο ενας απο τον αλλο, ειμαστε ολοι ανθρωπινα οντα που προσπαθουν να κανουν αυτο το κοσμο ενα καλυτερο μερος.Σιζιτισαμια για στερεοτητα προκαταλιψις και τον τροπο με τον οποιο η κιονια κατιγοριοποιεί τους ανθρωπους με βάση την εθνιοκιοτητα τους, την θρισκια τους, τις ριζες τους κτλπ. Ανακαλιψαε οτι τα στερεοτητα ειναι βαθια ριζομενα στον τροπο σκεψις και οτι λιτουργουμα με βαση αυτα.

Τα στερεοτητα δεν ειναι απαρετιτα κακα, καποια κοματια τους μπορει να ειναι αλιθινα και αυτο ειναι ενταξι αλλα δεν μπορουμα και δεν πρεπει να κρινουμα τους ανθρωπους με βαση τη καταγογη τη κιοκιοτουρα και τις παραδοσις τους. Καθε ανθρωπος σε αυτον τον πλανιτι εχει τιν δικη του μοναδικη προσοπιοκιοτητα και πρεπει να τον μεταχιριζομασται με βαση αυτη

Συνιστουμα σε ολους να λαβουν μερος σε ενα προγραμμα Erasmus plus η σε οποιοσηδηποτε αλλες διεθνης δραστηριοτιτες οπος ανταλαγες νεον η ευκεριες εργοδοτισις στο εξοτερικο. Οταν ζεις την καθημερινοτητα σου, περανας τον περισσότερο χρονο σου με τους ιδιους ανθρωπους στο σχολειο η στην δουλια ζεις με τους ιδιους σιγκατικους και κανεις παρεα με τους σινιθισμενους σου φιλους. Αυτο ειναι ωρεο αλλα με αυτον τον τροπο εισαι παντα στο comfort zone σου και δεν νιοθις οτι μαθενις κατι καινουργιο συχα οταν κανις τα ιδια πραγματα με τους ιδιους ανθρωπους ξανα και ξανα. Παιρνοντας μερος σε ενα διεθνης προγραμμα ανιγις μια πορτα στιν μαθιση, στιν βελτιοση του εαυτου σου και στιν διασκεδαση.

Esperienza interculturale

Partecipare ad un'esperienza interculturale può aprirti gli occhi e la mente perché è un mondo completamente diverso a quello a cui sei abituato. Per imparare qualcosa di nuovo e diverso devi spingerti oltre alla tua "comfort zone": inizialmente è possibile che tu ti senta spaventato e a disagio ma alla fine sarai felice e grato per l'esperienza acquisita.

In questo momento ci troviamo a Zakopane, in Polonia e stiamo partecipando al progetto "InteGREAT YOUrself", organizzato da "European Center for Youth Initiatives". Ci sono 36 partecipanti da 6 paesi diversi (Croazia, Cipro, Grecia, Italia, Polonia e Romania). Nei primi giorni abbiamo partecipato a numerosi giochi e workshop per conoscerci meglio: nonostante la diversa provenienza, cultura, background, attraverso queste interazioni siamo riusciti a conoscerci meglio e a trovare numerose cose in comune tra di noi. Ci siamo resi conto che siamo tutti uguali e nessuno ci avrebbe giudicati per il nostro vissuto, così ci siamo sentiti più a nostro agio e liberi di esprimere noi stessi.

Nella seconda fase del progetto abbiamo partecipato a varie attività di team building che ci hanno avvicinato e hanno rafforzato il nostro legame come gruppo. Non eravamo più 36 persone da 6 paesi diversi, siamo diventati un unico team impegnato per raggiungere lo stesso obiettivo.

Durante il progetto, ogni paese ha avuto modo di organizzare una serata culturale in cui ha potuto presentare le proprie origini, tradizioni, cibi e bevande tipiche, musica e balli e anche i luoghi più interessanti da visitare. Attraverso queste attività, abbiamo avuto l'occasione di scoprire nuove informazioni riguardo agli altri paesi e considerarli da un altro punto di vista. Abbiamo notato numerose similitudini riguardo le abitudini e tradizioni tra le nostre culture e ci siamo resi conto che nonostante veniamo da paesi lontani tra loro, siamo semplicemente essere umani che cercano di rendere il mondo migliore. Abbiamo discusso degli stereotipi e pregiudizi e il modo in cui la società etichetta le persone soltanto considerando la loro nazionalità, origine, religione ecc. Abbiamo scoperto che gli stereotipi sono profondamente radicati nel nostro modo di pensare e di conseguenza spesso le nostre azioni derivano da essi.

Gli stereotipi non devono essere necessariamente una cosa negativa, parte di essi possono essere veri e questo è perfettamente normale, ma noi non dovremmo giudicare le persone a seconda delle loro origini, cultura e tradizioni. Ogni persona di questo mondo è unica e dovrebbe essere trattata come tale.

Vorremmo caldamente consigliare a tutti di partecipare ad un progetto Erasmus + o a qualsiasi tipologia di attività internazionale come gli scambi giovanili o lavorare all'estero. Quando vivi la tua vita ti trovi sempre con le stesse persone a scuola o al lavoro, vivi con loro ed esci con i tuoi amici di sempre. Questo non è male ma in questo modo ti trovi sempre all'interno della tua "comfort zone" e non hai la possibilità di scoprire novità quando fai sempre le stesse cose di continuo. Partecipando a delle attività interculturali, apri a te stesso nuove porte per imparare, migliorare te stesso e divertirti.

Międzykulturowe doświadczenia



Przyjechaliliśmy tu z zamiarem spędzenia czasu, świetnie się bawiąc i zwiedzając, a całe doświadczenie zakończyło się stworzeniem niezapomnianych wspomnień i przy okazji się czegoś nauczyliśmy.

Będąc częścią międzykulturowego doświadczenia możemy otworzyć swoje oczy i umysł. To jest całkowicie inny świat niż ten, w którym żyliśmy do tej pory. Jednak żeby nauczyć się czegoś nowego, innego musisz wyjść ze swojej strefy komfortu. Na samym początku możesz czuć strach i brak pewności siebie, ale w końcu poczujesz się komfortowo i będziesz bardzo szczęśliwy i wdzięczny za doświadczenie, którego byłeś częścią.

Projekt, na którym jesteśmy pt. „InteGREAT YOUrself” odbywa się w Zakopanym w Polsce i zorganizowany został przez „Europejskie Centrum Inicjatyw Młodzieżowych”. Udział w nim wzięło 36 uczestników z 6 różnych państw (Chorwacja, Cypr, Grecja, Włochy, Polska i Rumunia). Podczas kilku pierwszych dni wzięliśmy udział w wielu różnych grach i warsztatach, których głównym celem było lepsze poznanie siebie nawzajem. Pomimo, że przybyliśmy z różnych krajów i kultur, udało nam się odnaleźć wiele wspólnych elementów. Zdaliśmy sobie sprawę, że wszyscy jesteśmy równi i nikt z nas nie będzie nikogo oceniał z powodu pochodzenia, więc poczuliśmy się bardziej komfortowo i wolni w wyrażaniu swoich uczuć.

W następnych częściach projektu wykonywaliśmy różnorodne zajęcia skoncentrowane na zbudowaniu prawdziwego zespołu, które zbliżyły nas do siebie i zacieśniły więzy w grupie. Nie byliśmy już dłużej 36 osobami z 6 różnych krajów, ale staliśmy się drużyną 36 zjednoczonych, międzynarodowych ludzi stawiających sobie ten sam cel.

Podczas projektu, każdy z krajów miał swój własny wieczór kulturowy, podczas którego mógł zaprezentować swoje pochodzenie, tradycje, jedzenie, napoje, tańce, a także najlepsze miejsca warte zobaczenia w danym kraju. Dzięki tym wieczorom mieliśmy okazję odkrycia wielu informacji o da-

nym kraju, a nawet zobaczenia go z innego punktu widzenia. Dostrzegliśmy wiele podobieństw, włączając w to zachowania i tradycje łączące nasze kultury, co sprawiło, że zdaliśmy sobie sprawę z tego, że pomimo życia daleko od siebie, wciąż jesteśmy ludźmi, którzy chcą uczynić świat lepszym. Rozmawialiśmy o stereotypach, uprzedzeniach, przez pryzmat których społeczeństwo odbiera ludzi, biorąc za wyznacznik tylko narodowość, religię, pochodzenie itp. Dowiedzieliśmy się, że nasze stereotypy są głęboko zakorzenione w sposobie myślenia i to głównie za ich pomocą oceniamy innych.

Doszliśmy jednak do wniosku, że stereotypy wcale nie muszą być takie złe, a niektóre z nich mogą być nawet prawdą i to jest oczywiście w porządku, ale nie możemy i nie powinniśmy oceniać ludzi wyłącznie biorąc pod uwagę pochodzenie, kulturę i tradycje. Każda osoba na tej planecie ma swoją unikalną osobowość i powinna być postrzegana na jej podstawie.

Chcielibyśmy bardzo polecić każdemu udział w projekcie Erasmus+ lub w jakiegokolwiek innej międzynarodowej aktywności, jak Wymiana Młodzieży lub praca za granicą. Kiedy żyjesz cały czas swoim normalnym życiem, spędzasz większość czasu z tymi samymi ludźmi w szkole czy pracy, dzielisz pokój z tymi samymi znajomymi, czy spędzasz czas z tymi samymi przyjaciółmi (w czym oczywiście nie ma nic złego), w ten sposób cały czas pozostajesz w swojej strefie komfortu i niezbyt często uczysz się nowych rzeczy, robiąc cały czas to samo z tymi samymi ludźmi w kółko i w kółko. Biorąc udział w międzykulturowych aktywnościach, otwierasz przed sobą nowe drzwi by nauczyć się czegoś nowego, rozwiniąć się i oczywiście – dobrze się bawić.

OPPORTUNITIES

Have you ever imagined that a Youth Exchange can change your way of thinking? If someone told you a year ago that you would be snowboarding in Poland would you believe them? EVERYTHING IS POSSIBLE!

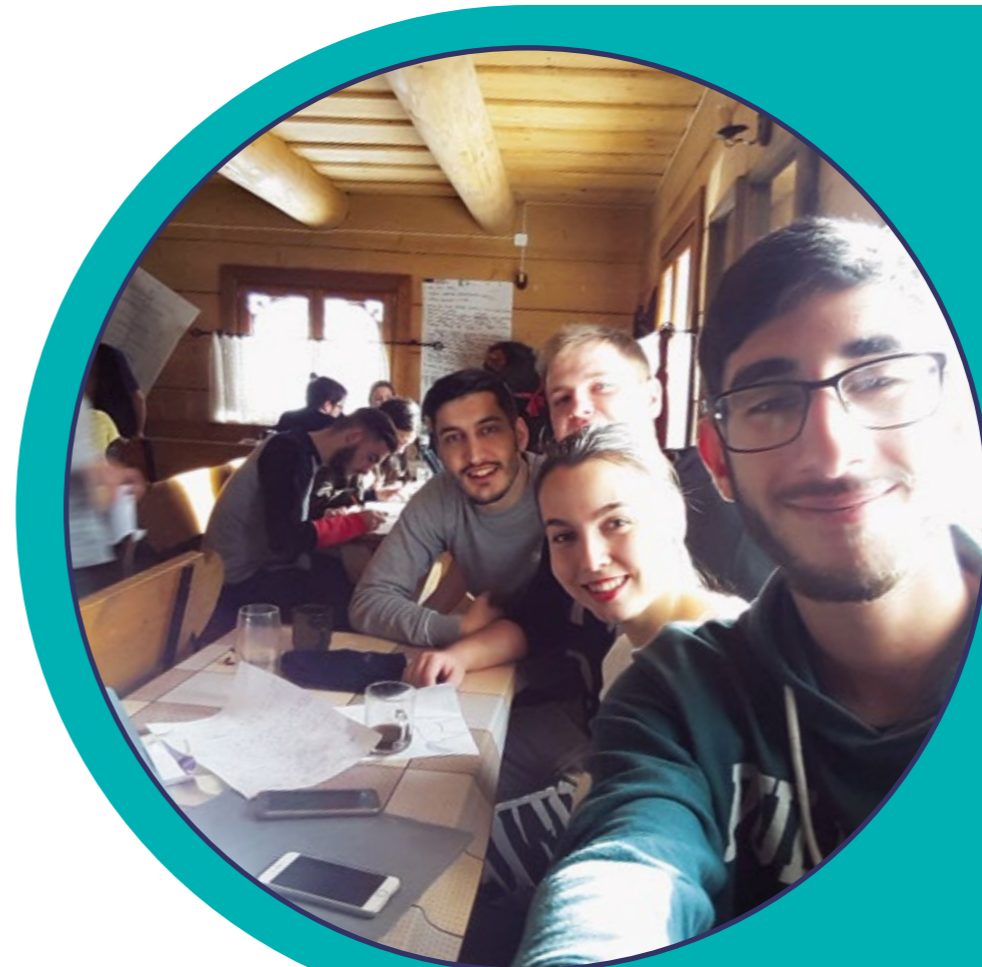
A Youth Exchange can change your way of thinking so you become wiser and more open-minded. Also you meet new friends, people you wouldn't have met if you didn't participate in a project. You have the opportunity to improve your communication skills, develop the team-work vibe, discuss about various topics and hear new opinions and thoughts. You also realize that there are other people in this world who think like you and have the same dreams as you have. You can also improve your English language. While talking to other people and listening about their culture, you also learn their language. In addition, every person has the opportunity to talk and express her/his feelings so everyone gets out of their comfort zone.

This specific project that we are participating in now, gave us the opportunity to see things and meet people that we wouldn't have seen or met in our daily lives. Through the activities that we were doing, we had the chance to learn more about the participating countries such as their history, the foods and the various facts about each country. In this way, we can break barriers between countries and nations and destroy stereotypes. You realize what is happening in the whole world and you start thinking out of the **BOX**.

Furthermore, through this project we were able to learn many new things in a new way, a non-formal one.

Having fun while learning was the key of success.

Michail Askoxylakis [Greece]
Miruna-Andreea Boari [Romania]
Damir Kucljak [Croatia]
Lefteris Stasi [Cyprus]



We all have different cultures, thoughts and background but, at the same time, we are all the same!

Lefteris Stasi

MOGUĆNOSTI

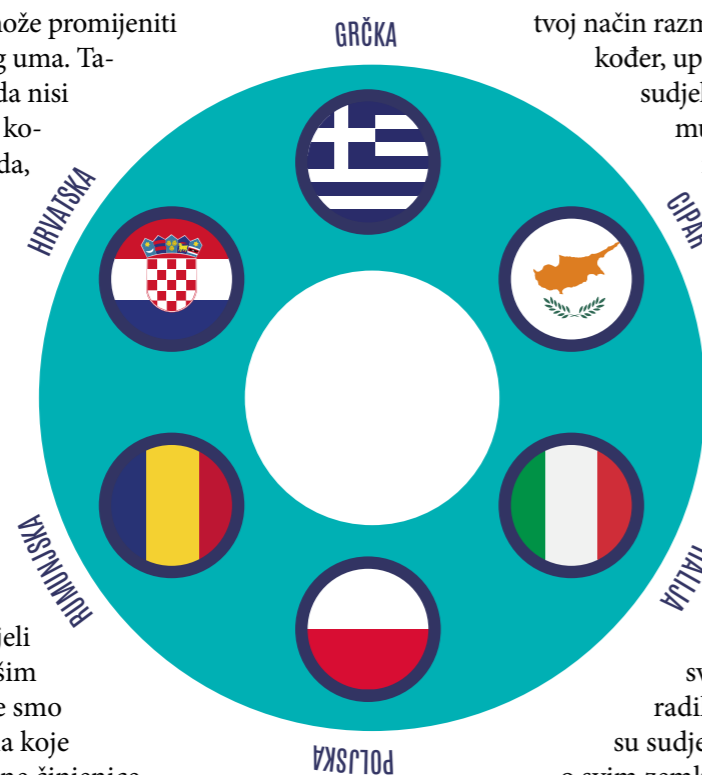
Jesi li ikad mogao zamisliti da će Razmjena mladih promijeniti tvoj način razmišljanja? Da ti je netko prije godinu dana rekao da ćeš ići na snowboarding u Poljsku, bi li mu vjerovao? **SVE JE MOGUĆE!**

Razmjena mladih može promijeniti mudriji i otvorenijeg uma. Takoje ne bi upoznao da nisi liku poboljšati svoje ko-svoj duh tinskog rada, temama i čuti nova shvatiš da na ovom koji misle kao ti ti. Možeš i po-jezik. Za vrijeme ljudima i sluša-možeš i naučiti svaka osoba ima svoje osjećaje, pa udobnosti.

Ovaj specifični sudjelujemo nam je koje inače ne bi vidjeli ne bi upoznali u našim Kroz aktivnosti koje smo više toga o zemljama koje povijest, hrana i razne činjenice slomiti barijere između zemalja i nacija, događa u svijetu I počneš razmišljati izvan **OKVIRA**.

Uz to, kroz ovaj projekt smo bili u mogućnosti naučiti mnogo stvari na nov, ne formalan način.

Zabava za vrijeme učenja je bila ključ našeg uspjeha.



tvoj način razmišljanja tako da postaneš kođer, upoznaješ nove prijatelje, ljude sudjelovao na projektu. Imaš pri-munikacijske vještine, razvijati raspravljati o raznovrsnim mišljenja i ideje. Također svijetu ima drugih ljudi i imaju iste snove kao boljšati svoj engleski razgovora s drugim nja o njihovoj kultury, njihov jezik. Uz to, priliku pričati i izraziti svi izađu iz svoje zone

project na koje mi sada dao priliku vidjeti stvari i upoznati ljude koje inače svakodnevnim životima. radili imali smo priliku saznati su sudjelovale, kao što su njihova o svim zemljama. Na ovaj način možemo te možemo uništiti stereotype. Shvatiš što se

EYKAIPIES

Έχεις ποτέ φανταστεί ότι ένα ευρωπαϊκό πρόγραμμα θα μπορούσε να αλλάξει τον τρόπο που σκέφτεσαι; Αν κάποιος σου έλεγε ότι μια μέρα θα έκανες σνοουμπορντ στην Πολωνία θα τον πίστευες; **ΟΛΑ ΕΙΝΑΙ ΠΙΘΑΝΑ!**

Ένα ευρωπαϊκό πρόγραμμα μπορεί να αλλάξει τον τρόπο σκέψης σου και να σε κάνει σοφότερο και ανοικτόμυαλο. Επίσης γνωρίζεις νέους φίλους, και ανθρώπους που δένα θα είχες γνωρίσει αν δεν είχες συμμετάσχει στο πρόγραμμα. Έχεις την ευκαιρία να βελτιώσεις τις επικοινωνιακές δεξιότητες σου, να αναπτύξεις το πνέυμα της ομαδικότητας, να συζητήσεις για πληθώρα θεμάτων και να ακούσεις καινούργιες απόψεις και σκέψεις. Επίσης αντιλαμβάνεσε ότι υπάρχουν κι άλλοι άνθρωποι στον κόσμο που σκέφτονται όπως εσύ και έχουν τα ίδια όνειρα με εσένα. Μπορείς επίσης να βελτιώσεις τις γνώσεις σου στην Αγγλική γλώσσα. Καθώς συζητάς με άλλους ανθρώπους και μαθαίνεις τις διάφορες κουλτούρες και γλώσσες. Επιπρόσθετα ο κάθε ένας που λαμβάνει μέρος σε τέτοιου είδους προγράμματα έχει την δυνατότητα να μιλήσει και να εκφράσει τα συναισθήματα του έτσι ώστε να νιώσει άνετα με τον ίδιο του τον εαυτό.

Το συγκεκριμένο πρόγραμμα στο οποίο λαμβάνουμε μέρος τώρα, μας έδωσε την δυνατότητα να ανακαλύψουμε διάφορα πράγματα και ανθρώπους τους οποίους δεν θα είχαμε την δυνατότητα να γνωρίσουμε στην καθημερινή μας ζωή. Μέσα απο τις δραστηριότητες που κάναμε είχαμε την δυνατότητα να μάθουμε περισσότερα για τις χώρες που λαμβάνουν μέρος όπως για παράδειγμα για την ιστορία του, τα διάφορα παραδοσιακά φαγητά τους και τα διάφορα γεγονότα που αφορούν την κάθε χώρα. Με αυτό τον τρόπο μπορούμε να σπάσουμε τα στερεότυπα και τις έχθρες μεταξύ των χωρών και των εθνών που για χρόνια τώρα ήταν αντίπαλοι. Αντιλαμβάνεσε τι συμβαίνει κατά μήκος του πλανήτη μας και σκέφτεσαι χωρίς **ΠΑΡΟΠΙΔΕΣ**.

Το κλειδί της επιτυχίας είναι να μαθάνεις διασκεδάζοντας.

Όλοι είμαστε διαφορετικοί στον τρόπο σκεψης, τρόπο έκφρασης και τρόπο ζωής αλλά, ταυτόχρονα είμαστε όλοι ίδιοι!

Λευτέρης Στασή

Svi imamo različite kulture, misli I pozadine, ali u isto vrijeme, svi smo isti!

Lefteris Stasi

MOGUĆNOSTI

Ți-ai imaginat vreodată că un schimb de tineri poate să-ți schimbe felul de a gândi? Dacă cineva ți-ar fi spus anul anterior că vei face snowboarding în Polonia, l-ai fi crezut? **TOTUL ESTE POSIBIL!**

Un schimb de tineri poate să-ți schimbe felul de a gândi, deci vei putea fi mai înțelept și mai deschis cu ceilalți din jurul tău. De asemenea, întâlnești persoane noi, oameni pe care nu i-ai fi cunoscut niciodată dacă nu participai în proiect. Ai oportunitatea să-ți îmbunătățești abilitățile în comunicare, să lucrezi în echipă, să abordezi multe teme și să ascuți opinii noi. Începi să realizezi că acolo se află alte persoane care gândesc ca și tine și au aceleași vise pe care le ai și tu. Poți de asemenea să-ți dezvolti limba engleză. Atunci când vorbești cu alte persoane și înveți despre cultura lor, poți învăța limba lor maternă. Mai mult decât atât, fiecare persoană are oportunitatea să vorbească și să aibe libertate de exprimare, ieșind din zona lor de confort.

În acest proiect în care participăm acum, ne-a oferit oportunitatea să vedem lucruri și să întâlnim oameni pe care nu i-am fi putut întâlni în viața de zi cu zi. Prin aceste activități pe care le-am avut de-a lungul acestui proiect, am avut șansa să învățăm multe lucruri despre țările participante cum ar fi istoria lor, mancare și multe lucruri despre fiecare țară în parte. Prin acest mod, putem să spargem barierele dintre țări și națiuni, distrugând stereotipurile pe care le au. Realizezi ce se întâmplă în lumea întreagă și începi să ieși din **CUTIE**.

În plus, prin acest proiect, am avut capacitatea de a învăța multe lucruri noi într-o formă nouă, cea non-formală.

Distrandu-ne în timp ce învățăm a fost cheia succesului.

*Toată lumea are
diferite culturi, gânduri
și împrejurimi dar,
în același timp suntem
toți la fel!*

Leteris Stasi

MIGRATION

Road from exclusion to inclusion

Introduction

Migration is a process of moving from your home to find another home. It requires a lot of changes and sacrifices to adapt to a new community with its own culture and rules. By being out of the comfort zone, you challenge yourself to accept and be accepted in order to integrate yourself or even get completely included.

We see the road from exclusion to inclusion in 4 stages, with these two being the first and last respectively. Each stage has different level of acceptances. But not only from one side. Acceptance is a two-way street. Both sides should put an effort to connect and accept each other.

Stage 1 - Exclusion

In a sense of migration, it all starts with realizing that we don't feel comfortable in our home place anymore and dreaming for a new place to move.

This stage we call exclusion because it implicates

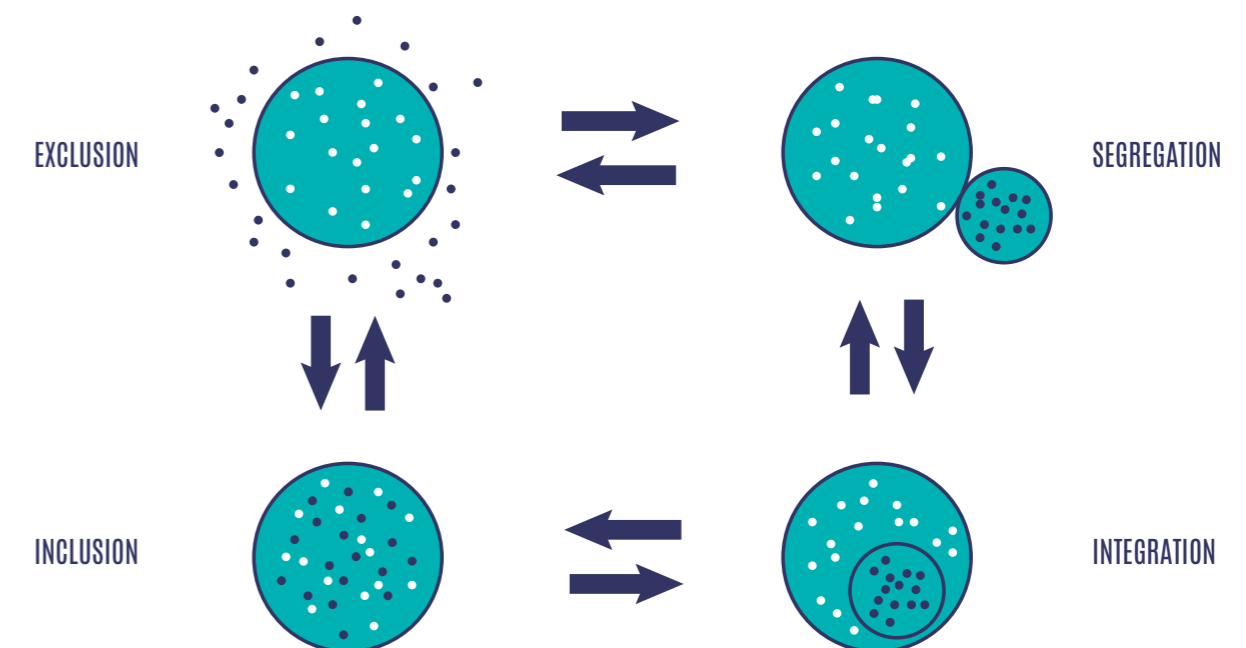
excluding us from our home place in exchange to find another one. Exclusion doesn't mean that you can exclude yourself fully because there will always be a connection between you and your roots.

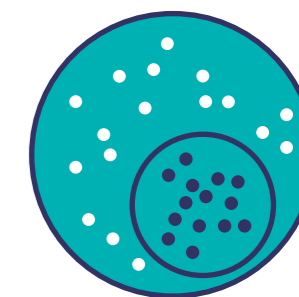
There is another side of exclusion. The side of the other place you moved to. It so happens that when you move to another country, they won't accept you at all. They will keep to themselves and not make an effort to create a connection with you.

Stage 2 - Segregation

So let's say you moved to another country. This time you are not alone. You have your countrymen who made the same decision as you. The hosting country can tolerate your presence but they are not accepting you. They're putting a "wall" between their community and your community.

In this stage your side can try to find similarities which can be used as a basis for connecting with their side. But in this stage, that won't make a big impact because of that wall of unacceptance that was put around you.





Stage 3 - Integration

In this stage, the hosting country is accepting you by giving a chance for you to understand them and discover them. The only thing that's keeping you to get to the final stage is for your side to do the same. To let them understand and discover you and your community. If you're keeping yourself closed and mostly befriend people from your culture and community, this time it is you who is putting a "wall" around yourselves.

Stage 4 - Inclusion

In this final stage both sides are accepting each other and creating little bridges between every person from both communities. No walls are being put around. This time you feel like you're home. Home in another country. You made it! Now you build up on that relationship. You continue to learn and discover about each other. All of you continue to accept each other more and more.

It gets complicated

Not everyone is born in the included community. You start from one of the 4 stages. Now it's up to you if you want to find a way to get to the next one.

You don't have to pass each stage. It's possible to skip stages. For example, if you share traditions with both places you can skip from inclusion to inclusion. You can skip from exclusion to integration. You can even go the other way around.

It's even possible for yourself to stop feeling included and switch to the exclusion stage. Some people go through it multiple times. They finally feel included in another community and after several years some things change and they feel excluded again. It's a cycle.

Conclusion

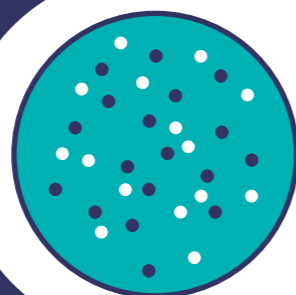
So why does all this happen? The reasons can be different. The main ones are the basic needs of people. To feel safe, to feel comfortable, to feel happy, to feel like you're a part of a whole. It's

a road in life with plenty of surprises and challenges. You move to another place for studies. You are escaping a war that emerged. You got a job in a different country. You do it for love.

What happens afterwards? The consequence of migration is the increase of diversity, the genesis of a new culture within yourself and your new roots.

What can we do? We can cross different borders just to realize that they are actually all in our minds.

*Areti Froudarakis [Greece]
Dumitru Godina [Romania]
Jasmin Zukić [Croatia]*



MIGRACIJA

Put od isključivanja do uključivanja

Uvod

Migracija je proces seljenja iz svoje domovine u neku drugu. Taj proces zahtijeva veliku promjenu i puno žrtvovanja kako bismo se prilagodili svojoj zajednici koja ima svoju kulturu i pravila. Izlaskom iz svoje komfort zone, imamo izazov da prihvatimo i da budemo prihvaćeni u svrhu naše integracije ili čak potpunog uključivanja u društvo.

Mi vidimo ovaj put od isključivanja do uključivanja u četiri faze. (isključivanje, segregacija, integracija, uključivanje) Svaka faza ima različiti stupanj prihvaćanja s obje strane. Obje se strane moraju potruditi stvoriti vezu i prihvatiti jedni druge.

Faza 1 - Isključivanje

Kada govorimo o migraciji, sve počinje tako što se više ne osjećamo ugodno u svom domu i onda sanjamo o novom domu. Ova se faza zove isključivanje jer implicira odvajanje od našeg doma u potrazi za novim. Nije moguće sebe isključiti u potpunosti jer postoji poveznica između nas i naših korijena.

Postoji druga strana isključivanja. Onda kada se već preselimo. Moguće je da nas drugo društvo uopće ne prihvati. Držati će se međusobno i neće se uopće truditi ostvariti neku vezu s nama.

Faza 2 - Segregacija

Recimo da smo se preselili u drugu državu. Ovaj put nismo sami otišli. Otišli smo s našim zemljacima koji su donijeli istu odluku kao i mi. Domaćin nas tolerira, ali nas ne prihvaća. Kao da ograđuju svoje društvo od našeg.

U ovoj fazi možeš probati naći zajedničke točke koje bi nam pomogle povezati se s njihovom stranom. Nažalost naš stav ne igra ulogu u cijeloj priči baš zbog tog ograđivanja. Postoji iduća faza gdje je to moguće.

Faza 3 - Integracija

U ovoj fazi nas domaćin prihvaća tako što nam daje šansu da se međusobno upoznamo i razumijemo. U ovoj fazi smo mi ti koji se držimo zatvorenima. Ne damo im da nas upoznaju i razumiju. Mi smo zapravo ti koji se ograđujemo i družimo samo s našima.

Faza 4 - Uključivanje

U ovoj završnoj fazi se obje strane prihvaćaju i stvaraju se individualne poveznice jedni između drugih. Nema više ograđivanja! Ovaj put se osjećamo kao u svojoj domovini. Dom u drugoj državi! Uspjeli smo! Sada samo raste ta poveznica i prihvaćanje

Postaje kompliciranije

Nije svatko rođen uključen u društvo. Možemo početi u bilo kojoj od ovih faza. Na nama je hoćemo li ustrajati fazi uključivanja.

Također, nije potrebno proći kroz svaku fazu. Mogu se preskočiti. Ako je novi dom vrlo slične kulture i tradicije, možemo odmah skočiti u fazu uključivosti u drugi dom. Moguće je i vratiti se. Čak i u svom domu osjećati se isključeno. Neki ljudi to dožive nekoliko puta u svom životu. Nakon što napokon nađu novi dom gdje se osjećaju uključeno, situacija se može promijeniti za nekoliko godina i mogu se ponovno osjećati isključeno. Idu u krug.

Conclusion

Zašto se ovo događa? Različiti su razlozi. Najčešće se dotiču osnovnih ljudskih potreba. Sigurnost, sreća, udobnost i osjećaj zajedništva. Život je pun prepun iznenađenja i izazova. Selimo se zbog studiranja ili ljubavi, bježimo od rata, našli smo posao.

Što se onda dogodi? Posljedica migracije je povećana raznolikost kao i začetak nove kulture u nama i stvaranje novih korijena.

Što možemo napraviti? Možemo preći što više granica kako bismo shvatili kako su one zapravo izmišljene. Da smo sličniji nego što mislimo.

Μετανάστευση

Ο δρόμος από τον Αποκλεισμό στην Ένταξη

Εισαγωγή

Η μετανάστευση είναι μία διαδικασία κατά την οποία μετακινείσαι από το σπίτι σου προκειμένου να βρεις ένα άλλο σπίτι. Η διαδικασία αυτή απαιτεί πολλές αλλαγές και θυσιές ώστε να καταφέρεις να προσαρμοστείς σε μία νέα κοινωνία ανθρώπων με τον δικό της πολιτισμό και τους δικούς της κανόνες. Όταν έξω από την ζώνη ασφαλείας σου προκαλείς τον ίδιο σου τον εαυτό να αποδεχτεί και ταυτόχρονα να γίνει αποδεκτός προκειμένου να ενσωματωθείς ή ακόμη και να ενταχθείς πλήρως σε μία νέα κοινωνία.

Αντιλαμβανόμαστε την πορεία από τον αποκλεισμό ως την ένταξη ως μία πορεία τεσσάρων σταδίων, με τον ίδιο τον αποκλεισμό και την ένταξη να αποτελούν το πρώτο και το τελευταίο στάδιο αντιστοίχως. Το κάθε στάδιο παραπέμπει και σε ένα διαφορετικό επίπεδο αμφίπλευρης αποδοχής. Η αποδοχή είναι μια αμφίδρομη διαδικασία και η προσπάθεια σύνδεσης αλλά και αποδοχής θα πρέπει να γίνεται αμοιότροπα.

Στάδιο 1ο - Αποκλεισμός

Υπό μίαν έννοια, η μετανάστευση κατ' ουσίαν αρχίζει μόλις συνειδητοποιήσουμε ότι δεν αισθανόμαστε πια άνετα στο ίδιο μας το σπίτι και ξεκινούμε να ονειρευόμαστε ένα νέο σπίτι για να μετοικήσουμε.

Πρόκειται για το στάδιο αυτό το οποίο καλούμε αποκλεισμό, διότι ακριβώς συνεπάγεται τον αποκλεισμό μας από αυτό που θεωρούμε σπίτι μας σε αντάλλαγμα με την εύρεση ενός νέου. Ο αποκλεισμός αυτός δεν δύναται φυσικά να είναι πλήρης καθ' ότι πάντα θα υπάρχουν δεσμοί ανάμεσα σ' εσένα και στις ρίζες σου.

Ο αποκλεισμός όμως, διαθέτει άλλη μία πλευρά και αυτή είναι η πλευρά του άλλου μέρους στο οποίο μετοίκησες. Πρόκειται για τον αποκλεισμό που συμβαίνει όταν μετοικείς σε μία άλλη χώρα στην οποία δεν γίνεσαι αποδεκτός, καθώς οι εκεί άνθρωποι δεν προσπαθούν να δημιουργήσουν γέφυρες επικοινωνίας μαζί σου.

Στάδιο 2ο – Διαχωρισμός

Ας δεχτούμε λοιπόν ότι μετοίκησες σε μία άλλη χώρα. Αυτή την φορά όμως, δεν είσαι μόνος. Έχεις μαζί τους συμπατριώτες σου, οι οποίοι όπως κι εσύ, πήραν την απόφαση να μετοικήσουν σε μίαν άλλη χώρα. Η χώρα που σας φιλοξενεί μπορεί να ανεχτεί την παρουσία σας όμως δεν μπορεί να σας αποδεχτεί. Έτσι τοποθετεί έναν «τοιχο» μεταξύ της κοινωνίας της και της κοινωνίας στην οποία βρίσκεσαι εσύ.

Στο στάδιο αυτό η δική σου πλευρά μπορεί να προσπαθήσει να βρει ομοιότητες οι οποίες ίσως χρησιμοποιηθούν ως βάση για την σύνδεση των δύο πλευρών. Εδώ, ωστόσο, εξακολουθεί να υπάρχει ο τοίχος της απόρριψης ανάμεσα στις δύο πλευρές και έτσι η σύνδεση τους είναι ακόμη δύσκολο να επιτευχθεί.

Στάδιο 3ο – Ενσωμάτωση

Στο εν λόγω στάδιο η χώρα που σε φιλοξενεί σε αποδέχεται δίδοντας σου την ευκαιρία να ανακαλύψεις και να κατανοήσεις τους ανθρώπους της. Το μοναδικό που υπάρχει τώρα ανάμεσα σ' εσένα και το τελικό στάδιο είναι να κάνεις κι εσύ από πλευράς σου το ίδιο, δηλαδή να επιτρέψεις να σε ανακαλύψουν και να σε κατανοήσουν, τόσο εσένα όσο και την κοινότητα ανθρώπων μέσα στην οποία ως τώρα βρισκόσουν. Αν όμως, εξακολουθείς να μένεις κλεισμένος στον εαυτό σου κάνοντας μάλιστα παρέα με ανθρώπους ίδιας ιδιοσυγκρασίας και όμοιων πολιτισμικών καταβολών με εσένα, τότε αυτή την φορά θα είσαι εσύ αυτός που υψώνει «τοιχο» μεταξύ των δύο πλευρών.

Στάδιο 4ο – Ένταξη

Σε αυτό το τελικό στάδιο και οι πλευρές αποδέχονται η μία την άλλη και δημιουργούν γέφυρες επικοινωνίας προς όλα τα άτομα και των δύο κοινωνιών. Τώρα δεν υπάρχουν τοίχοι. Αυτή την φορά αισθάνεσαι σαν να βρίσκεσαι στο σπίτι σου που τώρα είναι μία άλλη χώρα. Τα κατάφερες!

Δημιούργησες πια τους κατάλληλους δεσμούς και έτσι ξεκινά μία συνεχής αμφίδρομη διαδικασία ανακάλυψης και κατανόησης. Αποδέχστε πια ο ένας τον άλλον ολοένα και περισσότερο.

Γίνεται περίπλοκο

Δεν έχουν όλοι το προνόμιο να γεννώνται σε μία ενταγμένη κοινωνία. Σε κάθε περίπτωση ξεκινάς από ένα εκ των τεσσάρων σταδίων και εξαρτάται από εσένα τον ίδιο αν θα βρεις τον δρόμο για να μετακινηθείς στο επόμενο.

Δεν είναι υποχρεωτικό να περάσεις από κάθε στάδιο. Μπορείς να παρακάμψεις κάποιο. Για παράδειγμα, αν μοιράζεσαι κοινές παραδόσεις και με τα δύο μέρη τότε μπορείς να παρακάμψεις στάδια στην πορεία σου από τον ένταξη στην ένταξη, μπορείς να παρακάμψεις από τον αποκλεισμό στην ενσωμάτωση είτε ακόμη μπορείς να ακολουθήσεις αντίθετη πορεία.

Είναι ακόμη πιθανόν κάποια στιγμή να πάψεις να αισθάνεσαι ενταγμένος και να επιστρέψεις στο στάδιο του αποκλεισμού. Σε κάποιους ανθρώπους αυτό συμβαίνει αρκετές φορές. Εν τέλει νιώθουν ενταγμένοι σε μία κοινωνία και έπειτα από αρκετά χρόνια όταν στην ζωή τους έχουν συμβεί αλλαγές, αισθάνονται ξανά αποκλεισμένοι. Πρόκειται ουσιαστικά για έναν κύκλο.

Συμπέρασμα

Γιατί λοιπόν συμβαίνουν όλ' αυτά? Τα αίτια ποικίλουν. Οι κύριοι λόγοι όμως, έχουν να κάνουν με μερικές από τις βασικότερες ανάγκες των ανθρώπων, όπως την ανάγκη μας να νιώθουμε ασφαλείς, άνετοι, χαρούμενοι και μέρος ενός συνόλου. Πρόκειται για μία πορεία στην ζωή η οποία μας επιφυλάσσει πολλές προκλήσεις αλλά και εκπλήξεις. Μετακινείσαι σε ένα άλλο μέρος για σπουδές. Δραπετεύεις από έναν πόλεμο που μόλις ξέσπασε. Βρίσκεις δουλειά σε μία άλλη χώρα. Μεταναστεύεις για την αγάπη.

Τι συμβαίνει όμως μετά? Ως συνέπεια της μετανάστευσης προκύπτει η αύξηση της ποικιλομορφίας και η γένεση ενός νέου πολιτισμού που προκύπτει μέσα από εσένα και τις νέες ρίζες σου.

Τι μπορούμε να κάνουμε? Αυτό που μπορούμε να κάνουμε είναι να διασχίσουμε όσο το δυνατόν περισσότερα σύνορα ώστε να συνειδητοποιήσουμε πως τα σύνορα βρίσκονται στην πραγματικότητα μονάχα στο μυαλό μας.

MIGRAȚIA

Drumul de la excludere la includere

Introducere

Migrația este un proces de deplasare dintr-un loc în altul în vederea găsirii unei noi locuințe. Acest proces necesită o mulțime de modificări și sacrificii în vederea integrării/adaptării la o comunitate nouă cu propriile ei reguli și cultură. Fiind în afara zonei tale de confort, te provoci să accepți și să fii acceptat în vederea integrării tale sau să fii complet asimilat la noul grup.

Vedem acest drum de la excludere la includere ca fiind format din 4 etape diferite, excluderea fiind cea dintâi iar includerea cea din urmă. Fiecare etapă are diferite nivele de acceptare. Acestea fiind făcute de către ambele părți. Acceptarea poate fi privită ca având sens dublu. Ambele părți ar trebui să depună efort pentru a se putea conecta între ei și pentru a putea accepta prezența celui alt.

Etapa 1 - Excluderea

În acest sens, toate încep de la realizarea faptului că nu ne mai simțim confortabil „acasă” și ne dorim să facem o schimbare.

Această etapă este numită „excluderea” pentru că implică excluderea noastră din comunitate în vederea găsirii unei noi comunități. Excluderea nu înseamnă că ne putem exclude complet din comunitatea noastră pentru că va exista mereu o conexiune între tine și rădăcinile tale.

Există și o altă parte a excluderii. Din punctul de vedere a comunității unde vrei să te integrezi. Se întâmplă să nu fii acceptat într-o nouă comunitate în momentul în care încerci să faci parte din ea. Vor rămâne aparte și nu vor încerca să se conecteze cu tine.

Etapa 2 - Separarea

Să spunem că te-ai mutat într-o altă țară. În acest moment nu ești singur. Ești împreună cu conaționalii tăi care au luat aceeași decizie ca și tine. Țara gazdă poate tolera prezența ta, dar în același timp,

nu te poate accepta. Aceștia creează un perete imaginar între comunitatea lor și comunitatea ta.

În această etapă încerci să găsești similarități între comunitatea ta și a lor pentru a fi mai ușor să te conectezi cu aceștia. Însă, în această etapă, impactul nu va fi unul puternic datorită zidului imaginar de inacceptabilitate din partea acestora.

Etapa 3 - Integrarea

În această etapă țara gazdă te acceptă oferindu-ți câteva șanse pentru a-i putea înțelege și descoperi. Ție îți revine să faci același lucru. Să-i lași să te înțeleagă și să te descopere. Dacă vei continua să rămâi în același grup restrâns de prieteni, fără să interacționezi cu oameni din afara comunității tale, atunci cel care creează acel zid imaginar ești chiar tu.

Etapa 4 - Includerea

În această etapă, fiind și ultima din acest ciclu, comunitățile se acceptă reciproc creând mici poduri între oamenii din cele două comunități. Nici un zid imaginar nu se mai crează. În acest moment te simți ca acasă. Casa este o altă țară. Ai făcut-o! De acum încolo vei construi relații de prietenie. Poți să continui să înveți și să descoperi lucruri noi despre fiecare. Veți continua să acceptați prezența fiecăruia și mai mult.

Devine și mai complicat

Nu fiecare dintre noi se naște într-o comunitate care să și-l accepte. Vei începe de fiecare dată cu una dintre cele patru etape menționate mai sus. Totul depinde de tine dacă vrei să găsești o cale pentru a trece la o altă etapă.

Nu trebuie neapărat să treci prin toate cele patru etape. E posibil să sari peste una sau mai multe etape. De exemplu, dacă împărtășești aceleași tradiții, limbă, obiceiuri, etc. ai putea să sari de la excludere direct la includere. De asemenea, ai putea merge și în ordine inversă.

E posibil să te simți exclus și să o iei de la capăt, adică cu prima etapă. Unii oameni trec de mai multe ori prin aceste etape. În final, se simt asimilați unei noi comunități însă s-ar putea să se simtă excluși după câțiva ani. E un ciclu.

Concluzie

Deci, de ce se întâmplă toate acestea? Motivele pot fi diferite. Cele de bază sunt chiar nevoile vitale ale oamenilor.

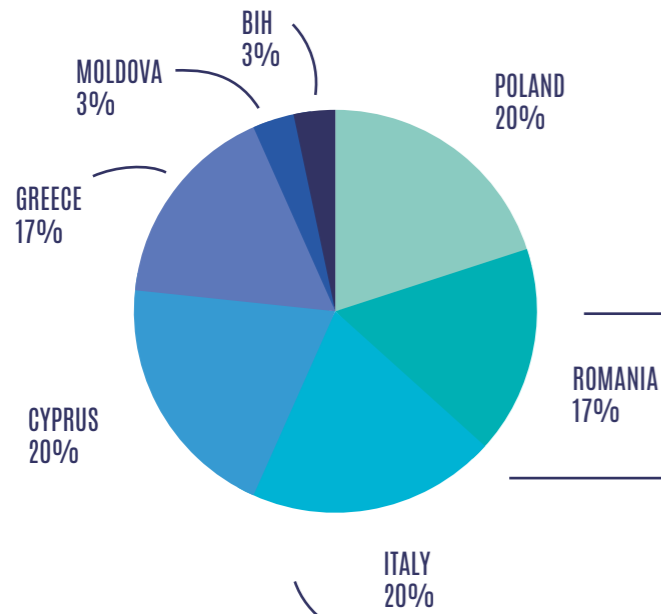
Să se simtă în siguranță, să se simtă confortabil, să se simtă fericiți, să simtă că face parte dintr-un grup. Este un drum cu multe surprize și provocări. Te muți pentru studii. Fugi de război. Ai primit un job într-o altă țară. Te muți din dragoste pentru cineva.

Ce se întâmplă după? Consecințele migrației crește nivelul de diversitate, geneza unei culturi noi care are legături cu tine și cu rădăcinile tale.

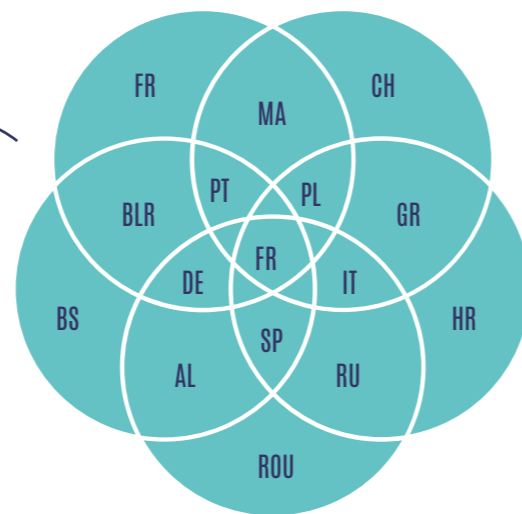
Ce putem face? Putem trece diferite frontiere doar pentru a înțelege că aceste frontiere sunt imaginare.

INTEGRASITY

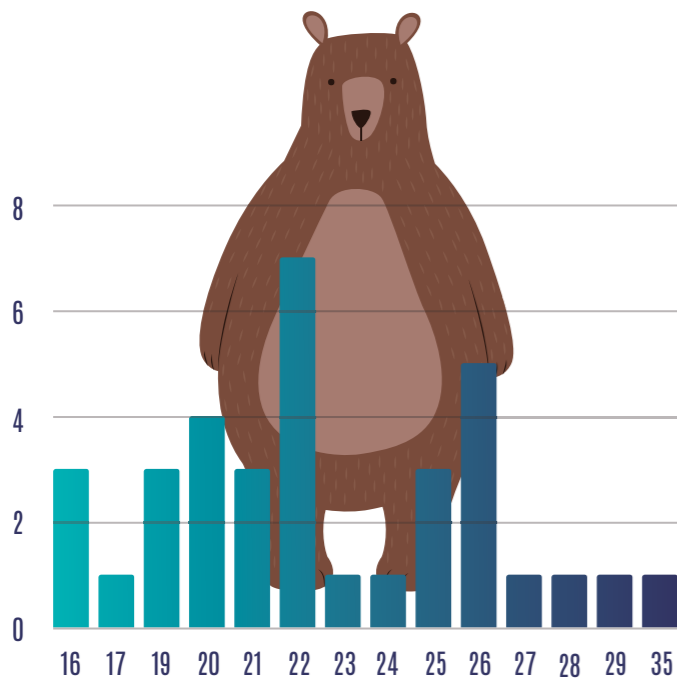
Integration through diversity



36 people from different countries met for the youth exchange „interGREAT YOUself” in Zakopane, Poland



The participants could express themselves in 16 languages



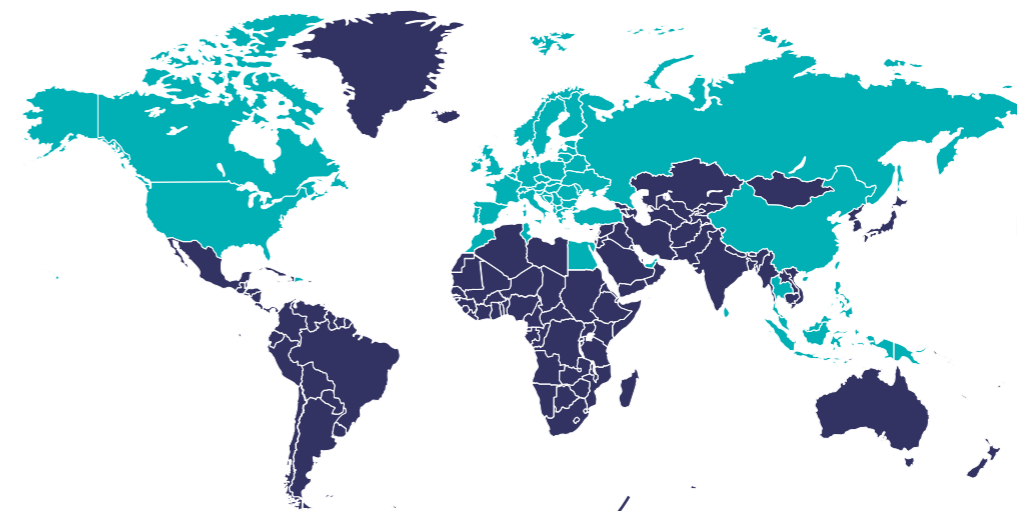
Between 16 and 35 years old

15 PEOPLE

First Youth Exchange ever



Our hobbies



Countries we visited

Do you encounter immigrants in your daily life ?



31



4

YES

MAYBE

NO

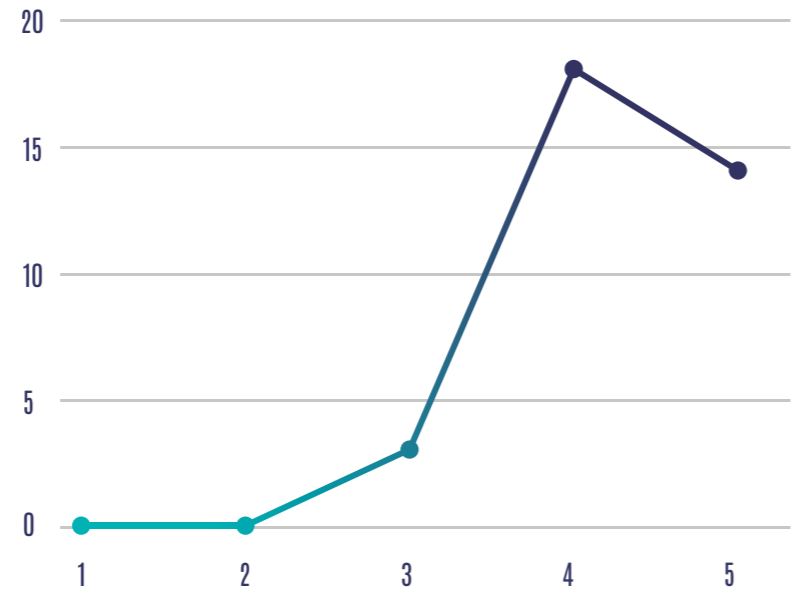
Do you consider them assimilated in your local community?

20

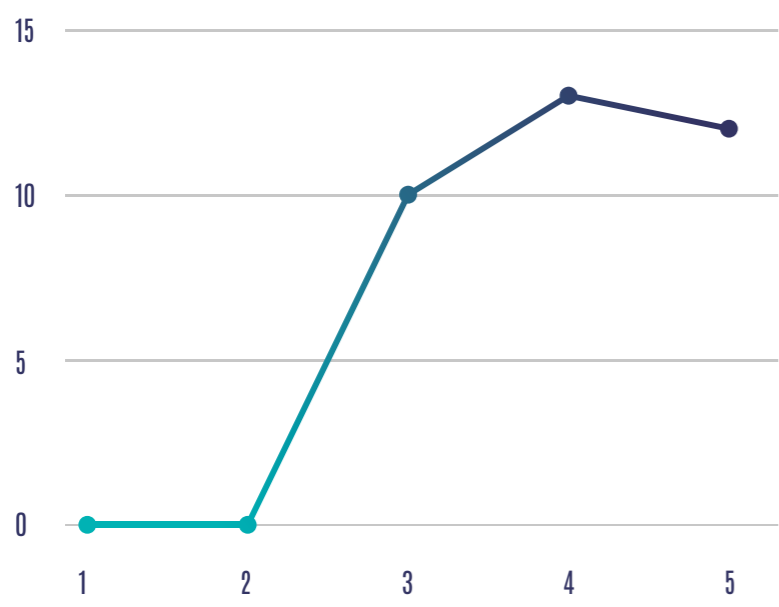
7

8

How much the project have influenced you?



46



How empowered do you feel to make a change in your local community?

- Theodoros Drougk [Greece]
- Valentina Gandag [Italy]
- Edis Nezirić [Croatia]
- Kornelia Podsiadło [Poland]
- Chloe Stasi [Cyprus]



Zakopane, Poland 13-20 January 2018



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