

TOGETHER FOR DIVERSITY

Youth Exchange



ÁGUEDA
DECEMBER 2018

Typology: KA1 – Youth Mobility – Youth Exchange.



PROJECT SUMMARY

Together for Diversity is a project supported and funded by the National Agency Erasmus + Youth in Action.

In partnership with 7 organizations - Youth Senate Tallinn (Estonia), Associazione PrimOlio (Italy), Epeka Slovenia (Slovenia), Globers (Spain), Active Youth (Lithuania), Youth Senate Strumica (Macedonia) and Just do it (Poland), Águeda Youth Center received in Águeda, 48 young people.

Between 17 and 21 December 2018, 8 groups of 6 youngsters from each of these countries met people from different cultures and developed activities about diversity, multiculturalism and social inclusion through non- formal education.

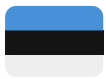
PSIENTÍFICA

Psientífica is a non-profit organization that operates in the areas of Education and Youth, based in Águeda, Portugal, founded in September 2005.

The mission of Psienfica is to promote and develop socially, empowering people, particularly young people, to develop a culture of civic participation based on social and ethical values such as human rights, solidarity, equal opportunities and intercultural learning in a context of non-formal education.



PROJECT PARTNERS



Youth Senate Tallinn

Youth Senate Tallinn is an organization which provides information and opportunities for all young people about Erasmus+, different scholarships, international conferences and any kind of other priceless activities that can positively affect on their lives.



Associazione PrimOlio

PrimOlio is a NGO that promotes youth mobility in the field of the Erasmus+.

It is an organization that contributes to the active involvement of the young people, to create bonds and partnerships with other organizations, to strengthen the role of civil society and the communication with related institutions, the promotion of growth and development, mutual understanding and international dialogue.



Epeka Slovenia

EPEKA Association, social enterprise is a NGO active in the field of Culture, Youth, Social Entrepreneurship, Non-formal education, Health, Active participation and Active citizenship, Art, Ecology etc. It is an organization in the public interest in the field of Culture and Youth.



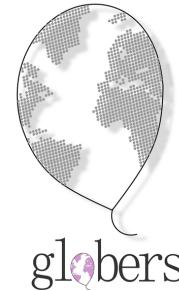
PROJECT PARTNERS



Globers

Globers is a peer-run social organization that develops capacity-building international programmes.

This organization combines traveling and non-formal learning experiences shared with people from different backgrounds, in order to enrich mind-sets.



Active Youth

Active Youth is a youth NGO that creates social, cultural and educational impact for groups & communities in need.



Youth Senate Strumica

Youth Senate was established by young people with international experience for several years.

This organization works on local employment policies and projects and has strong partners from EU and SEE that are working in the same area.



Just do it

Just do it is a non-governmental organization which was founded in 2016 by young people, who support active citizenship, personal development etc.



ERASMUS+



Erasmus+ is the EU Programme in the fields of education, training, youth and sport for the period 2014-2020. Education, training, youth and sport can make a major contribution to help tackle socio-economic changes, the key challenges that Europe will be facing until the end of the decade and to support the implementation of the European policy agenda for growth, jobs, equity and social inclusion.



"The fundamental values of the European Union and the Erasmus + program, such as values of tolerance, freedom and respect for human rights, are triggered by transnational collaboration and mobility and experiences of non-formal education methodology, making it possible to reduce youth unemployment and promote growth and opportunities for youth workers to develop their ideas, projects or companies.



The objective of this project is to promote an exchange so that young people can acquire new experience and develop NFE-based learning and skills. The objectives of promoting diversity and interculturality among young people, raising awareness of the values of diversity and interculturality and to raise awareness of social needs of young people move from drafts to a defined action.



CONTEXT

More inclusive civil societies take on contradictory behavior and thoughts. Although there is a social proximity enhanced by technologies and the digital age, the truth is that there is an increase in intolerant behaviors and non-acceptance of diversity and interculturality. We believe that youngsters, as the future of Europe, should be sensitized to social inclusion, diversity and interculturality as core social values in the constitution of a cohesive and tolerant society. We therefore consider it essential to ensure that youngsters share good practice, increase intercultural experiences and are tolerant of diversity.

PROBLEM

The problem that exists is the social exclusion of youth, resulting from the intolerance of diversity and interculturality.





MAIN OBJECTIVE

Promoting the social inclusion of youngsters through the acceptance of diversity and interculturality.

SPECIFIC OBJECTIVES

1. Sensitization of youngsters to diversity and interculturality;
2. Promotion a more conscious, proactive and more tolerant attitude towards difference;
3. Training of youngsters with new skills and learning based on NFE;
4. Sharing of good practice, European dialogue and exchange of personal and social experiences;
5. Sensitization of youngsters in the face of low social participation and citizenship;
6. Increased initiatives for social inclusion and cultural diversity based on the needs of young Europeans.



PARTICIPANTS



THE PARTICIPANTS WERE YOUNGSTERS:

- 16-30 years ;
- Gender balanced;
- With fewer opportunities. At risk of social exclusion;
- With interest in working on the themes addressed and on their personal and social development.

APV

DAY 1	
< 10h00	Breakfast
10h00 – 11h00	Getting to know each other Stablishing the expected results of the APV
11h00 – 11h30	Coffee Break
11h30 – 13h00	Overview of the project: understanding its objectives, activities, timings and expected results Participants Profile: Age group; selection procedures; Exchange Logistics: flights Visibility and Dissemination Plan
13h00 – 14h30	Lunch
14h30 – 17h00	Exchange Logistics: Accommodation Visiting the spaces related to the exchange and understanding the rules related to their use; Discussing and defining main aspects related to lodging and meals;
17h00 – 17h30	Snacks
18h00 – 19h00	Stablishing a common code of conduct for all participants and group leaders alike
19h00	Free time
20h00	Dinner
> 21h00	Getting to know the city

DAY 2	
< 10h00	Breakfast
10h00 – 11h00	Analysing the Timetable of the Exchange Main activities and contributions from each group
11h00 – 11h30	Coffee Break
11h30 – 12h30	The role of Group Leaders The nature of the Local Sessions Evaluation Plan
12h30 – 14h00	Lunch
14h30 – 17h00	Visiting Águeda Arts Centre Evaluation of the APV
17h00 – 17h30	Snacks
18h00 - 20:00	Free time
20h00	Dinner

TIMETABLE

Youth Exchange

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 ⁰⁰ - 9 ³⁰						Reflection about the Youth Exchange and the developed activities	
9 ³⁰ - 11 ⁰⁰		Get to know group & project	Team Building activities	Activity for DIVERSITY	Activity for DIVERSITY	Final Reflection on 8 key competences & on the impact of the impact of the Youth Exchange in their learning	
11 ⁰⁰ - 11 ³⁰						Group evaluation & Individual evaluation	
11 ³⁰ - 12 ³⁰		Objectives, results & impact of the project each other	Activity for DIVERSITY	Activity for DIVERSITY	Activity for DIVERSITY		
12 ³⁰ - 14 ⁰⁰							
14 ⁰⁰ - 14 ³⁰							
14 ³⁰ - 16 ⁰⁰		ERASMUS+ program Non Formal Education 8 key competences	Activity for DIVERSITY	Activity for DIVERSITY	Activity for DIVERSITY		
16 ⁰⁰ - 17 ⁰⁰							
17 ⁰⁰ - 17 ³⁰							
17 ³⁰ - 19 ³⁰		Team Building activities	Activity for DIVERSITY	Activity for DIVERSITY	Activity for DIVERSITY	Forewell activities	
20 ⁰⁰ - 21 ⁰⁰							
21 ⁰⁰ - 21 ³⁰							
21 ³⁰ - 21 ⁰⁰		Intercultural night (3 countries)	Intercultural night (2 countries)	Intercultural night (2 countries)	Intercultural night (Portugal)	Free Time	

ARRIVAL

DEPARTURE





ACTIVITIES

**METHODOLOGY:
NON-FORMAL EDUCATION.**

LEARNING OUTCOMES

COMMUNICATION IN MOTHER TONGUE

The participants shared their language to teach their own culture. At a local level, they used their language as a tool to discuss and introduce new concepts.

COMMUNICATION IN FOREIGN LANGUAGES

Improvement of oral and written communication.

MATHEMATICAL COMPETENCE AND BASIC COMPETENCES IN SCIENCE AND TECHNOLOGY

Implementation of the project and its activities.

DIGITAL COMPETENCE

Dissemination and visibility of the project in the community by social media and local media.

LEARNING OUTCOMES

LEARNING TO LEARN

Management of their learning by the participants, using reflection moments to apply what they learnt in the personal, social and professional lives.

SOCIAL AND CIVIC COMPETENCES

Participants understand other cultures and social economic backgrounds. Simultaneously, the participant got more involved in its community and able to address social issues.

SENSE OF INITIATIVE AND ENTREPRENEURSHIP

Development of creative and critical thinking and innovation in the promotion of young entrepreneurship. The participants themselves developed entrepreneurial behaviours, as the will to create something similar with an incubator in their own countries.

CULTURAL AWARENESS AND EXPRESSION

The non-formal education methodology allowed the participants to express themselves as they wished, increasing their learning potential.

LEARNING OUTCOMES

YouthPass Certificate

EUROPEAN COMMISSION

Erasmus+

Youthpass

YOUTH EXCHANGES

Aleksandra Boneva
BORN ON 08/08/1996

PARTICIPATED IN

Together for Diversity.


A YOUTH EXCHANGE WITH 48 YOUNG PEOPLE
FROM ESTONIA, FORMER YUGOSLAV REPUBLIC OF MACEDONIA,
ITALY, LITHUANIA, POLAND, PORTUGAL, SLOVENIA, AND SPAIN.

THE PROJECT TOOK PLACE FROM 17/12/2018
TO 21/12/2018 IN **Águeda, Portugal.**

YOUTH EXCHANGES

In Youth Exchanges supported by Erasmus+, groups of young people from different countries jointly design, prepare and carry out a work programme. It is usually a mix of workshops, debates, role-plays, simulations, outdoor activities. The young people are supported by experienced youth workers and leaders in this. Youth Exchanges allow them to develop competences, become aware of socially relevant topics, discover new cultures, and strengthen values like solidarity, democracy, etc.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



Elsa Corga
Council Woman for Youth and Education of the
Municipality of Águeda

The ID of this certificate is 6P8H-R1FU-0M87-WZXXL.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/youthpass/>

Youthpass is a Europe-wide validation system for non-formal learning
within the Erasmus+ Youth in Action Programme. For further
information, please have a look at <http://www.youthpass.eu>

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Erasmus+

PROJECT INFORMATION

Youthpass

With this document we certify that Aleksandra Boneva took part in the Youth Exchange Together for Diversity organised by Psientifica - Associação para a Promoção e Desenvolvimento Social.

The exchange project was developed and implemented in cooperation with the following partners:


- Youth Senate Tallinn
- Associazione Prim'Olio Sapori e Sapori di Calabria
- EPEKA
- Associação Globos
- Active Youth Association
- Youth Senate Strumica
- Just Do It

The aim and the specific objectives of the project were:

The propose of the project is to promote social inclusion by accepting diversity and interculturality. It aims to sensitize young people to have a more conscious, proactive and more tolerant attitude towards difference and to train them with new skills and learning based on Non Formal Education.

Main activities:

The project was divided in 3 steps: preparation sessions; the APV where partners discussed the YE; and the YE which was the main activity that developed NFE-based competencies and learning to promote a tolerant and inclusive attitude of young people towards diversity and interculturality.



Águeda, 20/12/2018

Ana Moutas
Person in charge of the project

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ACTIVITIES

Welcome Activities

On the first day of the youth exchange - Together for Diversity, there was a reception to the participants, an approach to the project, its objectives and expected impacts. The weekly schedule and the set of activities to be carried out were presented.



ACTIVITIES

Team Building Activities

At the beginning of this exchange, team building activities were carried out with the purpose of making the participants get to know each other and gain confidence with each other in a dynamic and funny way.



ACTIVITIES

Erasmus+ Activities

In the exchange week - Together for Diversity, volunteers from the Águeda Volunteering Land and Volunteers Point 2.0 projects, implemented activities to promote Erasmus + opportunities.

There was a first approach to participants on Youthpass and the eight key competences, an introduction to the methodology of non-formal education and its advantages.



ACTIVITIES

Partners Activities

During the exchange week - Together for Diversity each one of the groups, from different countries prepared and carried out various activities on the theme: **DIVERSITY**.

These were playful moments but of great reflection and learning.



ACTIVITIES

Peddy Paper

During the exchange week - Together for Diversity, the participants did a Peddy paper through Águeda and visited some of the most characteristic points of this city, such as the Águeda Youth Center, the Águeda Living Lab, the Tourist Office, the Águeda Art Center, the Manuel Alegre Municipal Library and the Municipality of Águeda . At each site, participants conducted thematic activities on social inclusion through diversity and multiculturalism.



ACTIVITIES

Intercultural Nights

In the exchange week - Together for Diversity - the nights were also an animation.

During intercultural evenings, groups of participants from each country had the opportunity to present a little of their culture in many different ways. They had the opportunity to sample some of their gastronomy, music and dance.



ACTIVITIES

Farewell Night

On the last night of the exchange week - Together for Diversity - we prepared a special dinner for our participants. The event started on a speed date, followed by dinner with typical Portuguese food. Then we performed an international kahoot and a karaoke. In the end, the YouthPasses were delivered to each one of the exchange participants.



IMPACT

- More sensitized Youngsters about diversity and interculturality;
- Different attitude of youngsters towards difference - more proactive, tolerant and conscious.
- Empowered youngsters in what concerns Non Formal Education once they had to prepare activities to the group based on the theme "social inclusion through diversity".
- Good practices were shared between the youngsters of the 8 countries and experiences were exchanged;
- More sensitized youngsters to participate and being socially active in the protection of minorities;
- The participants are more interested and predisposed to increase initiatives for social inclusion and cultural diversity based on the needs of young Europeans.
- Increased knowledge of Erasmus+ Youth in Action opportunities and how they can apply for it in their countries to work on the resolution of European problems youngsters face nowadays.

DISSEMINATION OF PROJECT RESULTS

- Use of social networks as a means of dissemination during the course of the project;
- Publication of information and news related to the project on the websites of the organizations;
- Creation of a facebook page or group dedicated to the sharing of information, news, dissemination of activities, etc. relating to the project;
- Contact social media (eg radios, local newspapers, etc.) for the dissemination of news related to the project;
- Provision of information and project results on the dissemination platform for the results of Erasmus + projects.

