

# Info pack about the Youth Exchange:

## “Solidarity in diffabilities”

**Dates APV: 1 youngster (under 31) + 1 group leader: 16 people**

**arrival on 20 June in the afternoon/evening. Departure 22 June preferably later in the day**

**• Dates YE: 1 group leader: 5 youngsters/helper: Arrival on 24 July – Departure on 3<sup>rd</sup> of august (including traveling days) 50 people**

- Arrival on 10 August – Departure on 20 August
- The exchange will be in a nice camping place in the forest here in our little village ☺, then we will sleep in tents (bigger ones, one for each group), separate we will have an eating tent - big tent for doing the activities if we cannot be outside because of the weather.
- In the middle of the week, we will plan an excursion of course, to a nice place in the Netherlands (we hope it will be possible by then ☺)
- Every day one of the groups will cook for the others, we will arrange of course kitchen equipment etc.
- We will arrange drinks etc. that you can buy for supermarket prices for your groups, also there will be enough time to go walking to the supermarkets and shops in the village, which is around 2.7 km, so not a big deal by foot.
- 8 countries: each country 1 group leader (no age limit) and 4 participants/helpers under 31 when the project starts including helpers and people with different abilities, **IT IS IMPORTANT THAT YOU SELECT HELPERS AND PARTICIPANTS THAT WANT TO JOIN ALL THE ACTIVITIES IN AN ACTIVE WAY (IN THE BOUNDRIES OF THEIR LIMITATIONS OF COURSE)!!!!** Helpers will be full participants!
- We would like to have people from different “groups”, so it will be a mix of people with down syndrome, people with light mental or light psychiatric problems and with different Physical disabilities and other participants from backgrounds with fewer opportunities, but also other youngsters without disabilities will and can be part of the team. of course, it is mandatory that they can follow the tasks as far as possible or with help and translation. Please share this also with your participants, so they know it is a mixed group and we are not putting anyone in “boxes”. We prefer participants that would like to be more active in mixed abilities projects and want to learn from each other.
- We can discuss the program with you, so we can adapt it as good as possible to the group, in the excel you will find the general idea
- You can start selecting your participants and looking for tickets, ☺ budget according to Erasmus rules, doubts? then check with me before buying ☺

It is a YE, so also the APV has to be done ☺ for the YE in total: 50 people, the division of people is as follows:

countries	partner organisers	pax including helpers or trainers facilitators etc.
Netherlands	Rock Solid Association of Parents and Guardians Acting for Disabled Children	2trainers/facilitators– 1 group leader and 5 participants/helpers under 31
Poland	leads Occupational Therapy Workshop in Czersk	1 group leader and 5 participants/helpers under 31
Turkey	MANISA ZIHINSEL ENGELLI ÇOCUKLARI EGITME VE KORUMA DERNEGI	1 group leader and 5 participants/helpers under 31
Bulgaria	EUROPEAN PROJECTS IN BULGARIA	1 group leader and 5 participants/helpers under 31
Greece	Be Visible Be YOU	1 group leader and 5 participants/helpers under 31
Spain	GESEME 1996 SL	1 group leader and 5 participants/helpers under 31
North-Macedonia	CYA KRIK	1 group leader and 5 participants/helpers under 31
Serbia	Elementary and secondary boarding school „Milan Petrovic"	1 group leader and 5 participants/helpers under 31

Trainers: Chris van Maanen <https://www.facebook.com/chris.vanmaanen>



& co-trainer: Raluca Oancea: <https://www.facebook.com/raluca.oancea.11>



Facebookgroup: Lost: <https://www.facebook.com/groups/316184939512243/>

## Information about the Venue:

- 1 bigger tent, where we will eat and do activities (6\*12 meter, just big enough, but a lot of things we will do outside)
- Around 10 tents for every team (matrasses and sleeping bags)

Adress: Recreatiecentrum De Goudsberg, Hessenweg 85, 6741 JP Lunteren (there is wifi in several places, not so well, but it works)



**What to prepare:**

- **There will be 4 intercultural evenings: in that evening 2 countries will present their organisation and their country, but also will teach us something interactive, like a song or a dance or be creative! and a table with some drinks and food!**
- **Every country should prepare a small presentation about their organisation and their wishes for cooperation for the future.**
- **Every country and their participants/leaders should prepare one of the workshops, there is a suggestion for the workshop they need to work out and prepare in the Daily program sometimes, but otherwise think of one yourself with your team.**
- **Every country has to think of a few traditional games (about 30 minutes/country) send them in ASAP, that we don't have the same games from different partners.**
- **BRING YOUR OWN TOWELS! (SLEEPING BAGS ARE PROVIDED)**
- **BRING YOUR MATERIALS FOR FOOD AND DRINKS ☺ PLATE – MUG (FOR DRINKS AND SOUP) – KNIFE – FORK – SPOON (this is that for the cooking/kitchen team we don't have a load of dishes every day, but also for sustainability and also for Corona/hygiene reasons! Take one that is easy to recognize or personalize it!)**
- **BRING A CLEAN WHITE T-SHIRT FOR T-SHIRT PAINTING!**
- **BRING SOME CLOTHES FOR CARNIVAL NIGHT!**
- **FOR THE EVENINGS WE WILL PROVIDE DRINKS FOR SUPERMARKET PRICES, SO MAKE SURE YOU HAVE CASH IF YOU WANT TO TAKE ADVANTAGE OF THAT SERVICE ☺**
- **BRING A SWIMSUIT IF YOU WANT TO ENJOY THE SWIMMING POOL IN THE FREE TIME ☺**

#### **TRAVEL FOR PEOPLE WHO WANT THE EASY WAY!**

- **We will arrange a bus from Schiphol (Amsterdam airport) to the venue to pick you up from the airport on 24 July around 18.00**
- **We will arrange a bus from the venue to Schiphol (Amsterdam airport) to bring you back to the airport on 3 august early around 7.00**

**Then you need to book your tickets accordingly of course, if there are slight differences in time we will adapt the hours. (if you have many waiting hours then you can go (on your own expenses) to Amsterdam in your waiting time, it is 15 min by train directly from the airport, but the bus will only come to the airport)**

#### **TRAVEL FOR PEOPLE WHO WANT IT THE HARD WAY ☺**

**You can fly on every available airport in the Netherlands, and from there travel by train. (Amsterdam is the most convenient, but Eindhoven will do also)**



**You can travel by train to Lunteren central station (from every airport) it will cost you 1-2 hours, from there we will pick you up by car.**

**You can book the train tickets quite easy online on [www.ns.nl](http://www.ns.nl), you can switch to English, you book 2<sup>nd</sup> class, no discount one way tickets, so one one-way ticket for coming and one for going ☺, in the Netherlands we don't have fixed seats in the train and also you can use the train ticket all day long. So, there is no fixed time. You can also go out and back in, so you can go from Schiphol to Amsterdam central and go a few hours to the city and then go back in the train and go to Lunteren. we calculate them of course for the travel costs. (from Eindhoven single trip is 24 euro, from Amsterdam is 18 euro, this is in your total costs for the travel. But if you buy group tickets with 4-8 people it is only 8 euro each person! (we can assist you with this the days before)**

**As soon as you found tickets then let me know and i will help you with the rest ☺, at least try to be in time before the start and don't leave before the end! We cannot stay longer than the program nights in the venue. You are allowed to come earlier or leave later if you want to spend some time in the Netherlands extra. Of course, then the hostel and food will be for your own costs.**

### **Summary of the project:**

*“Solidarity in Diffabilities” is a youth exchange including 8 countries & 8 partners: Netherlands, Poland, Turkey, Bulgaria, Greece, Spain, Serbia and the republic of North Macedonia. This is a follow up of several similar projects that reached a huge impact in the local and EU community. The main objectives are to support the social inclusion of youngsters with mental and or physical disabilities, present them diverse cultures, foster mutual understanding between young people from different countries, develop solidarity and promote tolerance among young people and encourage creating friendships. Additionally, this project promotes the young people's active participation focusing on their European citizenship and the European cooperation in the youth field. The most important for the target group and considering the objectives of the project is to develop and improve the skills of the participants:*

*- Communication skills (as well as in foreign languages)- Taking part in an international group will be a great challenge for each of the participants as they will have to interact it with people they don't know, and in addition there will be a language barrier which they have to overcome. As per our previous experience, communication skills are the ones developed the most after the YE.*

*- Confidence in everyday life and socialization skills – we are confident, that being part in such international YE, the participants will increase their confidence that they can deal themselves with basic everyday needs that they were scared to deal with previously. For some of them this will be their first time out of their country and their comfort zone, usually after the very day everybody feels so enthusiastic and empowered in such new environment, they start feeling responsible about the schedule and the program activities*

*- Intercultural, EU citizenship awareness and tolerance- We have planned the activities in the YE to focus on sharing the international and intercultural experience, so we believe the participants and their relatives (when they return back home and share the experience) will become more aware about the intercultural equalities and differences, as well as help them widen their horizons. Such international environment will help them discover new cultures, habits and lifestyles, mainly through peer-learning and will strengthen values like friendship. Furthermore, if the methods for inclusion in their own countries are less productive, they will be able to improve them and if their methods are good, they would be able to better appreciate what they have.*

*The main tool of the project is the non-formal education, the methods we are using are mainly role plays, interactive workshops and talks. The relaxed but still serious program will give everybody the possibility to talk and feel comfortable about their own opinions and situation. By using these methods, participants will have to interact with each other through different channels- verbal and non-verbal, which will facilitate the way that bound at the end. By providing a safe environment, they will open their minds after a while and get to trust each other and also to gain trust in themselves. We did see this happening last time, and they increased their communication a lot, not only by speaking, but also by non-verbal communication. Sometimes when they wanted to show somebody something, but they were not able to express that verbally, they just grabbed each other's hand and enthusiastically managed to find a way to express their thoughts to each other. As facilitators we strive to make everyone feel comfortable and relaxed in this group that the learning outcomes will be reached naturally, without forcing them.*

*So, at the end, when we draw the line, a comparison and sharing will be necessary in order for everybody to achieve the aims of their personal aims being part of such YE and of the project in general. We are going to apply the knowledge and experience gained previously, as well as getting feedback from our partners so we can make sure everyone is involved in every step of the project and all of the opinions are heard and taken into consideration. We have the ritual, when working with vulnerable group of youngsters, to highlight their possibilities and special abilities, then they can "show off" and since everyone is encouraged to show it in front of the others, they get positive response and grow in self-esteem and they feel a part of the whole team.*

*For 9 days, 4 young people with disabilities and fewer opportunities, one helper and a group leader from each country (48 people in total) will meet and learn about each other's countries, traditions and cultures, share experience on the ways they are overcoming their difficulties and how they get involved in their local communities, through group work, discussions, interactive games and presentations. The activities within the exchange will involve funny games, energizers, team-buildings, role plays for the participants, so that they get to know each other better, learn about new cultures and make new friends over the borders. Youngsters will organize an international evening where everyone will have the chance to present themselves in front of the others and explain more about their culture, interesting facts about their countries etc. The event will include traditional dishes, photo exhibition, videos and traditional music from the 8 countries, local organizations will be invited as well.*

*located in a quiet and calm place. As per our experience, when working with young people with mental disabilities, one of the most important things we need to take into consideration for the accommodation is to ensure the place is quiet, accessible, calm and not overcrowded. The working methods we intend to use will meet to the following criteria:*

- Establishing an open and friendly atmosphere*
- Breaking the communication barriers*
- Encouraging everyone to take part in the tasks*
- Working in small mixed (gender/nationality) groups*
- Theoretical inputs, presentations and visits*
- Group discussions*
- Tasks containing experiential learning elements*
- Working in national groups*

*The program of the YE is attached*

*The accent of the whole exchange will be to develop tolerance, mutual understanding and improve the personal skills of the participants through intercultural and non-formal learning process. Self-assessment and reflection on a daily basis are planned, so on the last day it would be easier to gather together the positive effect and outline the learning outcomes as per the key competences of the Youth Pass.*

*The participants will be also monitored by the guiding assistants during the whole exchange but also by the outcomes and interaction with the leaders of the reflection groups.*

*All activities are prepared based on the specifics of the group, the trainer has to be very flexible, patient and open-minded, as working with such groups usually involves multiple interruptions of the sessions as most of the participants experience issues with keeping themselves focused for a long time. By giving them freedom to express their thoughts and feelings and the activities to be organized flexible so that their own rhythm is met, everyone starts feeling better being part of the group. The program is prepared in a very interactive way with various activities meeting the specific communication needs in the group by words, drawings, theater or by gestures which not only helps us communicate easier, but also encourages everyone to be more creative. We are also planning cultural and visibility day, so we can meet the local organizations and the community.*

*English will be the working language; however, translation will be organized in every group as well so we can ensure everyone has understood the tasks and the presentations.*

*In order to encourage intercultural learning, we are going to organize cultural evenings, where each participant will have the opportunity to present their country and culture.*

*After the exchange each of the partners should assess the effect of the project on the participants- if the expectations were met, what they've learned and if are interested in developing further the experience taking part in short term EVS as currently the possibilities of the young people with disabilities are underestimated and based on our experience, they are also capable to contribute in different causes as volunteers, sharing their experience more widely. Usually, such exchanges get pretty good response in the community and not only the participants are affected positively, but their peers and relatives as well. Knowing that their problem is not an isolated case only in their country and there are more people dealing with the same difficulties as they are*

*We are planning each of the partner organization to prepare a certificate for their group in their own language, similar to youth pass in order to be shown to non-speaking English peers and relatives. Having the Youth pass certificate in two languages will make the participants feel more important being part in not only local native community, but also being a part of something bigger - the EU.*

*The expected result of that youth exchange will be to increase the network of organizations for people with mental and physical disabilities and to bring ideas for projects they can organize themselves, at a local or European level. After learning more in a non-formal way about the problems and opportunities they have, they can think about the projects and activities they can organize themselves. Because now for all new partners this will be the first experience with a mixed ability project the impact will be even bigger.*

*The definition of impact for the target group has a much more intense level than usually. This group of people is so sensitive that the effect is way bigger if the project is organized properly. As per our previous experiences, we are so positive that the effect after the exchange will not only be huge, but life changing as well due to the increased confidence, the improved communication and socialization skills, but also improvement in the behavior.*

*As this will be the first international project for many of the participants and by integrating people with mental and physical disabilities, we could combat some of the bad attitudes and prejudices that they have to suffer from. The pity will be replaced with tolerance and a better understanding of the global situation. At the end a guide with positive ways of treating them may solve some of the problems that probably are dealt with in these countries. By connecting with each other, the communication skills that they will acquire will also help in the future for deeper awareness.*

*Having participants with different backgrounds, the exchange of experiences will increase the level of awareness and will support the dialogue between different people with different culture.*

*From the point of view of the partnering organizations, we are positive that taking art in such international exchanges will develop better understanding on the global problem with people with disabilities, we will all have the chance to implement what we've learned in our everyday work so we can better interact with our clients and share the experience among the local communities. Last but not least, this will help each of the organizations to increase their capacity in terms of the work with disadvantages young people*

*of course, it is obvious that you have other concerns to make projects with disabled people possible, but we cannot ignore this group. still, they are excluded big time in Europe. Although it is one of the spearpoints in Erasmus+ the number of projects is not equal to the number of people with disabilities. I know many organizations put sometimes one-person in wheelchair in the project. just to get the points, but this is not the way in my opinion. it should only count if it is at least the percentage of society! this means that then there should be 10-15 percent of people with disabilities in all the projects. sadly enough, this is in my opinion, by far not the case now!*

**Daily program:**

	<b>Activities</b>	<b>methods</b>	<b>motivation</b>	<b>involvement</b>
<b>Arrival Saturday Date: 24-07-2021</b>	<b>arrival part of the participants</b>	Getting settled, having some easy food together and a free evening to relax from the travel		



<p><b>Program day 1 Sunday</b>  <b>Date: 25-07-2021</b></p> <p><b>Cooking and preparing meals by Dutch team</b></p> <p><b>(including the coffee breaks etc.)</b></p>	<p><b>10.00</b></p> <p><b>11.00 Welcome! Introduction of the place</b>  <b>Chris and Raluca</b></p> <p><b>11.30 Treasure Hunt organized by the Dutch team</b></p> <p><b>13.00 – 15.00</b></p> <p><b>15:00-16:00 – Workshop organized by the Bulgarian team</b></p> <p><b>16.00-17.00 Raluca: First name introduction</b></p> <p><b>17.00 Raluca introduction of youth pass</b></p> <p><b>17.20 Raluca small evaluation</b></p> <p><b>17.30-19.00</b></p> <p><b>19.00-20.00</b></p>	<p>Breakfast</p> <p>official welcome by the organizers and the hosts!</p> <p>Getting to know to the new place and the surroundings in groups, so the excitement of the new environment to be soothed a bit. Initial instructions for safety on place.</p> <p>Lunchbreak and siesta</p> <p>Suggestion: a team building activity (that is not in the Daily program yet!)</p> <p>Getting to know each other, saying the names, the countries of origin, organizations etc informal communication.</p> <p><b>introduction of youth pass</b></p> <p>Close or far to....</p> <p>Freshen up for dinner, getting the emotions of today back to normal level</p> <p><b>Dutch dinner</b></p>	<p>First step of getting to know each other</p> <p>Very important for the people with challenges to get the first stress of the travel and the new place out of their system</p> <p>Getting to know each other more</p> <p>It's a good way to connect the participants, make everyone feel on one hand involved and, on the other, appreciated in the group.</p> <p>Good to do it in the beginning so people can make notes all week.</p>	<p>In the groups of their country with their helpers</p> <p>Everybody should be included</p>
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	<p><b>20.15-23.00</b></p> <p><b>Informal, relaxing acclimatising &amp; Welcome party</b></p>	<p>Informal conversations between the participants, maybe party, maybe not ☺ depends on the atmosphere ☺</p>		
<p><b>Program day 2 Monday Date: 26-07-2021</b></p> <p><b>Cooking and preparing meals by Bulgarian team (including the coffee breaks etc.)</b></p>	<p><b>9.00 Breakfast</b></p> <p><b>10.00- 10.45. Chris Name game</b></p> <p><b>11.45 Long lasting activity Chris</b></p> <p><b>11.15.-11.30</b></p> <p><b>11.30-11.45 energizer Raluca</b></p> <p><b>11.45-12.15 presenting team and program Chris</b></p>	<p>Name game with gestures</p> <p>Introducing <i>secret friend</i></p> <p><b>Coffee break</b></p> <p>Energizer <i>Silent line-up</i> in alphabetical order</p> <p>Short presentation of the organizing team and of the complete program for the week</p>	<p>It is a good way to learn the names, which is very important for the rest of the project</p> <p>It is an effective way of making the participants know each other better and therefore, feel more comfortable during the next days</p> <p>Energizers are in general fun, keep everybody energetic and more comfortable with the others, it is also a good way to remember the names of the participants.</p> <p>To get everybody familiarized with the complete program for this week.</p>	<p>Every participant will try to repeat at least the last 3 names and gestures before him and present himself with a new gesture.</p> <p>Everybody should try to be active during the project and make nice surprises for his secret friend, trying to keep them secret until the last day.</p> <p>Everybody has to participate, some of the participants will be encouraged to take the lead.</p> <p>Everybody has to listen, if they have questions they can ask.</p>

<p><b>12.15-13.00 discovering the venue Raluca</b></p> <p><b>13.00-15.00 Lunch</b></p> <p><b>15.00-15.15 energizer Chris</b></p> <p><b>15.15-16.00 North-Macedonian team (Sharing experience)</b></p> <p><b>16.00-17.00 (Sharing experience) North-Macedonian team</b></p> <p><b>17.00-17.30 evaluation Raluca</b></p> <p><b>17.30-19.00</b></p> <p><b>19.00-20.00 dinner</b></p>	<p>Puzzle quest to discover the venue</p> <p>Lunchbreak and siesta</p> <p>Energizer <i>Switch places (including added disabilities)</i></p> <p>Suggestion: Making collage to present the participants and their helpers.</p> <p>Presenting the collages prepared before</p> <p>Evaluation <i>Thumbs Up</i>, participants have to show thumbs up, straight or down according to different questions of the trainer.</p> <p>Prepare for dinner</p> <p><b>Bulgarian dinner</b></p>	<p>To get everybody familiarized with the venue and will help a lot the participants to orient in a new environment.</p> <p>Brings more energy into the group after the lunch and discover common hobbies and characteristics of the participants.</p> <p>Make everybody more familiar with each other, develop the connections between the participant and helper.</p> <p>Learn more about the participants experience in the country they come from. Sharing experience</p> <p>Quick evaluation on the activities, food, venue, to see what the general feelings about the day are, what did the participants like/dislike and if there is something to be changed.</p>	<p>Everybody has to complete the tasks.</p> <p>Everybody participates.</p> <p>Everybody participates and has to be creative in making the collages, in small groups of their own country</p> <p>Everybody has to present themselves and pay attention to the other presentations. Questions could be asked.</p> <p>All the participants have to express their opinions about the day and choose what they liked and didn't like. The evaluation is open for suggestion.</p>
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	<b>21.00-24.00 intercultural eve by the Netherlands and Greece</b>	Next to the tables with foods and drinks all the countries also are going to learn the others traditional songs and dances	Intercultural learning, building stronger connections in the group	Some participants will present their national culture, and the others will pay attention and participate if necessary (dances, quizzes etc).
<b>Program day 3 Tuesday Date: 27-07-2021</b>  <b>Cooking and preparing meals by Turkish team</b>	<b>9.00-10.00 breakfast</b>  <b>10.00-10.15 Chris</b>  <b>10.15 first secret friend session Chris and Raluca</b>  <b>10.15-12.00 Polish team: T-shirt painting (coffee during the activity)</b>  <b>12.00-13.00 walk of interview Raluca</b>  <b>13.00-14.00 lunch</b>	Name game <i>Throw the ball</i>  Personalizing white t-shirt with self-made paintings, describing yourself, hobbies, friends and family etc  Everybody will split in small groups of 4 people (2 couples participant + helper ) and talk about given subjects, at each different subject, one of the couples will move to a different group.	is a funny way to start the day and it helps again to learn of the names. <b>(Encouraging communication and socialization)</b>  Develops creativity and helps to learn more about the other participants. Sharing experience and increasing skills are facilitated here)  This is an effective way to get in contact with other people and discover more about their personalities and experiences, and thus is consolidates the group in general.	Everybody participates.  Every participant has to paint his t-shirt, helpers will help the participants if necessary.  Everybody participates and has to talk about himself and listen to the others.

	<p><b>14.00-17.30 discovering the surroundings and the locals</b> <b>Chris</b> (it is a walk to the village of 2.7 km, check in advance if this is possible for all)</p> <p><b>17.30-17.50 reflection groups</b> <b>Raluca</b></p> <p><b>17.50-18.00 evaluation</b> <b>Raluca</b></p> <p><b>18.00-19.00 prepare for dinner</b></p> <p><b>19.00-20.00 Turkish dinner</b></p> <p><b>21.00-24.00 intercultural evening by Bulgaria and Spain</b></p>	<p>Going into the village and making contact with local people by having to complete some tasks (like taking pictures with the local people or asking easy questions).</p> <p>Small groups will talk about the day, activities, program in general and see what they liked and what they didn't like, after that one leader of the group will communicate the conclusions to the trainer.</p> <p>Quick evaluation by smileys, participants have to move to a representative face (happy, serious or sad) according to different questions about the day (activities, energizers, food) given by the trainer.</p> <p>Next to the tables with foods and drinks all the countries also are going to learn the others traditional songs and dances</p>	<p>Going outside, having fun, discovering characteristics of the Dutch society, so a practical intercultural learning. (Encouraging communication and socialization skills, increasing the confidence)</p> <p>It's a good way of evaluation and see if something needs to be changed, also it makes the participants interact more.</p> <p>It is a funnier and more general way of evaluating the project so far.</p> <p>Intercultural learning, building stronger connections in the group.</p>	<p>All the participants and helpers will go out and try to complete the given tasks.</p> <p>All the participants have to participate and express their feelings and opinions about the day.</p> <p>All the participants are involved.</p> <p>Some participants will present their national culture, and the others will pay attention and participate if necessary (dances, quizzes etc).</p>
<p><b>Program day 4</b> <b>Wednesday</b> <b>Datum: 28-07-2021</b></p>	<p><b>09.00-10.00 Breakfast</b></p> <p><b>10.00-10.15 name game the blanket</b> <b>Chris</b></p>	<p>Name game The blanket, everybody separate in two groups. There is a blanket in between,</p>	<p>Funny way to practice more the names of the other participants</p>	<p>Everybody participates</p>



<p><b>Cooking and preparing meals by Polish team</b></p>	<p><b>10.15 secret friend session Chris and Raluca</b></p> <p><b>10.30-11.15 team-builder Spanish team</b></p> <p><b>11.15-11.30 coffee break</b></p> <p><b>11.30-13.00 blind walk with different experiences Raluca+ Turkish team</b></p> <p><b>13.00-14.00 lunch</b></p> <p><b>14.00-17.30 free afternoon</b></p> <p><b>17.30-17.50 reflection groups Raluca</b></p>	<p>one person of each group come at the same time in front of the blanket, then the blanket falls and the participants have to say the other's name as fast as possible, the one that was the first wins and takes the other in his team. The biggest team wins.</p> <p>Team-builder Making status, participants have to separate in small groups and create "statues" with their own bodies, on a specific subject</p> <p>Participants and helpers will walk together, one of them will be blindfolded, the other will guide him on a given route in the venue, at each stop they will switch places and the blindfolded person will have to experience something different (taste something, touch an object, draw a picture etc).</p> <p>Reflection groups</p>	<p>Consolidate the trust between the participants, develops creativity.</p> <p>Building trust in the couples and, make the participants experience a difficulty (different ability), see how it feels like. Encourage tolerance and supportiveness between the participants)</p> <p>See what the general atmosphere among the participants is so far. Quick discussion what we've learned so far- taking notes so we can use them on the Youth Pass</p>	<p>Everybody participates, some participants will probably take the lead.</p> <p>Everybody participates and has to guide sometimes and also let himself guided.</p> <p>Everybody participates.</p>
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	<p><b>17.50 evaluation Chris</b></p> <p><b>18.00-19.00 prepare for dinner</b></p> <p><b>20.00 Polish dinner</b></p> <p><b>20.00-24.00 intercultural evening by Turkey and Serbia</b></p>	<p>evaluation Close or far to the tree+ Learning outcomes quick discussion</p> <p>Next to the tables with foods and drinks all the countries also are going to learn the others traditional songs and dances</p>	<p>Intercultural learning, building stronger connections in the group.</p>	<p>Some participants will present their national culture, and the others will pay attention and participate if necessary (dances, quizzes etc).</p>
<p><b>Program day 5</b> <b>Thursday</b> <b>Date: 29-07-2021</b></p> <p><b>EXCURSION DAY</b></p> <p><b>Cooking and preparing meals by Dutch team</b></p>	<p><b>09.00-10.00 Breakfast</b></p> <p><b>10.15 secret friend session Chris and Raluca</b></p> <p><b>10.00 in the Bus</b></p> <p><b>10.00-16.00 program with tasks for connecting with local community Chris and Raluca</b></p> <p><b>18.00-19.00 dinner somewhere</b></p> <p><b>22.00 back in the venue</b></p>	<p>Trip together to some tourist attractions and discover the surrounding there, by completing a set of tasks along. Meeting maybe a local organization also</p>	<p>Intercultural learning, having fun and building stronger relationships within the group. Meeting with local organization will increase the visibility of the project and help facilitate new partnerships</p>	<p>Everybody will go and try to complete the tasks</p>
<p><b>Program day 6</b> <b>Friday</b> <b>Date: 30-07-2021</b></p>	<p><b>09.00-10.00 Breakfast</b></p> <p><b>10.00-11.15 team builder Chris</b></p>	<p>Team builder crossing the river.</p>	<p>team builder to get closer together, get over the barrier without breaking the chain. increasing the trust between the participants, developing creativity.</p>	<p>Everybody participates</p>

<b>Cooking and preparing meals by Greek team</b>	<b>10.15 secret friend session</b> <b>Chris and Raluca</b>			
	<b>11.15-11.30 coffee break</b>			
	<b>11.30-13.00 old games from the partners Raluca + all partners</b>	We will play together several traditional games that all the partners brought with them	It is a funny way to spend time together and get to know each other better, intercultural learning. Presentation skills are developed- when presenting the game to the others.	Everybody is encouraged to participate and to try the games.
	<b>13.00-15.00 lunch</b>	Lunch and siesta		
	<b>15.00-17.00 old games from the partners Raluca + all partners</b>	Continuing with the games		Everybody participates.
	<b>17.00-17.30 reflection groups Chris</b>	Same as before	General evaluation of the day, seeing what people liked the most, similarities and differences. Quick discussion what we've learned so far- taking notes so we can use them on the YouthPass.	Everyone is encouraged to share impressions;
	<b>17.30-17.50 evaluation the dartboard Chris</b>	Evaluation + Learning outcomes quick discussion		
	<b>18.00-19.00 dinner</b>	<b>Greek dinner</b>		
<b>20.00-24.00 intercultural evening by Poland and North-Macedonia</b>	Next to the tables with foods and drinks all the countries also are going to learn the others traditional songs and dance	Intercultural learning, building stronger connections in the group.	Some participants will present their national culture, and the others will pay attention and participate if necessary (dances, quizzes etc).	

<p><b>Program day 7 Saturday Date: 31-07-2021</b></p> <p><b>Cooking and preparing meals by North Macedonian team</b></p>	<p><b>09.00-10.00 Breakfast</b></p> <p><b>10.00-11.15 team builder Greek team</b></p> <p><b>10.15 secret friend session Chris and Raluca</b></p> <p><b>11.15-11.30 coffee break</b></p> <p><b>11.30-13.00 workshop by Serbian team</b></p> <p><b>13.00-15.00 lunch</b></p> <p><b>14.00-15.30 workshop by the Turkish team</b></p> <p><b>15.30-15.50 reflection groups Chris</b></p> <p><b>15.50-16.00 evaluation throwing the ball close or far away Chris</b></p>	<p>Team builder the spider web.</p> <p>Workshop designed and executed by Serbian team (suggestion: could be Walking the catwalk maybe)</p> <p>Lunch and siesta</p> <p>Workshop designed and executed by the Turkish team</p> <p>Evaluation Throwing the ball close or far away. Each participant will have a small ball and throw it close or far, according to how</p>	<p>Good team builder to get closer together, get over the barrier of touching each other in a relaxed way. Building trust in the group and increasing confidence.</p> <p>General evaluation of the day, seeing what people liked the most, similarities and differences.</p>	<p>Everybody participates</p> <p>Everybody participates.</p>
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	<p><b>18.00-19.00 dinner</b></p> <p><b>20.00-24.00 free evening</b></p>	<p>much he liked or didn't like some parts of the program.  <b>North Macedonian dinner</b></p>		
<p><b>Program day 8</b>  <b>Sunday</b>  <b>Date: 01-08-2021</b></p> <p><b>Cooking and preparing meals by Serbian team</b></p>	<p><b>09.00-10.00 breakfast</b></p> <p><b>10.00-10.15 energizer</b>  <b>Chris</b></p> <p><b>10.15 secret friend session</b>  <b>Chris and Raluca</b></p> <p><b>10.15.-11.15 workshops and presentation of Erasmus Plus and the history of the program</b>  <b>Raluca</b></p> <p><b>11.15-11.30 Coffee break</b></p> <p><b>11.30-13.00 Youth Pass</b>  <b>Raluca</b></p> <p><b>13.00-15.00 lunch</b></p>	<p>Energizer Passing the ball, participants will sit in a circle and have to pass a ball to each other without touching it with the hands, then the same with a smaller ball.</p> <p>Presenting in an interactive way the new Erasmus Plus program, the opportunities it offers and its similarities with YiA. We will keep this very informal and will not give to much information because that will be to difficult for this group</p> <p>Filling in the Youth Pass together. Taking into consideration the notes taken during the days.</p> <p>Lunch and siesta</p>	<p>It is a funny, but physical energizer and it must be done in a group with already a high level of trust, develops stronger connections in the group.</p> <p>Learn more about European Citizenship and opportunities for young people, teamwork.</p> <p>It is a more certain way to know that the participants will fill-in the certificates, than letting it for after the project; learning about Youth Pass in general and understanding what they achieved during the Youth Exchange.</p>	<p>Everybody participates and tries to respect the rules.</p> <p>Everybody first listens to the presentations and after that tries to work on the team workshops.</p> <p>All the participants will fill-up their certificates together with their helpers, maybe for this group it is even more important for their self-esteem that they are getting a diploma ☺</p>



	<p><b>15.00-16.00 revelation of the secret friend</b> <b>Chris</b></p> <p><b>16.30-17.00 final evaluation – for the YE in general</b> <b>Chris</b></p> <p><b>18.00-19.00 Serbian dinner</b></p> <p><b>20.00-24.00 farewell party and carnival night</b></p>	<p>Each secret friend will be revealed in front of the whole group.</p> <p>Final group evaluation about the entire project, what were the nice things that happened, what could be changed for the next time, what did they learn, what are the follow-ups etc. If expectations were met.</p> <p>We do this one day before the last evening because for this group they should have a last day that is not to stress full and don't have to much excitement, so the last day will be very much dedicated to the process of leaving.</p>	<p>Making everybody feel special and rewarding the efforts, team connections.</p> <p>It is always important and necessary to have a deep final evaluation, see how the participants feel about the project. It is part of their learning process and also useful for the organizers, for the eventual next projects. Especially at this project, which is quite special and there was not much experience before.</p>	<p>Everybody participates and tries to guess his secret friend.</p> <p>Everyone is encouraged to share their thoughts, feelings and impressions.</p>
<p><b>Program day 9</b> <b>Monday</b> <b>Date: 02-08-2021</b></p> <p><b>Cooking and preparing meals by Spanish team</b></p>	<p><b>10.00-11.00 breakfast</b></p> <p><b>11.00 – 13.00</b> <b>Packing and cleaning</b></p> <p><b>13.00-15.00 lunch</b></p>	<p>Packing suitcases, leaving the tents in good conditions,</p>		

	<p><b>15.00-16.00 cleaning the conference tent</b></p> <p><b>16.00-17.00 persons evaluation</b></p> <p><b>17.00-18.00 handing over the Youth Passes and finalize the program</b></p> <p><b>19.00 Spanish dinner</b></p> <p><b>Relaxing evening</b></p>	<p>Of course, we must feel together responsible for the “tents and the venue” too, they can also take home their own papers and so on if they like to keep it.</p> <p>Every participant will have a signed A4 paper, and the others will write down a nice thing or wish towards that person. That way everybody has a memory from everybody.</p>	<p>It is a good way to express positive fillings for the others and remind people about the good qualities they have or nice moments spent together.</p>	
<p><b>Departure Tuesday</b> <b>Date: 03-08-2021</b></p>	<p><b>Departure of the participants</b></p>	<p>before leaving bringing the inside sheets of the sleeping bags for washing.</p>		