



# Youth Go Local

e-booklet



**Youth Exchange**

**10. - 18.10.2023.**

**Srima (Vodice),  
Croatia**



# MISSION

The “Youth GO Local” project has brought young people to Croatia to work together on youth initiatives. The main objective of this project has been to bring 36 young people and 6 group leaders from 6 different countries and encourage them to research and create youth initiatives in their local communities. The participants learned how to search for and locate needs through exploring the local community. The intention was to sensitize them to the current state of their communities and to boost their civic engagement. Thus fostering social engagement and active participation of the young people involved in this project.





# OBJECTIVES



Promote cultural diversity, and learn about other cultures while living and working in mixed nationalities



Recognize local problems and create small actions, initiatives and projects linked to the needs of the community



Raise awareness about the state of social life in the communities of the region where they are coming from



Provide a space to prepare project proposals in a local context but pursuing international vision

\*During all the activities, English is going to be the working language.



# GROUP DEVELOPMENT

The first working day was dedicated to various group activities such as icebreakers and energizers. The objective was for the group to get to know each other and learn the names of the other participants through games. It was done this way primarily because participants would be able to communicate with each other and work together as a team to achieve the goals of the project. The day ended with the welcome night of the Croatian team where each person got a secret friend for the week.





# EXPLORING OUR GROUP

The participants started the day with some energizers prepared by the Turkish team such as "Cowboy game" in which they guessed each other names. The team also led the workshop "Intercultural Learning" through which they proposed very interesting tasks. The Macedonian team presented their workshop "Cooperating methods" where they did some games and tasks that made them work as a team. Finally, the Croatian team was in charge of the last workshop "Creative Writing" which was a challenge, as it made the participants use their imagination. They finished the day with the Spanish and Turkish intercultural evening, where each country made a presentation about their culture and tradition.





# SHARPENING OUR SKILLS

The third day started with some energizers by the Romanian team, playing the "Samurai game" and also "Tom & Jerry" in order to keep the energy and motivation throughout the day. After this, the workshop provided by the Romanian team, "Needs Analysis", was useful in making us understand how to define priorities. Right after the Portuguese team took over with the game "Lencinho" followed by the workshop "Public Speech" which serves to practice the way we address ourselves in society. And last but not least the Spanish team gave us "Animal dancing" to wake us up and then the workshop "Budgeting methods" with team building exercises.

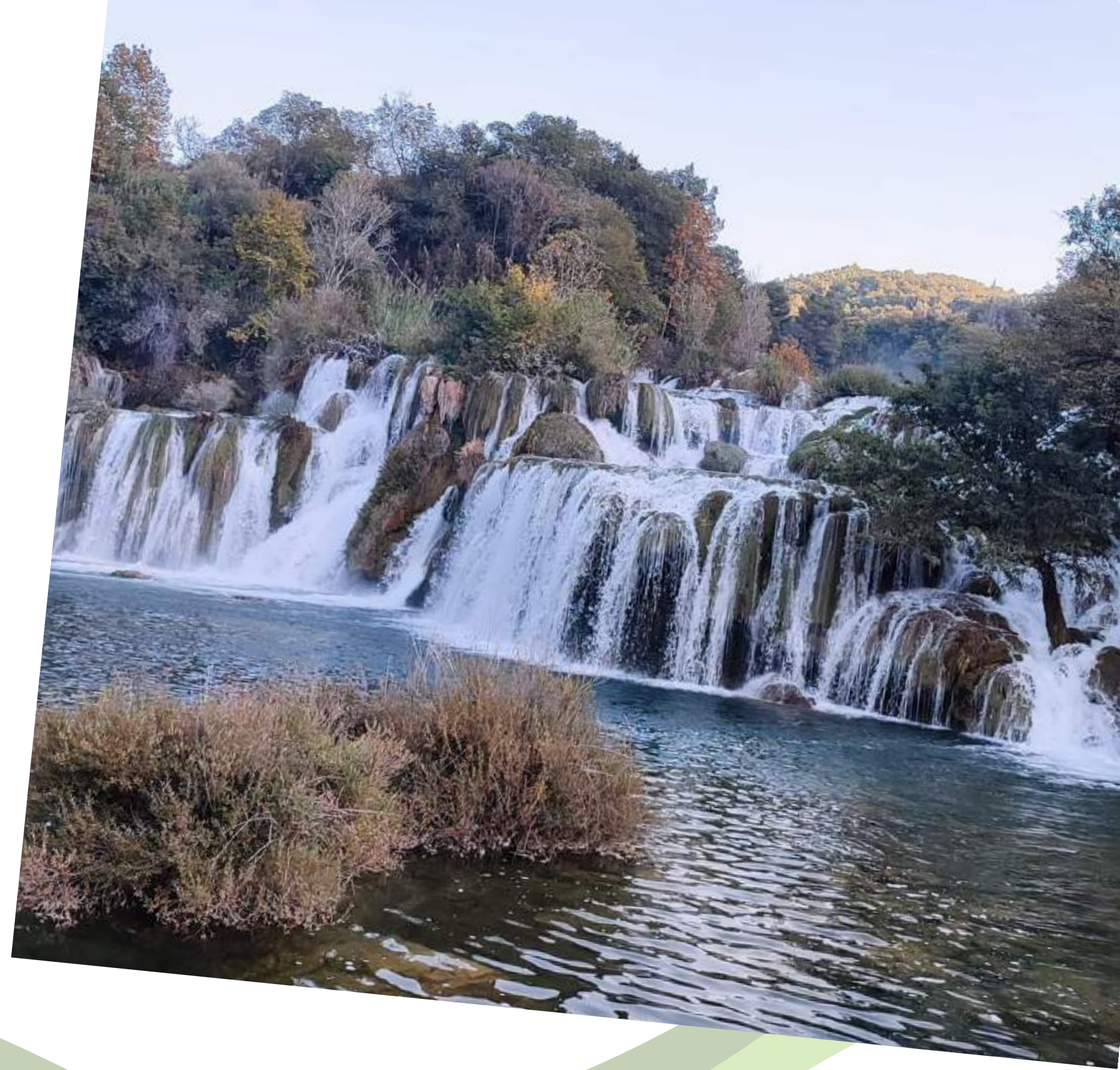
We also took some time to present some local initiatives from our local communities to gain inspiration for writing projects. By the end of the day we were stunned by the culture presented to us by the Portuguese and the Croatians in the intercultural night.





# CULTURAL VISIT

Saturday was the day the participants had the opportunity to spend it in the National Park Krka. First of all, they visited the Krka Eco Campus in Puljane, specifically the Laboratory of Nature, where they had the chance to learn about the origin of the river and the history that took place on its shores. After having lunch together, they headed to Skradinski Buk, where everybody had the chance to explore the waterfalls and lakes. Wandering around in this beautiful environment, the participants have bonded and got to know each other from a whole different perspective.





# LOCAL INITIATIVES

On the fifth day, we were energized within the mighty jungle, and after that, the participants learned how to write their own goals and objectives for the presentations they had been working on and then the activities that would need to be included in a project proposal. They learned how to create a timetable and what the life cycle of a project looks like. Half of the teams were working on the projects they were creating, and the other half tested the game Ecoland and switched afterward. At night the Romanian and Macedonian group with a game of Kahoot and traditional dances from both cultures.





# WORKING ON RESULTS

On Monday, the day kicked off with an energizer "Making Pizza", and continued with working on finishing the projects. To make the day more interesting, there was another energizer titled "The Mighty Jungle" to see how good the team coordination was. In addition, there were different workshops focused on the creation of initiatives and projects. By the end of the day, the participants had a trial for the presentations of the initiatives they had been working on for the past few days which will be presented to the local community in Vodice.





# FUTURE PLANS

The participants presented their local initiatives in the library of the city of Vodice and were able to demonstrate all the knowledge acquired during the Youth Go Local Exchange, in Srma. The initiatives were very varied and interesting, addressing topics such as mental health, as well as physical health and healthy living habits among others.





# IMPRESSIONS FROM PARTICIPANTS

“Public speech and king of the jungle were some of my favourite activities, im going to keep the other participants in my heart, the organisation gave us the tools to balance to have fun and learn somethings.”

**-Guillermo (Spain)**



“I enjoyed the activities, workshop were usefull and my favourite workshop was the “budgeting methods”. For a first Erasmus+ project the outcome was very positive and made me want to apply for others projects in the future. The other participants were wellcoming and also the organisation was spot on.”

**-Dogukan (Turkiye)**



# IMPRESSIONS FROM PARTICIPANTS



“Erasmus+ is a powerful experience. It can change your life completely. Going abroad, learning something different or in a different way is something you will never ever forget. It was primarily an adventure and one of the most amazing experiences I’ve had!!! Meeting new people and taking the friendships back home, that for me was one of the benefits of it all.”

**-Narcisa (Romania)**



# IMPRESSIONS FROM PARTICIPANTS

“My favorite part of the project was meeting all of the wonderful people that were a part of this project and learning from all the different cultures.”

**-Ermal (North Macedonia)**



“Im glad that i got the chance of connecting with people I otherwise wouldn't meet, and they will remain dear to me. I'm happy that the facilitators were a part of our family and that we worked together to complete our goals.”

**-Petra (Croatia)**





# INITIATIVES DEVELOPED

## **"Project C.A.R.E."**

**(compassion, acceptance, resilience, empathy)**

This project was made to educate young people about mental health.

The main goal of this project is to bring together 36 young people from 6 different countries and motivate them to speak up about this topic so that it cannot stay taboo in the future. It focuses on encouraging young people to ask for help when needed, and find healthy ways to take care of their mental well being.





# INITIATIVES DEVELOPED

**We need u  $\longleftrightarrow$  u need us**

This initiative tries to end the wasting of potential that young people have by trying to lure them into a life of good values in public institutions like the police, fire department and military institutions, gaining education and new opportunities.





# INITIATIVES DEVELOPED

## “Dancing through mental health”

This team has presented us with a training course for young people from different European countries with which they would tackle the problem of mental health, which has been growing in recent years, using dance as a vehicle. The proposal of this project is based on teaching through dance skills to prevent mental illnesses or to deal with them in a relaxed atmosphere in nature and interculturally.





# INITIATIVES DEVELOPED

## “Healthy body, healthy mind”

This group carried out a project - local initiatives - on Healthy Lifestyle. A topic of great importance given the times we live in. The participants consider that much more emphasis should be put on this subject than is currently the case, and that is why they present us with an initiative focused on giving opportunities to those people who are not closely linked to the world of sport and healthy diet.





# INITIATIVES DEVELOPED

## "+Portugal"

It's a proposed youth exchange program that promotes Portuguese culture and supports disadvantaged communities. By bringing together young people from various regions, the initiative aims to develop an action plan to improve local communities and promote active citizenship, personal development, and community improvement. Through cultural immersion and community service, the program aims to provide a unique opportunity for young people to gain valuable skills and make a significant impact on their communities.





# INITIATIVES DEVELOPED

## “Cyber bullying”

·This group aims to tackle cyberbullying through a local initiative that offers psychological support to those affected. It also aims to run school workshops, online safety seminars, and a 24/7 anonymous reporting system, striving to create a culture of empathy and understanding, fostering a positive online experience for all users.





# PARTNERS:

- ➞ **ARGONAUTA, Croatia**  
Udruga Argonauta on social media  
<https://argonauta.hr/>
- ➞ **ASOCIACION JUVENIL INTER, Spain**  
AJ Inter on social media  
<https://ajinter.org/>
- ➞ **ASK YOURSELF Romania**  
ASK Yourself on social media

- ➞ **ZDRUZENJE NA GRAGANI  
KREATOR KUMANOVO, The Republic  
of North Macedonia**  
Youth Association Kreator on social media
- ➞ **CAPPADOCIA YOUTH MOBILITY, Türkiye**  
Cappadocia Youth Mobility on social media
- ➞ **EXPERIMENTACULO, Portugal**  
Experimentáculo Associação on social media





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# Youth Go Local

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