




# E-BOOKLET

**Youth Exchange**

**Šibenik, Šibenik–Knin county  
(Croatia)**

**1st – 10th October | 2025**



**GREEN  
MOTION**



# MISSION

**“Green Motion” was a youth exchange that brought 35 young people and 7 group leaders from 7 different countries to work together in environmental topic. The main goal was to empower young people to become active ambassadors of environmental protection through nature-based sports and outdoor activities that foster ecological awareness. This also allowed intercultural collaboration at group level and personal growth on individual level. Participants returned home with stronger environmental values, improved physical well-being, new skills in teamwork, communication, and creative problem-solving.**

# OBJECTIVES

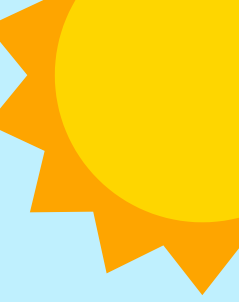
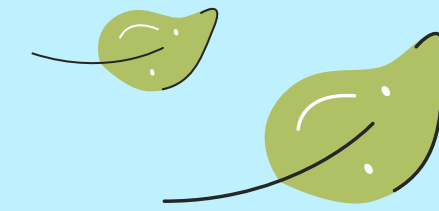
**Gather 35 young people and 7 group leaders from different backgrounds to promote cultural diversity, giving them the opportunity to learn about other cultures while living and working in mixed nationalities**

**Promote environmental awareness through direct experience with nature, engaging participants in outdoor sports that highlight the beauty and vulnerability of natural ecosystems.**

**Foster healthy lifestyles and well-being through physical activities and sports that are fun, inclusive, and environmentally respectful.**

**Raise awareness about the impact of human activities on marine and terrestrial ecosystems through action in nature, educational workshops, clean-up initiatives, and ecological games.**

**Strengthen intercultural dialogue and cooperation by encouraging teamwork and mutual learning among youth from diverse backgrounds.**



# 2ND OCTOBER



**On the first day of the youth exchange, we played fun name games and icebreakers to get to know each other. Later, during "Mission Impossible", we completed creative group challenges that helped us bond and laugh together. In the afternoon, we reflected with a short "Expectations and Fears" workshop, sharing thoughts and easing first-day tension. Then, we went to discover Šibenik through a city game focused on the topic of the project. We finished the day with a Welcoming evening organised by the host country participants.**

# 3RD OCTOBER

The second day has started with Greece's workshop, "Intercultural Dialogue," working together in groups. After a short break, each national team presented their research on "Nature & Sports in Your Community." In the afternoon, North Macedonia led a workshop on sustainable development and social inclusion. The day ended with Spain and Slovenia's Intercultural Evening, where we enjoyed traditional dances, food, and drinks.



# 4TH OCTOBER

**On the third day, participants kicked off with the Slovenian workshop. They organized a cleaning hike to a beautiful natural place where a fun competition of building eco-friendly houses out of wood sticks and leaves was held. After about an hour of creative teamwork, we headed to the city for a quest to gather answers from locals about the wonders of Šibenik. When we returned, we joined, after lunch, the sporty workshop led by the Croatian team about their childhood games. Finally, in the evening, we went on a night hike up a hill, where we ended the day with an amazing view of Šibenik.**



# 5TH OCTOBER

**We began this fourth day morning by exploring the Youthpass competences, reflecting on what we've learned and how we've grown throughout the project. After that, we continued with an inspiring Stress Relief Box workshop led by our Portuguese team.**

**In the afternoon, we focused on dissemination preparation, which included a hands-on drone course and a series of insightful interviews.**

**To finish the day on a high note, the Greek and North Macedonian teams delighted us with their delicious traditional dishes, energetic dances, and a fantastic cultural atmosphere full of flavor, rhythm, and connection!**



# 6TH OCTOBER

**On this fifth day, we headed up to our study visit in Starigrad–Paklenica, Zagrebačka, Croatia. There, we went for a beautiful and interesting hike in the mountains that helped us reflect on the urge to protect our nature. It was also a strong group moment as we ate lunch all together, surrounded by beautiful landscapes and friends playing guitar in the background. After dinner, in the evening, we had a DJ set with various types of music like salsa, bachata, kizomba, reggaeton, etc., to represent every country, and with that music we danced a lot!!**



# 7TH OCTOBER



**The 7th day started with our usual morning recap, where we reflected on previous activities and shared our thoughts. We then joined a lively karate energiser that helped us wake up and boost our energy. After that, the Turkish team led a creative workshop on body percussion and natural instruments, exploring rhythm and sound. Next, the Spanish group organized a body movement session with yoga poses and funny exercises, making everyone laugh. In the afternoon, we worked on dissemination preparation, planning how to present our project outcomes. The day ended with a joyful Portuguese and Turkish cultural evening full of music, dance, and traditional food. It was a day full of movement, creativity, and intercultural learning.**



# 8TH OCTOBER



**On the 8th, we went to Murter Island, to Raduč, for the main activity of this youth exchange: a cleanup action. At the same time, we explored the trails and took many photos of the stunning viewpoints. Later, we performed a whole choreography as a group for the local community and visitors at Slanica Beach. After a busy day, we enjoyed some free time swimming, playing volleyball, or relaxing with coffee. Later, in the evening, the Croatian team hosted a cultural night full of dances, food, and laughter. Finally, we all enjoyed the presence of a Croatian DJ.**

# 9TH OCTOBER



**The last day started with some final modifications to the e-booklet and the last interviews. After that, we received information about Erasmus+ project opportunities and the European Solidarity Corps (ESC). During the afternoon, we went exploring one final time the beautiful Croatian landscape and enjoyed everyone's company in a big group moment. This was our closing moment in which we played outdoor sport, connecting to nature. In the evening, we revealed our secret friends and all received our Youthpass in an emotional final ceremony. Finally, we all enjoyed the farewell party.**





# THE WORKSHOPS



# GREEK WORKSHOP

## Intercultural Dialogue

The session began with a fun energizer ("the clapping game"). This was followed by an activity, where everyone shared their thoughts and ideas about the concept of intercultural dialogue. Next, the team presented a PowerPoint introducing the main theme and encouraging reflection on cultural exchange and understanding. Participants then played a creative "What If" game using a toy chicken to answer cultural questions, followed by a "Raise your hand if..." activity exploring personal experiences with culture, stereotypes, and friendship. The discussion continued with intercultural questions, helping participants reflect on traditions, customs, and values from their own and other cultures. Later, a lively Bingo game invited everyone to find people in the room who had experienced various intercultural moments – such as traveling to multiple continents or speaking several languages. The workshop concluded with "Two Truths and a Lie", where teams shared fun facts about Greece.



# NORTH MACEDONIA WORKSHOP

## Sports & Environmental Conflicts



**The workshop took place on the second day of the project. After a short introduction and two energizing activities to get everyone engaged, Lana and Marko led the session. They explained the task: participants were divided into groups of seven and given a conflict scenario, an instruction sheet with guiding questions, empty flipcharts, and markers. Each group had 40 minutes to analyze the conflict and respond in the most ecological and constructive way possible, both visually and in writing. Afterward, each group presented their solutions to the rest of the participants.**



# SLOVENIAN WORKSHOP

## Sustainable Hiking and Camping & Eco Treasure Hunt

**This program started with a cleaning action along the path to a steep hill. After taking care of the trash, we climbed the hill for about 5 minutes before reaching a nice, open area. It was full of grass, rocks, trees and branches, from which we had to build forts. 5 teams, 5 forts, 30 minutes. Our judges declared a winner and we moved on to the last activity, which was a treasure hunt. The treasure being knowlege. Once again, teams were made and recieved each a different set of questions about Šibenik.**



# CROATIAN WORKSHOP

## Traditional Games and Culture

**On October 4th, Croatia held its workshop focused on popular traditional games that promote sustainability. The session began with a fun energizer before the group was divided into teams – Kruške and Jabuke. The teams then competed in several games, including Školica (Hopscotch), Tug of War, Sack Racing, and Dodgeball. Everyone had a great time taking part in these activities and discovering a bit of Croatian childhood culture.**

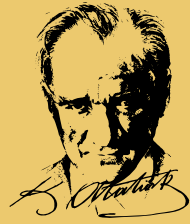


# PORTUGUESE WORKSHOP

## Stress Relief Box

The purpose of the workshop was to reflect on the feelings we were experiencing in our project. We started by forming groups based on animal sounds, and then they began decorating the boxes they had made, where they would later place what they were feeling. They did a short meditation to calm down and relax so that they could be in a good and peaceful state for the questions we would ask afterward about their emotions. We had four boxes and four questions, and once everything was answered, each person drew a random piece of paper, and we read aloud all the feelings that had been written. To finish, we played a small game called "Hug and the person who...?" Basically, we asked questions like "Hug the person you enjoyed meeting the most", so that everyone could connect more deeply and strengthen their bonds.





# TURKISH WORKSHOP

## Body Percussion and Natural Instrument



**In this workshop, we used our bodies and natural objects as instruments to create a rhythm-based performance. After a fun, energizing activity, we divided the participants into five groups. Each group used body movements (like clapping and snapping fingers) and natural objects (like rocks and branches) to create a 1-2-minute rhythm and dance performance. The activity encouraged creativity, teamwork, and fun through sound and movement.**

# SPANISH WORKSHOP

## Body Movement Session

The Spanish workshop started with a short introduction about flowers that can be eaten in Croatia, which was really interesting and something most of us didn't know. After that, we played a fun rock-paper-scissors energiser, ending up with two long lines facing each other for the final round. The main part of the workshop was about yoga poses. We worked in groups of six, trying out different poses together and then creating our own original one. In the end, each group presented their invented pose to everyone. It was a really fun, creative session that mixed teamwork, movement, and lots of laughter.



# ERASMUS +

**For 30 years, the EU has funded the Erasmus programme, which has enabled over three million European students to spend part of their studies at another higher education institution or with an organization in Europe. Today, Erasmus+ is an EU programme for education, training, youth and sport that brings such opportunities to all – students, staff, trainees, teachers, volunteers and more.**

**It's not just about Europe or Europeans either – with Erasmus+ people from all over the world can access opportunities Erasmus+ is open to all young people, not just those currently enrolled in education or training. With Erasmus+, you can volunteer across Europe and beyond or participate in a youth exchange abroad.**

# PARTNERS

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ADASTRA LJUBLJANA | SLOVENIA

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# CREDITS

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**A heartfelt thank you to all the participants who contributed to making this project a success.** 🌿

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