REPORT

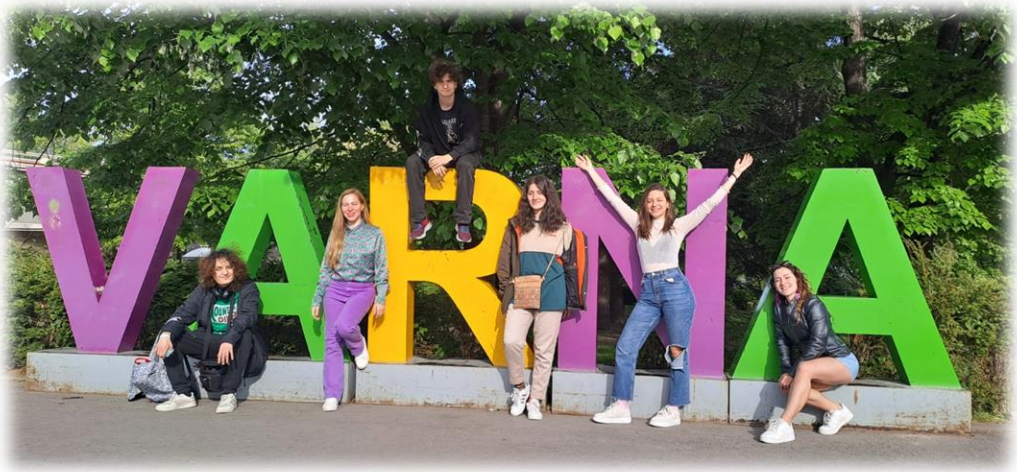
MY YOUTH GOALS 1.0



YOUTH EXCHANGE
10-16 MAY 2023

The youth exchange *My Youth Goals 1.0* took place at Golden Sands seaside resort on the Northern Bulgarian Black Sea coast. The chosen accommodation was Detelina Hotel, which once again proved to be an ideal place for conducting the activities as it is located away from the big city, making it easy to work outside and enjoy the spring sunny days. Additionally, its proximity to the beach and bus stops ensured convenient access, granting participants the opportunity to effortlessly explore the nearby attractions.

32 young people took part in the exchange, aged 18-30, from 6 European Countries: **Bulgaria**, **Romania**, **Lithuania**, **Greece**, **Serbia**, and **Poland**. The participants arrived at the hotel on 10 May in the late afternoon and left on 16 May in the early morning.



Purpose and aim



The young people were introduced to:

- European values
- Democracy
- EU Youth strategy
- Human rights
- Inclusion of young people in society
- European Youth Goals

The aims of the project were:

- To introduce the youth to the EU's youth policy
- To raise the skills and competences of the participants
- To discuss the future of the EU project and its trajectory
- Get the youth acquainted with the Erasmus+ programme

Various non-formal learning methods and activities were used:

- Ice breakers
- Role playing and collective games
- Creativity and teamwork games
- Discussion, debates, brainstorming and reflection
- Intercultural and experiential learning
- Soft-skill training



During the exchange, participants gained an understanding and deeper knowledge regarding the history, diversity, and establishment of the European Union (EU). They learned more about the EU values, such as dignity, equality, freedom, democracy, rule of law, solidarity, and human rights. The exchange also aimed to empower the young participants, enabling them to actively engage as European citizens and participate in the democratic life of Europe.

Moreover, participants not only gained but also honed valuable soft skills, including leadership, negotiation, analytical and problem-solving abilities, critical thinking, constructive engagement in dialogue and debate, comprehension of abstract concepts, and intercultural competences.

The youth was also introduced to an intercultural environment, emphasising the significance of treating one another with dignity and respect. Additionally, participants learned effective methods to promote the common EU values and discovered ways to have their voices heard within the democratic sphere of Europe. The training also provided insights into the opportunities offered by the Erasmus+ Programme.



EU Youth Goals

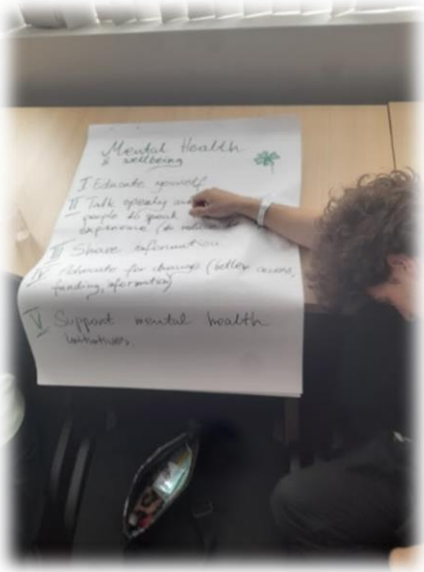


Throughout the youth exchange, the participants engaged in five Youth Goals of the EU, namely
#1 Connecting EU with Youth
#3 Inclusive Societies
#9 Space and Participation for All,
#4 Information and Constructive Dialogue
#11 Youth organizations and European programs

Furthermore, to kickstart their mornings, the participants were invigorated with ice-breakers and energizers, preparing them for the day's activities.

The ice-breakers and energizers not only served as a means of preparation but also fostered an atmosphere of fun and comfort among the participants. The interactive activities created a positive and enthusiastic atmosphere, setting the tone for productive and engaging experiences throughout the day. Participants exercised to keep their mind active and minimise the risk of snoozing off, such as our youngest participant on the right.







Day 1 Connecting EU with Youth

Foster the sense of youth belonging to the European project and build a bridge between the EU and young people to regain trust and increase participation.

On the first day, participants dived into the history and values of the European Union, familiarising themselves with the Youthpass certificate and its significance as recognition for their involvement in non-formal and informal learning within youth projects.

Participants learn about the common EU values that are fundaments of our society today

- **Human dignity** – Human dignity is inviolable. It must be respected, protected and constitutes the real basis of fundamental rights.
- **Freedom** – Freedom of movement gives citizens the right to move and reside freely within the Union
- **Democracy** – The functioning of the EU is founded on representative democracy. A European citizen automatically enjoys political rights.
- **Equality** – Equality is about equal rights for all citizens before the law.
- **Rule of law** – The EU is based on the rule of law. Everything the EU does is founded on treaties, voluntarily and democratically agreed by its EU countries.
- **Human right**s – Human rights are protected by the EU Charter of Fundamental Rights.



Day 2 Inclusive Societies

Enable and ensure the inclusion of all young people in society.

Through the social inclusion activities, the participants gained insights into the importance of providing platforms for youth voices to be heard and valued within decision-making processes. They recognised the significance of creating inclusive spaces where young people could actively participate and contribute to societal issues.

The trainers encouraged participants to express themselves theatrically by creating a drama that depicted their perception of human rights. Additionally, they crafted elevator pitches and brainstormed ways to involve young people in society.

The participants implemented a group activity in which they were divided into five groups of marginalised people. Each group presented a disadvantaged minority that had to be included in society. The groups were: young migrants, young people with disabilities, LGBTQ+ young people, Roma young people and young people from rural areas. Then, each group had to prepare a project for the inclusion of the marginalised groups.



EU Youth Goals



Through the activity **Act it Out,** participants were introduced to the general idea of human rights, in an interactive and unique way. Developing intercultural and communication skills were evident, as each group consisted of people from different countries, with different perceptions. They had to find a way to communicate their ideas with each other, and also with the rest of the participants. Co-operation and creativity were stimulated, as participants were encouraged to use props and/or create visuals.

Article 1 Human dignity

Human dignity is inviolable. It must be respected and protected.

Article 2 Right to life

1. Everyone has the right to life.
2. No one shall be condemned to the death penalty, or executed.

Article 6 Right to liberty and security

Everyone has the right to liberty and security of person.

Article 20 Equality before the law

Everyone is equal before the law.

Article 29 Right of access to placement services

Everyone has the right of access to a free placement service.

EU Youth Goals



Day 3 Space and Participation for All

Strengthen young people's democratic participation and autonomy as well as provide dedicated youth spaces in all areas of society.

The functioning of the EU is founded on representative democracy. Every adult EU citizen has the right to stand as a candidate and to vote in elections to the European Parliament, in their country of residence, or in their country of origin.

An informal moving debate was conducted, where ten different statements were discussed. After being presented with a statement, participants were encouraged to choose whether they agree or not and move to the according side. After that arguments were presented, and participants had the option to change their opinion, and move to the other side.

1. We should obey all laws, even unfair ones.
2. The only people that have power in democracy are the politicians.
3. "People get the leader they deserve".
4. It is the responsibility of citizens to control the day-to-day activities of the government.
5. Freedom of expression means you can say whatever you want.
6. Some rights are more important than others.
7. Some people have, naturally, more rights than others.
8. Democracy is the worst government except all others that have been tried.

EU Youth Goals



9. Extremists should be banned from speaking in public.
10. We aren't born with rights; we get them.

During the activity different perceptions and opinions were discussed. In this context, participants gained a deeper understanding of democracy, freedoms, social, economic, and political rights, while at the same time being exposed to the fact that not everyone will understand each statement in the same way. As such, they also practiced their negotiation skill.







EU Youth Goals



Day 4 Information and Constructive Dialogue

Ensure young people have better access to reliable information, support their ability to evaluate information critically and engage in participatory and constructive dialogue.

Making Links: A simulation game in which participants were divided into four groups, representing the four actors, and their functions in a utopian democratic society: the government, the citizens, the media, and the NGOs. The activity involved negotiation and a deeper understanding of the functions of each of the four actors, and the importance of promoting civic responsibility among each actor.

Government

- Leads the country
- Makes laws
- Provides public services
- Monitors financial system
- Provides national security

NGOs

- Developing infrastructure
- Research and development
- Advocacy
- Training and capacity building
- Facilitate dialogue

Media

- Inform / news
- Influence
- Propaganda
- Advertising
- Entertaining

Citizens

- Vote
- Stay informed
- Be part of the economy
- Follow fair laws
- Fight unfair laws
- Create an inclusive society

EU Youth Goals



Day 5 Youth Organisations and EU Programmes

Ensure equal access for all young people to youth organisations and European youth programmes, building a society based on European values and identity.

The EU has created an EU Youth Strategy aimed at encouraging young people to become active members of society and participate in the democratic process. The strategy is also focused on creating the EU Youth Dialogue between young people and the EU and providing them with the tools needed for social and civic involvement and for reaching their full potential. Participants in groups propose ideas to contribute to the Youth Strategy in its main pillars.

ENGAGE

- To organise open career days, job shadowing
- Provide teaching tools
- School education
- Exchange programs
- Youth advisory groups

CONNECT

- Promote youth engagement
- Enhance youth participation
- Promote cultural exchange
- Global collaboration
- Create digital material and networks

EMPOWER

- Provide scholarships
- Create incentives for entrepreneurial initiatives
- Support Youth work development
- Foster youth leadership
- Enhance civic education

EU Youth Goals



Varna adventure

Participants prepared posters presenting the European Youth Goals for the local people and created a playful, interactive, and entertaining video showcasing their excursion in Varna, including their interactions with locals and special moments.

An adventure game was organised during the fourth day of the youth exchange. Participants were divided into groups. To finish the game each group had to complete six tasks while exploring the sea garden in the city of Varna.

- Each group must create a team name
- Each group must pick a symbol that represents the group: a stone or a seashell, or anything elsethat represents your group
- Each group must meet a local **young person** that speaks English and tell them about the European Youth Goals and the project
- Each group will have to make a photo with an animal and another local of **all ages**
- Each group must find the secret bridge of wishes, hidden in the Varna Sea Garden and make a wishthere





Intercultural Dialogue

Intercultural Evenings: Non-formal learning and sharing of national culture helped young people engage in intercultural dialogue. By organising cultural evenings, participants got the chance to proudly represent their country, while learning about other groups' culture, cuisine, music, dance, and interesting facts. The evenings included videos about different countries, filled with practical and interesting information, traditional foods and drinks, music, and dances. These cultural nights foster the formation of intercultural groups and cultivate a feeling of tolerance among young people.

Secret Friend Game: On the first day of the youth exchange, each participant picked a piece of paper on which was written the name of a different participant. As such, everyone received a secret friend, that remained unknown until the end of the exchange. The names of everyone were written on envelopes, that were then stuck to the wall. During the youth exchange, participants had to leave small gifts varying from notes, candy and souvenirs, to their secret friends, without revealing who it is. On the last day, an interactive game was played to reveal everyone's secret friend.



EU Youth Goals



The youth exchange concluded with the awarding of Youthpass certificates, the secret friends revealing, and a final evaluation of the exchange. To celebrate the conclusion of My Youth Goals 1.0, a large cake with the Erasmus+ logo was given to the participants to celebrate together.



The project My Youth Goals 1.0 was realised with financial support of the Erasmus+ Programme.

Project No: 2022-1-BG01-KA151-YOU-000054475

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

If you have any questions, please feel free to contact us:

E-mail: foundation.ece@gmail.com
Web: https://foundationece.eu/

EU Youth Goals

