

Name of Activity + dates + venue	Objectives, topics, description	Participants	Link to the activity
<p>First Step to Europe Event in Bulgaria (Sliven)</p> <p>11-16 march 2023</p> <p>Erasmus+</p>	<p>To build a strong and long-term partnership between non-governmental organizations (NGOs) engaged in the social inclusion of young people from smaller cities (thereby strengthening the potential of our organizations) and to encourage young people to invest in their local communities, to participate in non-formal education and to raise awareness of the European Union.</p> <p>The third meeting of the “First Step to Europe” project took part in 11-16 March visiting Bulgaria. The visit began with a tour of the capital – Sofia and then we moved to the town of Sliven, where the main activities took place. On the first day, we visited the Youth Cultural Center, where we met a member of the Sliven City Council and an Assistant to a Member of the European Parliament.</p> <p>Then we visited the school where the youth festival and classes on fake news took place. The last activity of the day was a meeting with an activist working with young people with disabilities.</p> <p>We spent Tuesday morning debating with the mayor, Stefan Radev, his deputy, Stoyan Markov, and a representative of the local Youth Centre. We talked about the needs of young people from small towns. Then we conducted</p>	<p>Young people (16-25 years old)</p> <p>Representatives of NGOs from Poland, Greece, Italy and Bulgaria</p>	<p>https://rozprawyoeuropie.eu/en/projects/first-step-to-europe/ - www</p> <p>https://tiny.pl/cvrg4 - instagram story</p> <p>https://tiny.pl/cvrgs - instagram post</p>

	<p>workshops in one of the high schools. And the last activity was a meeting with an art gallery owner who promotes local artists.</p> <p>We spent the last day of the project getting to know the local culture, visited the ruins of the medieval fortress of Tuida and conducted workshops at a sports school on social activity, and the project ended with a quiz about the EU with high school students. We spent our free time walking in the surrounding mountains.</p>		
<p>Final conference from “The European Union - Yesterday, Today, Tomorrow” project - Europe for Citizens</p>	<p>On March 23-25 in Poland, we organized an international debate with experts, workshops for young people and a discussion meeting with seniors. Our partners from Italy and North Macedonia participated in the event</p> <p>The event consisted of the following elements:</p> <ul style="list-style-type: none"> - summary of project results - expert debate on topics proposed by the event participants via Mentimeter, - EU knowledge competition, - 3 workshops in international groups (topics: past, present and future of the EU), - summary of activities and presentation of posters developed by the groups. - presentations of competition works from the entire project - discussion about the EU with seniors 	<p>Young people (16-19 years old)</p> <p>Representatives of NGOs from Poland, Italy, North Macedonia</p>	<p>https://shorturl.at/yLOPR - story</p> <p>https://shorturl.at/dwzC0 - fb post</p> <p>https://rozprawyoeuropie.eu/en/projects/the-european-union-yesterday-today-tomorrow/ - www</p>
<p>Project “EUenvironmental emergency in simple words” including working on project results:</p>	<p>The ultimate goal of “EUenvironmental emergency in simple words” project is to advance youth’ attention on the subject so as they will be inspired to act as influencers and</p>	<p>Experts and representative of</p>	<p>https://rozprawyoeuropie.eu/en/projects/eunvironmental-emergency-in-simple-words/</p> <p>https://shorturl.at/norvS - insta story</p>

<ul style="list-style-type: none"> • Educational Guide for teachers on non-formal learning approaches on environmental issues • Online Academy MOOC Courses on environmental terminology • Comics/ Board games with recycled materials • The “Envictionary” <p>Additionally in 2023:</p> <ul style="list-style-type: none"> - Transnational Project Meetings in Greece (Salamina) and Cyprus (Nicosia) - March and November 2023 	<p>opinion-leaders challenging their communities under the same aim of the conservation of our planet. Communities need peers to act as leaders in taking initiatives under a common force. Citizens are keen on identifying personalities other than politicians to get influenced and inspired by and young people can successfully serve that role. Therefore, a concrete aim of this project is to raise awareness on the communities by motivating young people to convey the message of a sustainable life. As the Project Results will be of access by any interest stakeholder, the project aims to leave its mark in the youth sector by allowing youth to take advantage and make use of the guides, the online interactive courses, the comics and the games and help people increase their awareness towards the climate change.</p>	<p>partners organisations</p>	
<p>Event in Lithuania within project “Welcome Ukrainians” Erasmus+</p>	<p>Together with partners from Portugal, Bulgaria, and Lithuania on March 21-24, 2023, we met to exchange our thoughts from the perspectives of our countries and talk about important topics such as Russian aggression in Ukraine, helping people fleeing the war, and their activities in new environments.</p> <p>We got to know several Ukrainian associations operating in Lithuania that helps women, children, and elderly people from Ukraine. They create a safe place for them and help them develop. The meeting was incredibly inspiring for us, it enabled us to exchange experiences, talks, and touching stories.</p> <p>In addition, we managed to visit several Lithuanian cities. In Joniškis we visited the old synagogues and the city museum, participating</p>	<p>Young people 16-25, representatives of partner organisations from Poland, Lithuania, Bulgaria and Portugal</p>	<p>https://shorturl.at/awAEM - insta story</p> <p>https://rozprawyoeuropie.eu/en/projects/welcome-ukrainians/ www</p> <p>https://shorturl.at/ILQX1 - facebook post</p>



	<p>in creative workshops creating jewelry. In Žagare – the cherry city – we visited the Noble Manor with many interactive games and a beautiful history.</p>		
<p>First Step to Europe Event in Italy (Apuglia region)</p> <p>2-6 April 2023</p> <p>Erasmus+</p>	<p>The last part of the series of international meetings takes us to Italy. On April 2-6, we took part in the fourth event of the “First Step to Europe” project.</p> <p>We started the first day of the project with a summary of the activities so far, an evaluation and discussion of the next steps. Then, we went to a social cooperative Ethnic Run by immigrants from Asia and Africa in Bari. The next point was Spazio13 a place of a former gymnasium transformed by the City of Bari into a creative center for young people from the Libertà district. We met a lot of inspiring people and associations there.</p> <p>On Tuesday, we visited the San Benedetto Linguistic High School in Conversano, where we had a meeting with the School's Director and teaching staff. We discussed the level of education in our countries. Then, together with our partners, we conducted 3 workshops on European values, social activity and disinformation. Immediately after this, the “First Step to Europe” festival was held, during which a knowledge competition about the EU was held.</p> <p>The first point of the next day was a visit to the city of Capurso and a meeting with Porta Futuro, Eurodesk Capurso and Raffaella Rubino – a local politician working for young people. We were impressed that such a small city offers many development opportunities for young people. Participants could also see a place,</p>	<p>Young people (16-25 years old)</p> <p>Representatives of NGOs from Poland, Greece, Italy and Bulgaria</p>	<p>https://shorturl.at/jvDOU - instagram story</p> <p>https://tnijurl.com/9d562946cc06/ - Marcelina's speech</p> <p>https://tnijurl.com/173f42888624/ - instagram reels</p> <p>https://rozprawyoeuropie.eu/en/projects/first-step-to-europe/ www</p> <p>https://tnijurl.com/8d66d8aab592/ - facebook post</p>

	<p>which houses both a library and a space for local non-governmental organizations. The rest of the day was spent on cultural visits to charming Italian towns – Polignano a Mare and Alberobello</p>		
<p>Event in Bulgaria within project “Welcome Ukrainians” Erasmus+</p>	<p>We visited Bulgaria and the town of Sliven again! This time the occasion was the second international meeting as part of the “Welcome Ukrainians” project, which took place on April 26-30. Together with partners from Bulgaria, Lithuania and Portugal, we focused on how the European Union and individual countries help after the outbreak of war.</p> <p>On the first day, we met with the Ukrainian community, including young people living in Sliven. They told us about their experiences when the war started and what their lives are like now. Then, journalist Anna Foriss, from Melitopol, presented us her experiences related to the war. We also saw footage of the city before and during the war. In the afternoon we visited the textile museum in Sliven, where together we had the opportunity to make our own cotton bags in traditional Bulgarian patterns.</p> <p>On the second day, a meeting with the director of the Red Cross branch in Sliven took place in one of the schools. We learned how the organization works in the city, about the help of volunteers in the first weeks of the war and what help looks like now. The next activity was a meeting with high school students with whom we talked about the European Union.</p> <p>At the end of the meeting, the organizers prepared a knowledge competition about Ukraine for us. The last day was an outdoor</p>	<p>Young people 16-25, representatives of partner organisations from Poland, Lithuania, Bulgaria and Portugal</p>	<p>https://tnijurl.com/3cff489e0a7e/ Instagram story</p> <p>https://tnijurl.com/d286c7e25a58/ - facebook post</p> <p>https://rozprawyoeuropie.eu/en/projects/welcome-ukrainians/ www</p>

	workshop in the nearby mountains about Ukrainian culture, conducted by our volunteer from Ukraine – Renata.		
Workshops “Nothing About Us” in Poland	<p>On May 11, 2023, our youth had the pleasure of taking part in the "Nothing About Us" workshop, organized by @fundacja_polska_debatuje, which aimed to improve their expression and self-presentation skills.</p> <p>It was an ideal opportunity to acquire further useful skills necessary in everyday social activities.</p> <p>Our experts explained and showed what argumentation is, as well as how to conduct it and what criteria are related to a sports debate (the way of arguing using the "SEI" format, i.e. "State Explain Illustrate"). In addition to the theoretical part, we had the opportunity to take part in several exercises, including a simulation of a radio interview and an exercise in which we had to come up with arguments and counterarguments to a given thesis, which helped us create coherent and specific statements on various topics.</p> <p>These incredibly productive hours made a great impression on the youth and inspired them to improve their debating skills.</p>	Young people 16-19	https://tnijurl.com/1fe59d60df99/ - facebook post
DemocrART 30th April – 7th May, 2023, Chania (Greece)	<p>Project objectives:</p> <p>-To deepen the young participants’ knowledge of democratic values and deepen their understanding of the European Union through art</p>	<p>Young people (16-25 years old)</p> <p>Representatives of NGOs from Poland,</p>	<p>https://rozprawyoeuropie.eu/en/projects/youth-exchanges/ - www</p> <p>http://surl.li/pawrv - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE3OTgzMTg0MzAwMDI3NjA5?story_media_id=3092149670525394421&igsh=MWNjcjFrMnluZjH</p>

	<ul style="list-style-type: none"> -Understanding the meaning of terms used in political documents, articles, news and discussions about democracy and the European Union. -Expanding knowledge on terms such as democracy, and European Union. -Strengthening participants' competencies, civic activity and social involvement. -Promoting inclusion and diversity through training in democratic values. -Improve participants' expressive skills. -Increasing creativity and culture <p>On 30.04 – 07.05 we took part in a youth exchange in Chania, Greece. The classes allowed the participants to express their thoughts and feelings about democracy in an artistic way. Through tasks such as: creating a mural, writing a story, creating TikToks, and even a theater performance, we talked about democratic values and our sense of European identity. Participants also summarized their skills and experiences by recording a podcast and developing an e-booklet.</p> <p>There was also room for discussion, which was prompted by the screening of the films. Young people talked about important moments in the history of democracy, about the differences between democracy in ancient Greece and the modern one, and about the importance of active participation in European elections. The</p>	<p>Greece, Lithuania, Latvia, Portugal.</p>	<p>gzbw== - instagram stories</p>
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	<p>exchange of views also took place during a public speech. Young people presented their works to the local community and interviewed them about their feelings about belonging to the EU.</p> <p>In addition to gaining new skills and knowledge, we had the opportunity to learn about the culture and traditions of partner countries during intercultural evenings.</p>		
<p>Digital Youth Work & Digital Youth Dependency, 8th April – 15th May 2023, Chania (Greece)</p>	<p>The Exchange sought to enhance the youth workers' digital skillsets and capabilities, offering them new tools to utilize in their line of work. In addition, through its many engaging activities and workshops, the project explored the topic of youth's dependency on digital means, the dangers of addiction and how to combat it with the help of innovative methods. The "DYW & DYD" project aimed, on the one hand, to point out the importance of the use of digital tools both in the everyday and professional life of a Youth Worker and explore the role of Digital Youth Work among youth, especially now under the COVID-19 circumstances. The youth workers who took part in the activities acquired a better understanding of how to implement existing and design new digital tools and methods in their everyday work, while also being aware of the dangers of the excessive usage of such digital means by young people themselves without the context of a proper and safe environment that youth work provides.</p> <p>Summary:</p>	<p>Young people (16-25 years old)</p> <p>Representatives of NGOs from Poland, Greece, Lithuania, Italy, Romania.</p>	<p>https://rozprawyoeuropie.eu/en/digital-youth-work/ - www</p> <p>http://surl.li/pawrj - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE3ODg4NzM5NzI4ODIyMDQ5?story_media_id=3097314493944022181&igsh=aXNmY2t0M2FsdHc2 - instagram stories</p>

	<p>As part of the “Digital Youth Work” project, we spent 7 days with representatives of Lithuania, Latvia, Portugal and Greece! The project coordinator was @irtea.</p> <p>The “DYW & DYD” project aimed, on the one hand, to draw attention to the importance of using digital tools both in the daily and professional life of a youth worker and to examine the role of digital youth work among young people, especially now in the COVID-19 era. The youth workers who attended the event had a better understanding of how to implement existing and design new digital tools and methods in their daily work, while being aware of the dangers of excessive use of such digital means by young people and themselves. The final result of the project was the creation of an e-book on the most commonly used applications and computer programs, such as Canva or Chat GPT. The e-book is addressed to people who have never used the applications contained in it and contains simple instructions on how to use them!</p> <p>In addition to increased knowledge in the field of IT and remote work, the participants had the opportunity to learn more about the European Union, learn about the customs and cultures of the participating countries and, above all, get acquainted with Greek traditions, customs and values.</p>		
<p>Event in Poland within project “Welcome Ukrainians” Erasmus+</p>	<p>The “Welcome Ukrainians” project has come to Poland! From May 28 to June 1, 2023, we hosted delegations from Portugal, Bulgaria and Lithuania to discuss how individual countries are helping Ukraine and refugees during the ongoing war. Our country can boast of some</p>	<p>Young people 16-25, representatives of partner organizations from Poland, Lithuania,</p>	<p>https://tnijurl.com/cccce064ece7/ - instagram story</p> <p>https://rozprawyoeuropie.eu/en/projects/welcome-ukrainians/ - www</p>

	<p>truly great things.</p> <p>We started the event with the Festival, which took place in the hospitable premises of the Vocational School Complex No. 2 in Starachowice, which was opened by Director Grażyna Małecka. We had the opportunity to listen to Ukrainian folk songs and watch the school students dance the polonaise. The school also held workshops led by Kama Kępczyńska, in which young people learned how to work in intercultural groups. Then we organized a picnic accompanied by Ukrainian folk dances. Monday ended with a meeting with Inna Mekhda – Intercultural Assistant in the city and Max Cizek from the Visible Hand organization, who has been organizing aid for Ukraine since the beginning of the war. We spent Tuesday in Kielce, where we met with the Center for Non-Governmental Organizations and ate traditional Ukrainian food. We spent the afternoon at Pałacyk Zielińskiego – House of Creative Communities in Kielce, where Kama and Szymon conducted amazing music workshops. The participants had to compose their own verses about supporting Ukraine. Galina Ponomarenko, who came to Poland from Novaya Kakhovka, helped.</p> <p>The last day is a visit to the Mausoleum of Martyrology of Polish Villages in Michniów, whose main goal is to preserve the memory of 817 Polish villages pacified during World War II. Our guests could learn there about Poland’s difficult history and see posters about the war created by children from Poland and Ukraine. The next point of the day was the Cistercian Abbey in Wąchock. We learned about what the brothers’ life is like and how they function in</p>	Bulgaria Portugal	and	https://tnijurl.com/7c93900f53a3/ - facebook post
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	<p>their community. We also tried traditional Polish dishes at the Cistercian Cafe. After the tour, it was time for some work – workshops on disinformation prepared and conducted by our volunteers – Renata and Marcelina. In international groups, we discussed what propaganda actually is and how it works. We have also developed mind maps presenting the issue from the perspective of each partner country.</p>		
<p>Green Collars – Eco Youth, 30th of May 2023 – 7th of June 2023, Konya (Turkey)</p>	<p>On May 29 – June 7, a delegation from ROE participated in a unique Erasmus+ project called: Green Collars: Eco Youth! We met with delegations from Romania, Bulgaria and Turkey. We called it exceptional not by chance, because it was the first ROE project on the Asian continent. And if that wasn't enough, it was the longest Erasmus in the history of ROE, we stayed in Turkey for 9 days.</p> <p>Participants took part in many interesting workshops and debates on broadly understood ecology. Each day brought new and more interesting challenges.</p> <p>After familiarizing the participants with the topic of the workshop, the participants were given access to the Clasdojo online platform, on which they worked throughout the trip to reduce paper consumption. They also used other applications, such as Worldometer, in which they checked changes in the world's population and its impact on ecology. The Padlet application, where they created short descriptions of participants, allowed us to get to know each other better. The footprint calculator was useful to calculate the carbon footprint produced by the unit and increase</p>	<p>Young people 16-25, representatives of partner organizations from Poland, Turkey, Bulgaria, Cyprus, Romania.</p>	<p>https://rozprawyoeuropie.eu/en/green-collars-eco-youth/ - www</p> <p>http://surl.li/pawqs - facebook post</p> <p>https://www.facebook.com/reel/860669022081196 - facebook reel</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE3ODYxMDQyOTUxOTUzNTYx?story_media_id=3113579647166119002&igsh=YXVvNjVmbidjZ3Fs - instagram stories</p>

	<p>awareness of the impact of humans on the environment. The use of the application was included in the scope of the workshops and was guided by their theme, i.e. ecology and environmental protection.</p> <p>Our representatives actively participated in debates on renewable energy sources, environmental pollution, and the role of the state, individuals and the world in environmental protection. They also discussed the impact of government, business and society on our planet. Thanks to this, they expanded their debating skills while having a great time!</p> <p>Our Turkish friends organized a wonderful trip for all participants, during which we visited a large part of Konya. The Science Center was visited, and Kelebeki, i.e. butterflies, were watched, admiring the beautiful fauna and flora. Young people visited the Mevlâna Museum, a museum dedicated to Mevlana – an extremely respected Persian mystic and Islamic theologian. Then they went to the mosque and listened with interest about the history of Islam.</p> <p>In the following days, equally interesting activities were organized, and the young people got to know Turkish culture more and more. They went to an unusual spectacle of the traditional Turkish dance Mevlana Whirling Dervishes. Participants cleaned the world with a beautiful water reservoir surrounded by forests and mountains. We also visited one of the most traditional towns in Turkey – Sille with characteristic buildings reminiscent of the Mediterranean.</p> <p>On one of the last days, our team presented Poland during the cultural night. A quiz on</p>		
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	<p>knowledge about our country was prepared on Kahoot, and everyone danced a polonaise together and sang traditional Polish songs. Everyone had the opportunity to try Polish delicacies, which quickly disappeared from the table.</p> <p>This exchange gave the participants a lot to think about. It opened my eyes to the seriousness of our situation. The climate crisis, a polluted planet, digital waste, clumsy state policies – these are just some of the problems we have to deal with on a daily basis. Fortunately, the participants together found many solutions that, gradually implemented, will help save the Earth.</p>		
<p>CommUnity 5-13 June 2023, Cirat (Spain)</p>	<p>Aims of the project:</p> <ul style="list-style-type: none"> – Activities and workshops in an international environment – integration and networking combined with the community – Strengthening participant involvement, and civic and social activity. – Promoting inclusion and diversity through training in ecological values. – Outdoor activities. – Increasing opportunities and culture. <p>The project called “CommUnity” took place from June 5-13, 2023 in the rural area of Cirat, Castellón, Spain. It gathered participants from six different countries (Greece, Spain, Poland, Italy, Slovakia and Germany).</p> <p>ROE was represented by: Dominika, Karina, Antek and Karol.</p> <p>The program placed a strong emphasis on promoting inclusion and diversity through training in ecological values. By meeting people with different backgrounds, cultures and</p>	<p>Young people 16-25, representatives of partner organizations from Poland, Slovakia, Germany, Greece, Italy, Spain.</p>	<p>https://rozprawyoeuropie.eu/en/community/ - www</p> <p>https://www.facebook.com/reel/207623142236637 - facebook reel</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MzY1NjgyMDI4MDM1MTIy?story_media_id=3118503283848726975&igsh=MW13NnlzcTdnMjhqYw== - instagram stories</p>

	<p>perspectives, participants were able to broaden their understanding of sustainability and appreciate its importance in a global context. This exposure to different viewpoints challenged prejudices and broadened horizons, fostering a more inclusive and comprehensive approach to sustainable development. This aspect was particularly valuable as it emphasized the importance of cooperation and cooperation in the fight against global environmental challenges.</p> <p>The CommUnity program was an incredibly inspiring and eye-opening experience. It has broadened our understanding of sustainability, permaculture and green living while fostering community bonding and collective responsibility. The integration of international perspectives, participatory activities and practical experiences made the program both educational and transformative. Returning to our countries, we take not only the knowledge we have gained but also the motivation and determination to create a more sustainable and inclusive future.</p>		
<p>How to become a digital entrepreneur? project - including online training, youth exchange, experts work, publication</p>	<p>The overall intention of the project is to combine digital and entrepreneurial skills for the professional upgrade of young people from North Macedonia, Bulgaria, and Poland making them ready to start their own local companies thus making them leaders in the economic market.</p> <p>The project contributed to the digital transformation of society and the entrepreneurship community through the development of digital readiness, resilience, and capacity of the young people who are the</p>	<p>Young people 16-25 and experts</p>	<p>https://rozprawyoeuropie.eu/en/projects/how-to-become-a-digital-entrepreneur/ - www</p>

	<p>main target of this project. The young people passed through several different modules and mentorship sessions that prepared them to become future digital entrepreneurs.</p> <p>The training program included the following modules: data analysis, digital marketing, digital skills and e-leadership, entrepreneurial culture, data protection for businesses, digital business environment, data protection, a prototype of the business idea, and mentorship module.</p> <p>The project led towards inclusion and diversity in all fields of education, training, youth, and sport through the involvement of the project partners and targeting a diverse and inclusive group of young people who was invited to participate in the training program developed through this project.</p>		
<p>YEAH! – Youth Exchange on Adolescent Health, 1st of July 2023 – 10th of July 2023, Caspe (Spain)</p>	<p>On July 1-10, ROE delegates participated in a youth exchange in Caspe, Spain called: “YEAH! Youth Exchange on Adolescent Health. The exchange was part of the Erasmus+ project and its leader was the Youth Association FILIA.</p> <p>The aim of the project was to broaden the knowledge of mental health among young people and to teach them to freely talk about topics in this field. Every day, participants took part in workshops on different topic, i.e. self-esteem, mental disorders, perception of one’s own body, eating disorders, addictions, dealing with emotions and stress, and the impact of social media on our psyche. During the workshops, participants used various forms of activities: creating posters, short films, and presentations, conducting surveys among residents and analyzing them, working with</p>	<p>Young people 16-20 from Poland and Spain</p>	<p>https://rozprawyoeuropie.eu/en/yeah-youth-exchange-on-adolescent-health/ - www</p> <p>http://surl.li/pawpy - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MTY5NzI3NzY0MzAzOTQ1?story_media_id=3137365295535121714&igsh=aG8waHV6b3Q3Zmto - instagram stories</p>

	<p>children who speak a foreign language, completing self-acceptance cards, field games, etc. Most of the tasks were carried out in different groups so that everyone could integrate and share their ideas and views. One of the most important aspects was that all activities were conducted in English, which allowed our representatives to develop their language skills.</p> <p>It is also worth noting that our 15 Polish representatives lived in the homes of Spanish exchange participants, which gave them a chance to learn about the culture and customs of Spain. Participants could also learn more about regional snacks during the Cultural Evening, where Poles tried Spanish snacks and Spaniards got snacks brought straight from Poland. In addition, during the Cultural Evening, young people from both countries learned national dances from each other and gave presentations about their countries. Another part of the exchange was trips and physical activities. On the fourth day, the young people spent a day on the Ebro River, where they could experience and learn new water activities, and on the sixth day of the project, the participants visited Zaragoza, where they visited the Aljaferia Palace and learned about the history of the Iberian Peninsula. They also took part in an intense, long walk near the Guadalupe River.</p>		
<p>Let's talk about stress! – preparatory meeting and youth exchange, July – August 2023 Osijek (Croatia)</p>	<p>APV in Croatia</p> <p>At the beginning of July 2023, two of our representatives – Piotr and Iga took part in a preparatory visit for the upcoming project “Let's talk about stress”. They started their</p>	<p>Young people 16-25, representatives of partner organizations from Poland, Lithuania and Croatia</p>	<p>https://rozprawyoeuropie.eu/en/lets-talk-about-stress/ - www</p> <p>http://surl.li/pawpo - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h60j</p>

	<p>journey in Warsaw and ended in Budapest, from where they went to their final destination – Osijek, a climatic city in the east of Croatia.</p> <p>We started the first day with... sightseeing! Osijek combines atmospheric streets and huge skyscrapers. A walk around the city was the perfect way to get some fresh air and energy before the work that awaited us at the office. We had a meeting where together with the team from Croatia and Lithuania we discussed our expectations regarding the project, its assumptions and the results we want it to bring. We also discussed the rules for participants and whether they should bring towels. The next day of our visit started with the next meeting. We brainstormed and exchanged ideas. Together, we discussed the project plan and introduced changes – both minor and major. It's time for a break and lunch in the form of traditional Croatian dishes.</p> <p>The culmination of the day was a concert by a local band in the community centre and an art exhibition. Although the visit was not the longest, during its duration we managed to create many nice memories and refine the project, the results of which you will be able to admire soon during its implementation.</p> <p>Training course in Croatia</p> <p>On August 16-25, our youth from Poland together with peers from Croatia and Lithuania participated in a training course – “Let's talk about stress”.</p> <p>Its goal was to open up about stress, exchange experiences (because it affects everyone) and ways to fight it. Our participants lived together</p>		<p>E3ODUwNjY1MzI4MDI2Mjky?story_media_id=3170412046565234940&igsh=ZGNrdHFydHlIZWdw - instagram stories</p>
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	<p>for 9 days in a resort located in the mountains of Croatia. There, they took part in or conducted workshops every day.</p> <p>The topics ranged from mindfulness and debating to media campaigns (run by ROE). During them, they designed posters, debated, created memes, TikToks and videos, and also integrated with each other and with nature in order to calm down and relax.</p> <p>They also took part in two special session sessions – forest bathing and how to relax with music.</p> <p>Forest bathing is a Japanese exercise during which we unite with the forest using our senses – smell, hearing and sight. Its purpose is to open and clear the mind.</p> <p>During how to relax with music, together with a drummer from Croatia – Branko Trajkov, they got to know music from a completely different side. They focused on it, felt it, and had a chance to let out all the negative emotions by beating the drums. In the end, they created and played a melody together.</p> <p>During the project, there was also time for other activities. There were several themed evenings such as board games, karaoke and of course an intercultural night, during which they had a chance to get to know each other's cultures better, tried Lithuanian and Croatian sweets and snacks, and answered and asked questions related to cultural differences. There was also a joint trip to the mountains and a stay on the ranch.</p> <p>The project was funded by the Erasmus+ programme. The project leader was Nansen Dijalog Centar from Croatia.</p>		
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<p>Youth Against Plastic, 21st of August – 30th of August, 2023 Ganløse (Denmark)</p>	<p>On August 21-30, young people took part in the international exchange “Youth Against Plastic”. During the exchange, participants learned about the causes and consequences of pollution caused by plastic!</p> <p>The project was full of many activities, ranging from debates on the future of our planet, DIY workshops – during which participants had the opportunity to create their own bio cosmetics (e.g. eco lip balms, antiperspirants and toothpaste), cleaning the forest and the port of Copenhagen (also on kayaks) – for cooperation with local activists. Participants had the opportunity to deepen their knowledge of ecology and contribute to improving the condition of life on our planet!</p> <p>What’s more, young people had the opportunity to show their creativity at ‘open space’ workshops – during which they developed theatrical, artistic and even photographic skills! All these activities took place in the bosom of nature, thanks to which the participants could devote themselves even more intensively to the magic of the workshops and let their creativity get carried away!</p> <p>As many as 11 countries took part in the project – Poland, the Czech Republic, Ukraine, Armenia, Jordan, France, Spain, Germany, Italy and Portugal, and our host – Denmark! Thanks to such a large, international group, the participants had an amazing opportunity to learn about the cultures of other countries, during cultural evenings and more! Everyone was eager to integrate and was open to new customs and traditions.</p> <p>The project took place in Ganløse, near Copenhagen, but our participants managed to</p>	<p>Young people 16-25, representatives of partner organizations from Poland, the Czech Republic, Ukraine, Armenia, Jordan, France, Spain, Germany, Italy and Portugal, and Denmark.</p>	<p>https://rozprawyoeuropie.eu/en/youth-against-plastic/ - www</p> <p>http://surl.li/pawpf - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE3OTA5NjAxOTUwODAyNTI5?story_media_id=3173361011058200911&igsh=MXJmN3diejFjNHR1ZQ== - instagram stories</p>
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	<p>visit Ahlbeck in Germany and Malmö in Sweden in addition to travelling around Denmark.</p> <p>Despite language and cultural barriers that might seem like a problem, the participants bonded like never before from the very first day of the project, and the friendships that were made in this short time are sure to last for much longer.</p>		
<p>My Hero's Riddle, 10-18 September 2023, Dobrinishte (Bulgaria)</p>	<p>Representatives of our association spent 9 days in the mountain town of Dobrinishte, taking part in the project "My Hero's Riddle! From the roots of conflict to the peak of resolution. It concerned conflict resolution, but its topics also included other issues – from contact with nature to broadly understood personal development.</p> <p>During these 9 days, participants could learn what NVC, i.e. non-violent communication, is and apply its techniques in practice. During the project, they were also introduced to the stages of human reaction to unpleasant events.</p> <p>Participants took part in workshops on emotions. They learned that each of them stems from a need. During the classes, they tried to play the role of an observer who tries to reconcile both sides of the conflict. A very interesting session was also the one that touched on the topic of "Limiting beliefs", i.e. our beliefs that limit us.</p> <p>Some of the sessions took place in the mountains, which made it easier to listen to your thoughts. During them, participants learned more about, among others: systems, connections in nature, and their reasons for participating in this project.</p> <p>An important element of this trip was "The Solo</p>	<p>Poland, Greece, Italy, Spain, Portugal, Slovakia, Netherlands, Albania, Romania</p>	<p>https://rozprawyoeuropie.eu/en/projects/youth-exchanges/ - www</p> <p>http://surl.li/pawpb - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE4Mzg2OTg0NTM5MDU1ODg3?story_media_id=3188903257522229492&igsh=MW1hd2FIMTA1OXh6ag== - instagram stories</p>

	<p>Night". During it, the participants slept in sleeping bags under the open sky in a clearing in the mountains. Each of them was distanced from other people to have space for their thoughts. This experience was undoubtedly an unforgettable experience for them.</p> <p>In the last stage of the project, the classes concerned the ability to present oneself and communicate with other people. The participants received many valuable tips from the "King of improvisation" – Zlatin Tsvetkov. Sharing each other's stories was also a very important part of the entire course, so as a culmination of the time spent in Dobrinishte, the project participants took part in the "Story Telling Fest".</p> <p>On the day of departure, the two Kasias also visited the capital of Bulgaria – Sofia, where they had the opportunity to see the places this city is famous for.</p>		
<p>Born in EU workshops in Poland</p>	<p>On September 27, we had the pleasure of taking part in the "BORNinEU" workshops organized by @fundacja_geremka.</p> <p>The meeting concerned a very important (and current) topic, i.e. elections. Together we wondered whether young people take advantage of the opportunity to vote and what is behind people who give it up.</p> <p>Why don't they vote? What is important to them? What could make them change their mind? These are just a few questions that we answered together.</p> <p>We exchanged various views and observations regarding our and our friends' experiences.</p> <p>The results of our work were diagrams and posters that we made ourselves using the</p>	<p>Young people 16-20</p>	<p>https://www.facebook.com/RozprawyoEuropie/posts/pfbid0mpbTUACDgm4gNtzAijPmpHg8ucTvfCfTEWut7pVb4bq18WmP1FBOAVNRyjXkYBsel facebook post</p>

	marketing methods presented to us during the workshops.		
Reflections on Europe project Erasmus+	<p>On October 6-08, 2023, Domi, Klaudia, Wiktorja, Karol, Igor and Kamil participated in a preparatory meeting as part of our new project "Reflections on Future".</p> <p>The Future Generation Europe Association hosted us in the picturesque town of Štúrovo in Slovakia.</p> <p>During these three days we had the opportunity to meet people with whom we will work in the near future.</p> <p>We took part in a presentation where we talked and tested the methods of conducting workshops and discussed the details of the project.</p> <p>In our free time, we had the opportunity to visit Štúrovo and also went for a walk to the Hungarian town of Esztergom.</p> <p>What is "Reflections on Future" about?</p> <p>This is a project financed by European funds (Erasmus+ KA2 Small Scale Partnership), whose main goal is to train young people in the following topics:</p> <ul style="list-style-type: none"> -Leadership and collaboration -Communication and interpersonal skills -Creative thinking & collaboration -Methods of communication and coping with stress -Social Media – how to protect your mental health in the growing digital age 	Young people 16-21	<p>https://tnijurl.com/b5aa8ff2f8d6/ - instagram story</p> <p>https://tnijurl.com/61a57e29af28/ - instagram reels</p> <p>https://tnijurl.com/fe6ec10d669d/ - instagram reels</p> <p>https://tnijurl.com/040ce7066c19/ - facebook post</p>
ReThink, 22nd – 29th of October 2023, Chania (Greece)	This youth exchange titled “RETHINK” gathers 44 young people from 6 EU Member States that will contribute to the structuring of the green way of thinking in our societies for the future.	Young people 16-25, representatives of partner	<p>https://rozprawyoeuropie.eu/en/rethink/ - www</p> <p>http://surl.li/pawnl - facebook post</p>

	<p>The project aim to raise awareness on how to be zero waste and how to communicate this idea into local societies. During the activity we identified the good practices that are already in use in a lot of EU cities, analyzed the impact that the transition to a zero-waste city can have not only on the environment, but also on the mental health of the citizens, by having a cleaner city, and by being part of the natural procedure of recycling, reusing and rethinking.</p>	<p>organisations from Poland, Lithuania, Romania, Italy, Greece, Portugal</p>	<p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE3OTc5NzkyOTE3NjA0NzYx?story_media_id=3219081739136753333&igsh=MTYyNmYwbWM0aHNh - instagram stories</p>
<p>EqualiTEAM, 31 October – 7 November 2023 Chania (Greece)</p>	<p>On 31.10-7.11.23 we once again visited Chania as part of the "EqualiTEAM" youth exchange. During these exceptional 7 days we had the opportunity to learn more about gender inequality in Greece, as well as to compare this phenomenon in other participating countries (Italy, Lithuania, Romania and Poland). Undoubtedly, the most interesting task of the participants was to interview local residents of Chania about the situation of gender inequality in this very region. This research shows the gap between people's views depending on their age and different life situations. Over the next few days, the knowledge we acquired came in handy for exchanging insights and breaking down this issue to think about how to solve the problem in the future. We also can't forget to transfer the acquired knowledge to the rest of society, so we recorded many tiktoks and created a mass of posters. Physical activity could not be missing from the schedule either. Daily energizers and beach activities were an exciting diversification of the exchange. To add a light spirit of competition there was a beach volleyball tournament, in which the team</p>	<p>Young people 16-25, representatives of partner organisations from Italy, Lithuania, Romania, Poland Greece.</p>	<p>https://rozprawyoeuropie.eu/en/equaliteam/ - www http://surl.li/pawok - facebook post https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MzAwNDkwNzMyMTMxNTYw?story_media_id=3225623158374590502&igsh=MXZycmtuY2lyeTB2Ng== - instagram stories</p>

	<p>of Kasia and Igor dominated their competition with victory.</p>		
<p>Coaching and Inclusion Practices – preparatory meeting and training course</p> <p>September – November 2023 Calabria (Italy)</p>	<p>Preparatory Visit As part of the Coaching and Inclusion Practices project, Olga and Kasia took part in a preparatory meeting. Everything took place in Rende, where the originator of the project - the Entropia Association - is based. Together with participants from Italy, Spain, Estonia, Lithuania, Germany, Romania and Bulgaria, we exchanged experiences on youth work, discussed the concepts of coaching, youth working and inclusion.</p> <p>Training course</p> <p>From 8.11 - 14.11 - Patryk, Olga and Kasia represented ROE at a training course - Coaching and Inclusion Practices (CIP), which took place in the most beautiful region of Italy - Calabria, in the town of Rende. Each day, participants had the opportunity to take part in activities that taught them how to design their own training program, or how to have a good project budget. During the project and workshops, attention was particularly drawn to the role that coaching plays in ESP (European Solidarity Corps Projects). During numerous group work and brainstorming sessions, the participants collectively developed their own definition of coaching and better understood the competencies of a professional coach. "The workshop was very interesting, I enjoyed the group work and the presentations shown by the trainers, which helped me understand</p>	<p>Young people 18-25, representatives of partner organisations from Spain, Poland, Lithuania, Estonia, Romania, Germany, Bulgaria and Italy.</p>	<p>http://surl.li/pawlf - facebook post http://surl.li/pawnd - facebook post</p> <p>https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MDMyNzI3NTgwNTkzODI5?story_media_id=3205886895278022808&igsh=MWR2cG8ybzNwZmZlag== - instagram stories</p>

	<p>the topic of inclusion and coaching."-Olga. Another equally important topic discussed at the training, was the problem of social exclusion in society. "One of the most difficult tasks to perform was when we had to, as youthworkers, rise to the occasion and create a plan for real help for the most severe cases of our 'wards.' Thanks to this exercise, I learned what basic legal knowledge I should have as a youthworker or leader in the association. I am very grateful for this guidance!" - Kasia. The project was attended by 14 participants from 8 countries - Spain, Poland, Lithuania, Estonia, Romania, Germany, Bulgaria and Italy. In addition to the scientific part, of course, there was no shortage of social evenings with the guitar, or exploring the beautiful region during a trip to Conenz. All in all, our trio will remember the time spent in Rende very positively, and the knowledge they gained during the workshop will be useful for their further self-development and work in the association. Thank you very much and we hope - see you soon</p>		
<p>Event in Portugal within project "Welcome Ukrainians" Erasmus+</p>	<p>On October 16-20, 2023, we had the opportunity to participate in the last meeting as part of the "Welcome Ukrainians" project, which took place in Golegã, Portugal! During these days we met many fantastic people and visited many inspiring places. We started with a visit to the Golegã City Hall, where we met the Mayor and Vice Mayor. We could hear about the help provided by the Portuguese city authorities to refugees not only from Ukraine but also from Asia and Africa. It</p>	<p>Young people 16-25, representatives of partner organizations from Poland, Lithuania, Bulgaria and Portugal</p>	<p>https://tnijurl.com/43e89f2483b5/ - instagram story https://tnijurl.com/465338531f28/ - instagram reels https://rozprawyoeuropie.eu/en/projects/welcome-ukrainians/ https://tnijurl.com/90e5407b96b9/ - facebook post</p>

	<p>was also an opportunity to present the Portuguese education system and the structure of local government authorities.</p> <p>The next day we visited Casa Estudio Carlos Relvas – a building from the 19th century, made of iron and wood, which served as a photography studio. We had a unique opportunity to learn about the development of photography over the years. Here we also participated in a lecture given by Mr. Vasco Malta – Head of Mission of the International Organization for Migration to the UN. From this speech we learned how to distinguish refugees from immigrants and we had the opportunity to delve deeper into the topic of escaping from one’s country. In the evening, we cooked our national dishes from Lithuania, Poland, Portugal, Bulgaria and Ukraine and danced Portuguese dances.</p> <p>On the last day, we went to the Paladin factory, which produces ketchup, mayonnaise and vinegar (including for McDonald’s!), where we could hear from employees from Ukraine about how they ended up in this place and how the company supports its local community. On Finally, we visited the Paul de Boquilobo natural reserve, famous for its unique environmental values.</p>		
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