



PROJECT  
CATALOGUE



PROJECT CATALOGUE



## ABOUT EURODESK

Eurodesk unites a network of over 2100 multipliers and ambassadors in 37 European countries under a mission to raise awareness among young people on learning mobility opportunities and to encourage them to become active citizens. As a support organisation to Erasmus+, Eurodesk makes information on learning mobility comprehensive and accessible to young people and those who work with them.

## ABOUT THE EURODESK AWARDS

The Eurodesk Awards started out in 2011 with a mission to collect Eurodesk youth workers' (multipliers) most relevant, innovative, empowering and impactful projects from the local level and highlight them as a source of inspiration for their peers, and towards decision-makers at national and European level. In 2022, the Eurodesk Awards collected 31 projects from 12 countries.

The projects competed for four awards:



The winners of the first three categories were decided by a jury panel:

INGRIDA  
JOTKAITE

Eurodesk President

MARIA  
WALSH

Member of the European  
Parliament (EPP)

MATHIEU  
ORPHANIDES

Policy Officer, DG EAC,  
European Commission

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# LIST OF PROJECTS

RE-CYCLE YOUTH ART 	8	ATIDUOK CIGARETE, NEBŪK MARIONETE	33
ŚWIĘTOKRZYSKIE. FULFILS THE DREAMS OF YOUTH 	9	TIME TO MOVE: EUROPEAN PROGRAMS AS A TOOL FOR THE EMPOWERMENT OF YOUNG PEOPLE WITH FEWER OPPORTUNITIES AND THEIR EDUCATIONAL REFERENCES – ERASMUS+ PROGRAM AND EUROPEAN SOLIDARITY CORPS	34
N.E.O.N. - NOT EXCLUDED FROM OUR NEIGHBOURHOOD 	10	SPEED-FRIENDING EIROPAS GAUMĒ (SPEED-FRIENDING EUROPEAN STYLE)	35
GREENFLUENCERS 	11	EUROTRIP	36
EUROPE OF OPPORTUNITIES, EXPERIENCE AND DEVELOPMENT 	12	FESTIVAL OF STUDENT'S LIFE "STUDZIENKA"	37
WHAT EU DOES FOR ME 	13	FORUM DES VOYAGEURS – LE PODCAST	38
EPA - EURODESK PLUS ASPAL 	14		
TIME TO MOVE: VOLLEY 4 EUROPE 	15		
EU PENTATHLON 	16		
ENCRYPTION GAME	17		
COVID-19 & EUROPEAN VOLUNTEERING: YES, IT'S POSSIBLE!	18		
INNO4IMPACT	19		
EIROPAS VĒRTĪBAS (EUROPE VALUES)	20		
CREATING FOR YOUTH	21		
SO MOBILITÉ, YOUR INFORMATION WEBSITE IN NOUVELLE-AQUITAINE TO GO ABROAD!	22		
EINFACH WEG INFO-TOOL	23		
LANDESCAPE	24		
SCUOLA DI PODCAST	25		
SUSTAINABILITY IN CULTURE	26		
"CAPURSO: SEI TU LA MIA CITTÀ SE..." - "CAPURSO: YOU ARE MY CITY IF...."	27		
EURODESK JAR - DZBAN MOŻLIWOŚCI	28		
CYCLE OF EVENTS "THERE IS NO OTHER!"	29		
COYOUTHWORKING	30		
LAVORARE IN EUROPA: STRUMENTI E OPPORTUNITÀ - WORKING IN EUROPE: TOOLS AND OPPORTUNITIES	31		
BE ACTIVE! BE YOURSELF! BE GREEN!	32		



 MOST INNOVATIVE  
INFORMATION PROJECT

 MOST EMPOWERING  
INFORMATION PROJECT

 HONOURABLE MENTION

 MOST INCLUSIVE  
INFORMATION PROJECT

 EURODESK NETWORK  
PRIZE WINNER

## RE-CYCLE YOUTH ART

### Youth Information Centre of Agros

Cyprus

The Youth Information Centre (YIC) is a Youth Board of Cyprus programme which aims at providing general information to young people on matters relating to their needs and interests in a comfortable, safe, modern, and friendly environment. YICs operate along the standards of the European Youth Information Centre's and information is provided based on the European Youth Information Charter of the European Youth Information and Counselling Agency (ERYICA). Moreover, the Youth Information Centre operates as contact points of the European Information Network, Eurodesk Cyprus.

During 2021, under the title 'Re-Cycle', the YIC organised a workshop aiming at transforming old bicycles into flower beds, which now decorate parks and squares of the Agros village. This initiative was carried out under ERYICA's 'Greening Youth Work' priority and under goal #10 'Sustainable Green Europe' of the EU Youth Goals.

Young participants had the opportunity to work together and turn items which were old, into new, useful products based on reusable materials (Bicycles, Eco-friendly Paints, Timber, Plants), offered by the community. The activity highlights the importance of reusing materials and reducing waste. And on top of that, the transformed bicycles-flower beds became a point of attraction and are constantly photographed by young people who post photos of them on social media.

The workshop worked as a good practice of inclusivity since amongst the participants there were European Solidarity Corps volunteers who were at that time in Cyprus, and unaccompanied asylum seekers who have recently resided in the Agros community. The President of the National Youth Board, Mr. Prodromos Alambritis, and the Commissioner for the Environment, Ms. Klelia Vassiliou participated actively in the event and encouraged more young people to become part of the activity by painting bicycles.

The project contributed to raise environmental awareness, while at the same time contributed to strengthen transversal skills of the young participants. Moreover, the participation of young people led to the empowerment of the community and to further strengthening their future commitment in social activities that have as the main aim, the positive change.



[KEPLI.ONEK.ORG.CY/EN/](http://KEPLI.ONEK.ORG.CY/EN/)



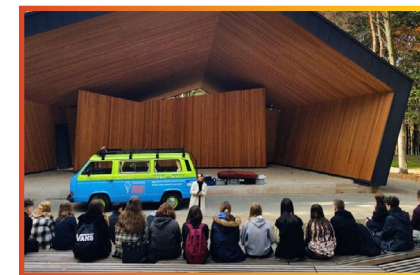
## ŚWIĘTOKRZYSKIE. FULFILS THE DREAMS OF YOUTH

### Regional Volunteer Centre in Kielce

Poland

The Regional Volunteer Centre in Kielce is one of the most active non-governmental organisations operating in the Świętokrzyskie region. The core activity has been focused on helping people who want to become volunteers. The main support has taken the form of mediation between volunteers and organisations promoting volunteering, encouraging active citizenship, and upholding the respect of volunteering rights and obligations.

The aim of the project was to intensify the promotion of mobility opportunities and active citizenship of young people raising awareness of the programs that make it possible through the use of MarzenioBus, an innovative tool. The specific objective was increasing the knowledge of young people about the possibilities of European programmes such as the Erasmus + and the European Solidarity Corps. It was also important to promote information about mobility to young people from smaller towns and villages as well as those from disadvantaged backgrounds. Additionally, European values were emphasised after conducting a series of meetings with young people from Ukraine, Kazakhstan and Belarus. Finally, DiscoverEU was also promoted along with the Time to Move campaign and the 25% Project.



On the other hand, the project also tackled different stereotypes around volunteering thanks to the involvement of European Solidarity Corps volunteers. Moreover, a walking tour for new students from Ukraine, Belarus, Kazakhstan in Kielce was organised to familiarise them with the city and the Polish culture. Moreover, they also received information about training, exchanges, volunteering and internships abroad.

Overall, during the project 20 schools from the Świętokrzyskie region were involved and 473 young people from the Świętokrzyskie Voivodeship received information about the programmes. They travelled over 900 km across 10 cities, towns and villages of the voivodeship to promote the Network and the opportunities offered thanks to the membership to the European Union. Moreover, three participants in the project decided to grab their bags and go on their own mobility experiences to Italy and Germany.

[CENTRUMWOLONTARIATU.EU/EN](http://CENTRUMWOLONTARIATU.EU/EN)



## N.E.O.N. - NOT EXCLUDED FROM OUR NEIGHBOURHOOD

### Associazione Volontariato Torino - Vol.To

Italy

Vol.To is an association that works as a Volunteer Support Centre in the province of Turin. It is active in organising, managing, and providing free technical, formative and informative support services to promote and strengthen the presence and role of volunteers. In particular civil society organisations. Thanks to its key position within the volunteering network in Turin and in Italy, Vol.To aims to generate new opportunities for the territory.

“N.E.O.N - Not Excluded from Our Neighbourhood” is a project funded by the European Solidarity Corps. The project was the result of Vol.To’s activity as the Eurodesk local point in Turin and it aims to intervene in a city neighbourhood -called District 5- to improve social inclusion and the use of urban spaces.

During the project, a group of 5 young people familiar with Vol.To, implemented activities in order to make a positive contribution to District 5. Through the project, they took pictures of hate messages in the form of graffiti and of the abandoned spaces in the area and proceeded to analyse them. Then they organised comics, street art and photo editing workshops to give an artistic response to hate messages. Finally, they organised a final event when they presented these responses and active citizenship initiatives along a social involvement app.



An innovative element of the project was the use of art as an element of social integration and as a response to hate messages, specifically using graffiti for a social purpose within a wider European context. Additionally, the use of two free digital platforms - FirstLife and Commonhood- as suggested by the Vol.To - Eurodesk team and developed by the Department of Computer Science at the University of Turin was an innovative element.

The protagonists of the project were young people, their families and friends all residents of District 5. As social inclusion was the core objective of the initiative it focused on people at risk of marginalisation or discrimination, in the case of racialised persons.

As a result, the project combined individual and community empowerment, increasing the social cohesion of the neighbourhood. The effects of the project activities are meant to have a long lasting impact. The young participants learned how to structure a research project, to set up workshops, and to organise and promote an event through their practical hands-on implementation.

CRIJ-REUNION.COM



## GREENFLUENCERS

### Associazione Link APS

Italy

The Link cultural association was founded in 2003 by a group of young people passionate about their territory and willing to promote openness to other cultural contexts and values such as solidarity, active citizenship and intercultural dialogue. It obtained the accreditation from the National Youth Agency as a host organisation, sending and coordinating volunteer projects through the European Solidarity Corps. Since June 2019 it has also been managing on behalf of the Istituto Comprensivo S.G. Bosco-T. Fiore di Altamura Agorateca, a communal library where the Eurodesk point is located.

“Greenfluencers” is an international green project set up in order to contribute to the fight for the protection of the environment. The main goal is to influence other people, through international social media tools, to raise awareness of climatic changes thanks to the work of five associations based in Italy, Greece, Spain, Portugal and Slovenia. They decided the topics, activities and implemented initiatives, such as second-hand markets, flash mobs, treasure hunts, photo contests, workshops, exhibitions, cleaning park and tree planting.

The participants were young people from the Carpentino district of Altamura, a peripheral area with pollution problems where opportunities for young people are very scarce. For this reason, most of the activities tried to involve this group of people so they could also receive support while raising awareness about climate change and giving some tips to change habits.



The project believes that young people are the first step towards a greater change and provides them with the tools and methods necessary to unleash their talents and skills. The idea of Greenfluencers is also to inform both adults and younger people about environmental issues. It also aims to give people from disadvantaged backgrounds the opportunity to feel integrated into an international project and benefit from the intercultural dialogue.

In order to encourage people to take action towards more sustainable activities, the training took place through online webinars and face-to-face meetings. They included discussions with experts in the environmental sector and topics such as the circular economy, zero waste and greenwashing in the connection to the non-formal education sector.

Through Eurodesk channels and tools, the project reached a broad audience and Greenfluencers social media obtained 517 followers, 61 publications, 1,386 interactions in the first 3 months of implementation.



LINKYOUTH.ORG

## EUROPE OF OPPORTUNITIES, EXPERIENCE AND DEVELOPMENT



### Eurocentre Ostrava Czech Republic

Eurocentre Ostrava is a regional office which provides information about the European Union. So it explains to the local citizens how the EU works and what benefits can bring engaging in an active citizenship. As the regional multiplier of the Eurodesk network, it cooperates with schools and other stakeholders by organising various events and providing information about European opportunities and programmes for youth.

“Europe of opportunities, experience and development” consisted of an outdoor exhibition presenting the experience of citizens from the Moravian-Silesian Region with international education programmes. It also included activities gathering 17 people coming from various socio-economic backgrounds and different parts of the region to share their personal stories and tips on how to make the most of mobility opportunities that the EU offers. Each participant shared their own experience (including their initial fears, motivation and recommendations) and photos from their project. They also joined related events like public debates or workshops about the topic.

The exhibition was possible thanks to the active involvement of local citizens. The format followed a traditional approach based on large outdoor panels aimed at attracting the attention easily of passersby.

The exhibition presented a wide range of European mobility programmes such as Erasmus+ (studying and traineeships



abroad, youth exchanges, training courses for youth workers), European Solidarity Corps, DiscoverEU, Erasmus for Young Entrepreneurs, Blue Book traineeships and many more European opportunities. The aim of the exhibition was to inform young people about mobility opportunities encouraging them to actively join the projects while offering them reliable support and sources of information. It also focused on challenging myths about barriers to mobility such as having a partner, Covid-19 measures, or low proficiency in foreign languages.

The exhibition had a great impact reaching approximately 680 visitors in total. Articles and posts were also shared by their partners (schools) during the Erasmus days and other occasions, and the exhibition was also promoted in the regional online magazine Patriot.

Finally, it will be presented during 2022 in the context of the European Year of Youth and the Czech Presidency in the Council of the EU.

## WHAT EU DOES FOR ME



### E35 Foundation Italy

E35 Foundation was born in 2015 from a shared project of Reggio Emilia's local actors with the aim of promoting international relations and projects of the territory.

One of its main fields is youth work in connection to projects and initiatives focused on European mobility and active citizenship. This activity includes the involvement in the Eurodesk Italy network and the Reggio Emilia Eurodesk Agency.

“What EU does for me” project has been carried out by the Reggio Emilia Eurodesk Agency. It was promoted by the E35 Foundation and the Municipality of Reggio Emilia in collaboration with the Province of Reggio Emilia and counting on 21 secondary schools of the territory.

In this 3rd edition, it addressed students aged 17 to 19, who have been highly affected by the pandemic and who were directly involved in constructing their path into young adulthood. In this framework, the foundation tried to adapt to their needs, in order to get more interest and participation in the project.

The aim of the project was to present to them the history and functioning of the European Union while offering guidance to discover all the opportunities that it offers to citizens.



The first part consisted of 7 webinars that tackled different topics in connection with the EU. On the other hand, the second part took place in person and consisted of 36 meetings at schools and 22 gatherings at the Eurodesk Agency. The goal was to form a connection with students and share with them the content at the core of the Eurodesk Agency. Encouraging them to find the best mobility opportunity through non-formal activities was also a priority.

Likewise, the programme emphasised sustainability affairs. First, the students had the opportunity to learn more about the EU strategy to protect the environment and fight climate change. Secondly, they had the chance to apply the lessons learnt: 8 groups of students went to the Eurodesk Agency by bike, made available by their schools, cycling over 360 km.

The project had an important impact on the students who took part in the activities and it reached important numbers such as a total of 6,000 students from all over the province. Additionally, 3,142 participants followed live webinars and 1,450 students attended in person gatherings.

## EPA - EURODESK PLUS ASPAL

### ASPAL Agency for Active Labour Policies in Sardinia - EURODESK ASPAL Multipliers, Italy

Italy

ASPAL, the Agency for Active Labour Policies in Sardinia, is a technical body of the Region and is responsible for the provision of services related to work and for managing active policy measures. ASPAL has its coordination office in Cagliari and several territorial offices called Employment Centres (CPI). In 2021 ASPAL joined the Eurodesk Network and 5 Eurodesk Multipliers were opened in 5 CPIs.

The "ePa - Eurodesk PLUS Aspal" project was conceived as a partnership between ASPAL and Eurodesk Italy, bridging the gap between youth interested in international mobilities and the job market. The goal is to reach out more effectively to disadvantaged and discouraged youth. They are thought to have access to fewer opportunities as they have been effectively "excluded" from education/training opportunities lowering their chances in the labour market. The difficult context of young Sardinians led them to reach out to this new cooperation between networks trying to propose in the territory, a series of non-formal activities and more up-to-date services than the traditional employment services. Nonetheless, they did receive relevant information, orientation and took part in events empowering their initiatives.

The activities were thus aimed to foster the mechanisms of empowerment and self-empowerment of young people. This allowed youth interested in international mobility experiences to become active actors of change, identifying their own goals and realising all the resources at their hand aimed precisely to empower youngsters. They also benefited from peer-to-peer activities facilitated among participants. In this context, some young people were directly involved presenting their own experiences through information seminars or interviews which also serve to encourage and support active citizens.

The ePa project has delivered some important outcomes. For example, the AspalMOVE newsletter containing 45 articles and reaching around 2,000 users; 8 webinars about EU opportunities and programs with a total of 301 participants. Also in the context of the Time To Move campaign, 7 seminars were delivered for a total of 778 participants; TMS Eures empowerment workshop counted 15 participants, and 110 individual orientation sessions for international mobility were also implemented. Moreover, the total number of likes on Aspal's Facebook page is also worth highlighting: around 28,400 likes from 30,400 followers, whereas on Instagram and LinkedIn the number of followers is respectively about 3,600 and 18,000.

## TIME TO MOVE: VOLLEY 4 EUROPE

### Asociación Juvenil Intercambia Spain

Intercambia is a youth organisation created by and for young people. Its main activities are based on intercultural learning using a non-formal education approach. Different youth program actions are carried out in order to encourage youth participation in the international context abolishing the barriers between countries, reducing racism and promoting tolerance between different cultures. The organisation wants to encourage youth initiatives where young people take ownership, and supports them through the provision of information, tools, and training.

"Time to move: Volley 4 Europe" is a joint project developed by the AJ Intercambia, together with the University of Málaga and the City Council of Cártama. Using volleyball, they promote sports, social and solidarity actions through volunteering, and aim to generate social welfare while encouraging active citizenship. The project, implemented for over a year, consisted in the generation of healthy and ecological outdoors events attracting young people to practising sports. At the same time they receive information and advice from young people involved in European mobility programs such as European Solidarity Corps volunteers from different countries.

The selection process was aimed at selecting participants with fewer opportunities as per the reasons included in the inclusion guidelines of the European programs.

The project counted on the participation of volunteers, long-term unemployed young people, young people with low economic resources, young immigrants and young people from the autonomous city of Ceuta.

The implementation of the project included several intercultural activities such as presentations and cultural exchanges. On top of that, one important element was the promotion of outdoor physical-sports activities to recover from strict lockdowns and isolation periods imposed by COVID measures, which have taken a huge toll on the physical and emotional well-being of young people.





## EU PENTATHLON

### Centre of technical culture Rijeka

Croatia

Centre of Technical Culture Rijeka is a non-profit and non-government organisation with the task of encouraging and promoting technical education, computer science, and culture in general. To carry out its mission, it organises activities to stimulate the interest of children, youth, and the general public in scientific, cultural and IT areas with an application in business and daily life.

The "EU pentathlon" activities aim to activate over 60 youth participants towards thinking and creating their own future focusing on: green thinking, digital transition and social inclusion. CTK Rijeka organised 2 online activities for developing digital skills: developing personalised mandalas in free online tools and "The future is here" discussion about AI and how it can be used. In this framework, Žmergo as a "green" partner organised a competition for the best green life-hack; the partners Filmaktiv and Delta organised a spring cleaning action on the city campus and SOS Rijeka (centre for nonviolence and human rights) partner organised an online discussion panel which aims to break the stigma around violence and inform youth about accessible help in the local community.



The topics of the activities were focused on achieving a common good and therefore can be applied to different contexts, communities and environments. They aim thus to activate youth in the difficult times of isolation and to keep them motivated to think about their future in a positive way.

The activities were organised in a way that everyone could participate, since a lot of them were online. All partners were involved in the promotional campaign and invited youth to participate on their social media pages, local online portals, and newsletters.

CTK-RIJEKA.HR/EN



## ENCRYPTION GAME

### Farní charita Litomyšl – Volunteer Centre

Czech Republic

The Volunteer Centre of Farní charita Litomyšl has been helping children, seniors and disabled people from Litomyšl and the surrounding area since 2011. The organisation coordinates volunteer activities, and their volunteers are active in 15 facilities. In addition, they also organise one-time events during the year (Food collection, Outdoor exhibitions, Charity sales, etc). At the same time, they professionally guide and motivate citizens to get involved in volunteering and activities for the benefit of society.

In 2021, the organisation prepared in the frame of the Time to Move Campaign, the "Encryption game" in Litomyšl. The game consisted of 10 stations. Participants walked from station to station and at each station they had to resolve a puzzle related to the Time to move campaign. The encrypted questions included themes like volunteering, Erasmus+, travel, the EU... and many more. In the last station there was a hidden box with rewards for participants and information materials about the campaign, Eurodesk and the Volunteer Centre.

The game was a way to spread the word about the Time to Move campaign and volunteering in an outdoors and fun way. The participants were able to play this game during the entire day, weekdays and weekends. During the three weeks that the game was implemented, there were approximately 20 participants including young adults or parents with their children.

In the game, new technologies were used to attract youngsters because they could use their phone during the activities, for example: they scanned a QR code that showed them the next station where another encrypted question was to be found. Thanks to its digital format, it was possible to repeat the activity with different/personalised questions as many times as they liked.

Finally, the game also contributed to an intergenerational exchange of experiences. Youngsters enriched the older generation with their digital skills which, in turn, empowered the community as a whole. The game motivated young people to get in touch again in person after the pandemic and increased their capacity to work in teams. For those who preferred to play the game individually, this activity was also feasible and enjoyable, and tackled their preferences.



LITOMYSL.CHARITA.CZ

## COVID-19 & EUROPEAN VOLUNTEERING: YES, IT'S POSSIBLE!

### CRIJ Réunion

France

CRIJ Réunion is a Youth Information organisation located in Reunion Island (France). Its goal is to inform and support young people aged between 14 and 30 years old in their projects. The organisation helps them in the research of employment, starting or participating in a volunteering project, finding suitable international mobilities and also provides support in health issues and others.

The project "Covid-19 & European Volunteering: Yes, it's possible!" was born after acknowledging the difficult socio-economic context in the island. One of the issues is the high rate of youth unemployment which makes travel opportunities almost invisible to the eyes of young people. The project was created with the goal of bringing opportunities to the youngsters of the region. To do so the organisation carried out the promotion of programmes such as the European Solidarity Corps, informed about its advantages: namely the opportunity to travel to mainland Europe while contributing to society, on top of taking part in an amazing learning experience.

The project took place for one year starting in January 2021. It consisted of a series of interactive workshops and activities using non-formal methods and several online tools. The project especially targeted young people with fewer opportunities and reached ten participants aged between 18 and 25 years old; among them, one boy with mental disabilities and one girl assisted by the social services.

Participants were selected by CRIJ Réunion and travelled to Portugal where the activity took place. Before that, all of them took part in a pre-departure training provided by the organisation.

This experience allowed them to discover a new culture, experiencing life in a new country, learning from each other, and expanding their horizons.

## INNO4IMPACT

### Mozaik Human Resources Development

Turkey

Mozaik is a non-profit organisation with the aim to enable the integration of young people and adults living in the local area at the cultural, vocational and social level. The organisation was established in 2010 initially with the aim of promoting relations between disadvantaged groups. The main objective of the organisation is to find and reinforce resources in order to help people to develop their personality and potential, gain new competences and skills, and create new opportunities for them.

The "Inno4Impact" project aimed to increase social effectiveness through innovative methods and tools in a non-formal education-based youth work environment. The project was launched in January 2020 and is meant to last two years, until the end of January 2022. Its main objective is developing new methodologies on the youth work field. These methodologies are addressed to encourage the target groups to take advantage of them eliminating the barriers that they usually face to access these resources and tools.



To achieve these objectives some reports were carried out to identify the needs and how to address them through youth work. They also served to develop the training modules which were implemented both online and in person. Thanks to these, participants received training in a wide myriad of topics always linked to youth work, personal development, inclusion and intercultural learning.

Within the scope of the Inno4Impact, two "Train the Trainers" were implemented in Austria (30 participants) and Spain (19 participants). From each project partner country, participants had the chance to go abroad to get training in the youth work field. For most of them it was their first time abroad.

In total, the project reached 107 during the in person training and 127 participants in online training. However, according to the results of dissemination reports, the project has reached over 40,000 people at local, regional, and international level.

## EIROPAS VĒRTĪBAS (EUROPE VALUES)

### Aluksne Children and Youth Center

Latvia

To ease the effects of the pandemic, ACYC identified the need to get youngsters living in rural areas outdoors to give them the opportunity to have time off their computer screens. This was also coupled with the need to deliver information about European possibilities to them as ACYC noticed rural areas did not have as much access to that information. In that context, the "Eiropas vērtības" (Europe values) was born. To introduce rural school youngsters to part of the youth goals and possibilities for youngsters in Europe, this active participative outside Actionbound game was created, which was movable and adjustable to different locations.

To participate in the game, youngsters were divided in groups and started the adventure by seeking QR codes in the surroundings. To continue the game they had to solve tasks and answer questions. Youngsters learnt that there are 11 youth goals and looked deeper into: inclusive societies, mental health and wellbeing, space and participation for all, and sustainable green Europe. To keep the attraction high to the game, different digital tools were included. After the activity, youngsters had the chance to share their opinions and talk about what they can do in Europe.

The activity gave information about non-formal education methods and helped them discover the role of Eurodesk so they can start to take action and look for opportunities by themselves. Therefore obtaining this information was truly empowering for them as it was for teachers, who are an important part of the local community, and discovered Eurodesk thanks to the game.

During the European Youth Week, the activity was implemented in 3 schools in the Aluksne Municipality, and in total 67 youngsters, from 5 different groups, participated in the game.



ABJC.LV

## CREATING FOR YOUTH

### PlanBe, Plan it Be it

Cyprus

PlanBe is a non-governmental and non-profit organisation based in Nicosia, Cyprus, managed by a team of youth workers, project managers and volunteers. The organisation explores youth development using formal and non-formal education, while at the same time promoting European and International opportunities for active citizenship and cultural understanding. One of its main aims is to contribute to the positive societal changes by promoting wellbeing and personal development in youth.

"Creating for YOUth" took place during the Time to Move campaign in October 2021 in Pedoulas Village, a rural area of Cyprus. During the activity, 25 young people from around Europe learned about Eurodesk and how it can be helpful for their personal and professional development. PlanBe provided the participants with T-shirts produced locally in the island which prompted a brainstorming activity among participants. Thanks to this they created their own and unique T-shirts with the information they acquired during the information session, which was provided using non-formal education.



During the project, PlanBe promoted active citizenship, environmental consciousness and youth engagement in society. Youngsters also discovered the important elements of being active and making their own decisions. Through the activity participants gained knowledge on how opportunities provided by Eurodesk can enrich their spirit, helping them to raise awareness on subjects such as gender issues, the environment, and social entrepreneurship.

The participants in the project came from different cultural backgrounds and the mix of nationalities, economic backgrounds, and different professional stages in life made the experience truly rich. However, all of them who attended were motivated to take part in the activity with the main aim of learning ways to improve their skills and their social engagement. Therefore, the project helped them to understand the importance of being an active citizen and always staying curious about the world around them.

PLANBE-NGO.COM

## SO MOBILITÉ, YOUR INFORMATION WEBSITE IN NOUVELLE-AQUITAINE TO GO ABROAD!

### Regional Youth information Centre of Nouvelle-Aquitaine

France

The Regional Youth Information Centre of Nouvelle-Aquitaine (CRIJ Nouvelle-Aquitaine) is an association with physical presence in three different cities: Bordeaux, Limoges and Poitiers. It is a centre providing general information to young people, parents and youth workers on all subjects that may concern them (training and studies, international mobilities and European issues, jobs, daily life, health, among others). The three branches of the CRIJ are also Eurodesk multipliers and coordinate 29 Eurodesk multipliers focused at the local level.

“So Mobilité” is the regional website dedicated to international mobility for young people (up to 35 years old) and professionals in the Nouvelle-Aquitaine region. The website is managed by the CRIJ Nouvelle-Aquitaine; it has been co-built with all the members of the Regional Committee of the international mobility (COREMOB Nouvelle-Aquitaine) and it receives support from the State and the Nouvelle-Aquitaine Region.

Thanks to this website, the public can obtain complete, reliable, updated, and free information, also thanks to an interface that is easy to use and accessible on smartphones. The website contains a news section (about international and European mobilities, studies, volunteering, jobs, competitions, etc); an agenda section

(online and face-to-face mobility events organised in Nouvelle-Aquitaine); a testimonies section; an appointment booking service section; an articles section (containing information on mobility opportunities according to their purpose and profile); a map of mobility information structures (including Eurodesk multipliers); a toolkit section (useful resources like tips for travelling abroad and guides); and a FAQ section.

During the process of creating the website, CRIJ created a ‘test group’ of young people who were asked to explain their usage preferences, to give their opinions and remarks and to participate in the selection of the different sections’ titles.

As a result, the website has been designed to make it easier for young people to find information to go abroad and to answer their questions by including them in the process. This is meant to be just the beginning of an answer that invites them to think further on their own.



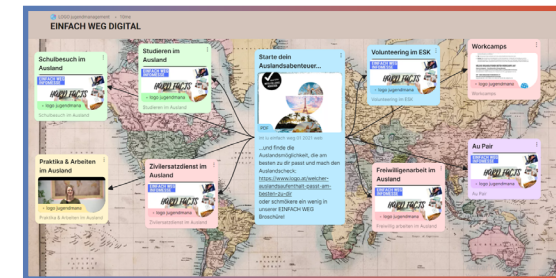
CRIJNA.FR

## EINFACH WEG INFO-TOOL

### LOGO jugendmanagement Austria

LOGO jugendmanagement is the Styrian youth information service. It provides young people with evidence-based and age-appropriate information and services, promotes their skills and abilities in dealing with information, and supports them in making good decisions that have a positive impact on their future lives. They empower young people to lead self-determined and self-responsible lives and develop into responsible and active citizens.

“Einfach Weg Info-Tool” is a digital platform that provides young people with multimedia information about opportunities abroad in Europe and around the world. In the platform you can find info sheets with hard facts about the various opportunities, short videos and podcasts with testimonials from young globetrotters. It is a tool to help young people decide on the right experience abroad. For further guidance, an open Q & A also provides the opportunity to ask individual questions.



The tool is Austria's first purely digital and multimedia collection of different opportunities for young people to gain experience abroad. On the one hand, it combines compact and age-tailored facts and, on the other, videos and podcasts with first-hand reports from young globetrotters providing background information. Particularly in times of the global pandemic, this digital tool made it possible to continue to deliver proper information to young people about opportunities abroad while also providing them with first-hand accounts of their experiences.

The tool is open and accessible to all young people online via the website [www.logo.at](http://www.logo.at). This is possible thanks to the accessibility options to get the information as well as the additional individual technical setting options, such as contrast or font size to adjust to anyone's needs. It is available for free to all young people and without advertising.

LOGO.AT

## LANDESCAPE

### EIZ Rostock e.V. / Eurodesk Rostock

Germany

EIZ Rostock (European Integration Centre) is an educational organisation which offers citizen and general education about Europe for everyone interested, ranging from panel discussions and workshops to YouTube videos and podcasts. One of their most important topics is international youth work and they are an accredited supporting and sending organisation in the European Solidarity Corps and Eurodesk partner.



“LandEscape” is a digital Escape-Game that provides players with information about the wide variety of opportunities to go abroad in the EU by a virtual room in which the participants have to click their way out. They have to get in the shoes of two youngsters whose parents have misplaced their tickets to their youth exchange in France. This setting gives the players the opportunity to gather knowledge about the opportunities and processes of going abroad. On top of getting to know the common ways of going abroad, the players discover DiscoverEU, the European Youth Portal, and travel scholarships.

Eight puzzles are hidden within the virtual room and to solve them participants need to learn about related EU programmes. The difficulty of LandEscape puzzles varies from easy to moderate allowing participants to complete them in a way that matches their individual level of prior knowledge.

The game provides free and neutral information about every possibility of going abroad available for young people. The game can be played alone or with a partner and the format is exciting and fun. After the game, participants can talk about their experience and share what they have learned. Additionally, the information can be updated, for example to include information related to the European Year of Youth.

The project had a great impact in its context and involved 253 players.

EIZ-ROSTOCK.DE

## SCUOLA DI PODCAST

### Informagiovani Eurodesk Ancona

Italy

Informagiovani Eurodesk Ancona is a local public space dedicated to young people, providing them an open place where they can obtain support to reach their independence and to pursue their projects.

“Scuola di Podcast” was developed by young people and was carried out at the local Eurodesk multiplier. It helped 30 young people to get to know that Eurodesk offers different learning and mobility opportunities. The idea of a podcast school for youngsters was meant to give them the voice and power to express feelings, anxieties and visions for the future. Additionally, they got to better think about their soft skills and their approach to life events, which was important to create a safe space to share their experiences during lockdowns.

The main aim was to improve their awareness of their own abilities, and prompt a reflection on those they would need to work on for their future. To achieve that, the project was powerful for both: to give them the possibility to speak up about their experiences and learning the technical skills to create a podcast. In total, six workshops were organised with professionals of storytelling, audio editing, radio speaking, web publishing, and a self-organised group of podcasters.



During the working groups one of the issues discussed was how to face fear and anxiety in front of changing routines, work and life conditions. This reflection covered the topic of the changes involved when travelling abroad to experience a new adventure, obtaining personal and professional experience, meeting new people and so on. The topic was a good starting point to present European programs and projects offering support, funding, mentorship and future projections.

On top of that, other important topics were discussed in this context such as mental health, active citizenship, communication with peers and towards other parts of the community, and self-development.

INFORMAGIOVANIANCONA.COM

## SUSTAINABILITY IN CULTURE

### Youth Association “Youth in the EU”

Croatia

“Youth in the EU” is a non-governmental, non-profit youth association established in Šibenik, founded as a place where young people gather, share their ideas and thoughts and jointly improve the quality of their life in the area and its surroundings. The Association promotes the values of the European Union and therefore strengthens the awareness of the local youth about opportunities offered by the EU.

The “Sustainability in Culture” project tackled the issues of climate change and youth activation through volunteering. The actions focused on improving the local environment as well as raising awareness among local youth and the general population about volunteering and solidarity through an innovative social media campaign.

Since many young people feel powerless about what they can do to contribute to improving their communities to create a more sustainable future, this innovative project helped them realise that they were able to develop the awareness campaign. In doing so they saw that they had the opportunity to contribute in a meaningful manner towards a more sustainable future with their own hands.

In this context, the 20 participants managed to carry out approximately 4500L of trash cleaning actions from the nature surrounding the city of Šibenik. They also planted 52 trees in Šibenik as well as in Split and they documented and posted in 5 videos using the Association’s social media channels. Thanks to their involvement and motivation, their materials caught interest and attention reaching 17,542 views at the time of writing.

The project targeted young people from Europe and beyond. It was a brilliant example of EU inclusivity and participants from less favoured socio-economic backgrounds. Participants from geographically remote places were equally able to take part in the actions. The differences were a nexus of exchange of skills, knowledge and stories allowing them to learn from each other instead of separating them. They were also motivated to share their culture, including original recipes and local music. Moreover, they actively took part in the creation of material to continue attracting young people’s attention towards volunteering and the European Solidarity Corps.

This programme had a qualitative impact on participants who obtained skills in terms of soil management and sustainable planting, implementation of circular practices, comprehensive social media campaign, content creation, and overall planning and execution.

MLADI-EU.HR

## “CAPURSO: SEI TU LA MIA CITTÀ SE...” - “CAPURSO: YOU ARE MY CITY IF...”

### Eurodesk Capurso

Italy

Eurodesk Capurso is a local point for international mobilities providing information about programs and initiatives promoted by European institutions in favour of young people. Since Capurso hosts many young people although there is no high school in the area nor meeting places for the youth to gather, they have decided to offer them the possibility of active participation.

“CAPURSO: you are my city if...” was born out of the desire to make the city grow cultural, social and economically. It also aimed to create a youth-friendly future appealing them to become change-makers in Capurso. The project was intended to engage with young people by joining them in the town square and the park but it also innovated in the youth meeting strategy by using digital communication through the main social media channels.

Some of the important topics tackled were responsibility, motivation, sense of community, network connection, development of shared ideas, training and career guidance. They could also engage with professionals united by an innovative spirit and participate in numerous international training and work experiences.

Through the Capurso Youth Festival, this initiative aims at addressing a broad range of topics: social inclusion, equality and non-discrimination, integration of refugees and migrants, education and training, citizenship and democratic participation, gender equality, climate change, protection of the environment and nature, creativity and culture, and sport.

The project managed to bring 80 youngsters together while making sure everyone’s voice was heard and received guidance towards a world of European opportunities and initiatives that could help them to develop a change in the community.

This project had an excellent impact beyond participants who developed more than 20 different ideas for a more youth-friendly and sustainable town and on social media with over 100 likes on Eurodesk Capurso facebook page.



EURODESK.IT/RETE/PUNTI-LOCALI/PUGLIA/IT273

## EURODESK JAR - DZBAN MOŻLIWOŚCI

### Europe4Youth Association

Poland

Europe4Youth Association was established in order to set up a platform for young people to participate in civil society at the local, national and European level. This involvement is meant to broaden their horizons and to help in their self-development while providing them with opportunities to participate in national and international youth projects and encouraging them to organise their own.

Eurodesk Jar consisted of an information campaign to deliver complex European information to young people in Poland in an attractive and innovative way. They designed the whole campaign using the newest trends in social media communication, posting over 40 stories, posts and videos. The slogan "don't be a jar, time to move" referred to the state of unconsciousness, emptiness in their head when knowing about European opportunities for youth and not making the most of them. Next to this, they organised 12 events in 6 cities across Poland in schools, public places and youth centres reaching approximately 500 people.

Their project empowered 2 groups of young people. The first one was people from Ambassadors of Youth Information, who received full trust and responsibility to proceed with their own implementation. After a comprehensive workshop, they were equipped with knowledge and tools to plan their own campaigns. The second group

empowered were the respondents of the info campaigns and info events who were motivated to use those opportunities such as looking for a volunteering placement, track youth exchanges movements, join task groups developing youth projects, or think of their own project.

The European dimension of the project was introduced in 2 ways. First of all, they were informed about opportunities abroad, presenting information about EU programs together in connection with EU values and emphasising the solidarity dimension. Second, European Solidarity Corps volunteers living in Poland were also engaged in the teams organising the events.

This project also addressed the clear importance of mental health issues affecting young people, in particular after a long time of covid-related restrictions causing isolation and loosening social bonds among young people.



EUROPE4YOUTH.EU

## CYCLE OF EVENTS "THERE IS NO OTHER!"

### Gulbenes district youth center "Bāze"

Latvia

The Youth Centre "BĀZE" was founded in 2006 by the Gulbenes Municipality. It aimed to support local youngsters to materialise their initiatives at local level and to help them make informed decisions. So the youth centre has been helping them through the provision of information of opportunities to realise their full potential and participate actively in life in the society. The organisation works in 5 main areas: education and training; youth participation; social inclusion of young people; employment and entrepreneurship; health and well-being.



The aim of the event cycle was to inform young people about sustainability and greening their lifestyle. The main activity was a design workshop where participants had the opportunity to give a second life to one of their t-shirts or cloth bags using the "Linen cut" technique, which became very popular in the Gulbenes district. During the activity, organisers used the concept "creative workshop together with discussion" and gave the chance to all participants to share their experience and knowledge about a specific topic.

During the event cycle, 4 events "There is no other!" were organised to give the opportunity to most youngsters living in the areas to participate. The target group was 13–25 years old, from which finally 51 participants got involved. More than half of them have fewer opportunities or restricted movement but the youth centre and youth workers worked hard to give everyone the chance to participate regardless of their background. It is important to provide an accessible and safe space in a non-formal atmosphere so they can open up, talk, meet new friends and learn by doing while helping each other.

The reality is that sustainability is becoming more and more popular and necessary these days. Hence it is important to find ways to raise awareness of actions that we can all take, especially targeting young people to promote their knowledge about this topic so close to them, and give them the opportunity to learn practical things contributing to the protection of the environment.

LABISBABIS.LV

## COYOUTHWORKING

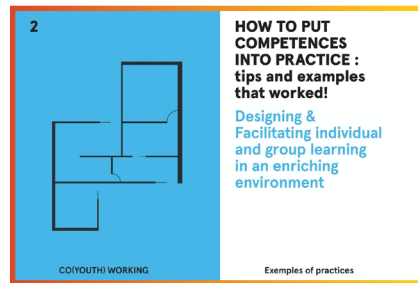
### Comune di Cinisello Balsamo

Italy

Cinisello B. is in the North of Milan and 20 percent of the population is young people. Due to the cultural and economic transformation that the area has experienced in the last years, setting a foot in the job market is very difficult and the level of early school dropouts high. The strategies to enhance social and human capital are based on the collaboration between public and private sector as well as on shedding light about the EU opportunities.

CoYOUTHworking is the result of the cooperation of 5 organisations from Italy, Portugal, Croatia, France and Netherlands. They have brought together young NEETs, young start uppers, students, coworking managers and youth workers. The aim was enhancing their employability, social inclusion and their active citizenship by designing hubs capable of attracting, hosting and developing their competences and ideas. In this perspective, a co-working space can be a place for social innovation that brings added value to the local community.

This project had two objectives: the first one outlined the role of the youth worker and their key role in managing the co-working space. Additionally, to emphasise youth work and its capacity to provide support to young entrepreneurs while promoting the human, social and economic development of local communities. Second, the project highlighted the importance of the Erasmus+ programme as well as the value of the international mobilities which were promoted in the hub.



Young people were involved in the creative process of the final results and they also took part in the 5 multiplier events, including the Civil Service programme for the Municipality of Cinisello Balsamo. Moreover, they also participated in the planning of social media promotion using Eurodesk channels; they were co-protagonists of the final video to showcase the project and World Café activities. This was done together with European partners and their ideas were presented to policy-makers in Matera.

This project had a great impact on young people reaching 290 participants through multiplier events and on social media approximately 40 posts received 15,000 views and 400 likes.

## LAVORARE IN EUROPA: STRUMENTI E OPPORTUNITÀ - WORKING IN EUROPE: TOOLS AND OPPORTUNITIES

### Eurodesk Roma Capitale - Informagiovani Roma

Italy

In this framework, young participants had the opportunity to ask questions and comment on the topics covered, which helped to open a direct channel of communication with the representatives themselves. In turn, this contributed to reducing the perceived distance from the institutions and the main policies and instruments of the EU for youth.

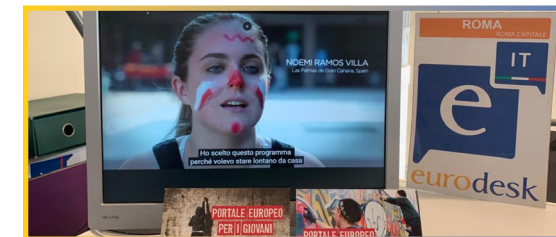
Eurodesk Roma Capitale - Informagiovani Roma is a public information and guidance service for young people 14 to 35 years old in the areas of training, work, international mobilities, culture, and free time.

“Working in Europe: tools and opportunities” consisted of a cycle of 4 webinars on creating your CV, internships, apprenticeships and work in Europe. The objective was to support young people to make the most of European opportunities while encouraging them to become active citizens thanks to the tools (Portals, Apps, Programs) made available by European Institutions. This project was threefold to inform, guide and motivate young people to consider the opportunity to enhance their skills, cultural background, and to go on mobility experiences through job opportunities, internships, apprenticeships.

During the project, they also emphasised features allowing for inclusivity in all the programmes, like for example EURES TMS, which guarantees adequate and decent social protection, aims to reduce social exclusion and poverty, and improves working conditions.

“Working in Europe: tools and opportunities” seeks to develop knowledge and skills which can bring a positive impact to the lives of young people, reducing unemployment and thus helping them to access the job market. Through direct communication, also targeting groups of high schoolers and university students, has exponentially increased the outreach of the initiative at peer-to-peer level, including communication on social channels.

Hence, the project had also a great impact on social media with 450 users, receiving about 1,000 likes on the Facebook page and about 50 publications between social media and the informagiovaniroma.it website.





## BE ACTIVE! BE YOURSELF! BE GREEN!

### Creative Minds For Culture

Latvia

“Creative Minds for Culture” (CMC) is a non-governmental organisation founded in 2014 by young people aiming to promote youth civic participation. The main target group is youth from disadvantaged backgrounds. It thus provides mobile youth work services and non-formal activities in areas where there are no youth centres organising such activities on topics of interest. Hence this helps them gain valuable non-formal experience like active participation, media literacy, information about health or youth opportunities, among other topics. In 2017, CMC was officially approved as a Youth Organisation.

During the European Youth Week 2021, Creative Minds for Culture together with partners organised a cycle of 3 events “Be Active! Be Yourself! Be Green!”. These events targeted young people to draw their attention in the Pierīga region about 3 Youth Goals (mental health & wellbeing, space and participation for all, sustainable green Europe). In total 62 participants improved their active participation and awareness about young people’s emotional health and a healthy and sustainable lifestyle.



In this context, they were informed about the opportunities offered by EU programs. The accessibility of Eurodesk support was also highlighted with promotional gadgets for participants. Additionally, the outreach of 3 member organisations of the Eurodesk Latvia was strengthened thanks to the organisation of interactive digital events and mutual cooperation.

Within 11 days, by using the Actionbound app, young people had the opportunity to test their knowledge of various participation, mental health and sustainability issues by performing tasks and missions. They were also active in deciding about the format of the event, making recommendations for tasks and questions, and getting involved as participants. Additionally, they provided feedback on the event in collaboration with youth workers, social workers, teachers, librarians, parents, local community leaders and other active youngsters.

Eurodesk Latvia, local non-governmental organisations and municipal institutions provided materials and support, registration and awarding of the venue, arranged prizes, and helped to ensure order and safety for the participants.

MINDSFORCULTURE.COM

## ATIDUOK CIGARETE, NEBŪK MARIONETE

### Elektrėnų kultūros centras

Lithuania

The Elektrėnai Youth Centre is an open space for young people from Elektrėnai, and other nearby towns, to engage in creation processes and gather together.

Atiduok cigarette, nebūk marionete project aims to prevent and combat addiction to alcohol, tobacco, and psychoactive substances, which are very common among young people aged 14-29 living in the territory of Elektrėnai municipality. The idea was to raise awareness of the dangers of using these substances, promoting positive life changes and skills, positive values and healthy leisure activities. In this context, the centre wants to introduce young people from different types of organisations that provide support in this area. This helps them to engage in a positive manner with the organisation and learn about how they were founded, their objectives and their benefits for the community.

For example, the “New Life rehabilitation centre” helped participants to reflect about their own experiences and encouraged them to share them with their peers.

During the project, 15 young people interacted with representatives of the Armed Forces, who also talked about their tasks and missions. The most relevant topics were discussions focused on their mission, acquiring and updating medical knowledge and the dangers of consuming substances.

This project planned to make an impact on the target group and help them to reduce their consumption as well as to open up with others to discuss alternatives and ways to receive support.

They gained a lot of knowledge about treatment methods and self-help, they were introduced to different activities that encourage them to quit or to reduce their consumption through other positive activities. Finally they worked on a report with both peer participants and youth workers and they continue to foster this relationship by coming to the Elektrėnai Youth Centre.

FACEBOOK.COM/ELEKTRENUJC

## TIME TO MOVE: European programs as a tool for the empowerment of young people with fewer opportunities and their educational references – Erasmus+ Program and European Solidarity Corps

### Las Niñas del Tul Association

Spain

Las Niñas del Tul Association is a cultural association based in Granada (Spain) and established in 2004. Its aim is to support and help young people, in particular those with fewer opportunities, youth workers and groups with diverse profiles to participate actively in society. It does so by providing them with training and information on forms of active participation. The association is an advocate of European programmes targeting young people because these projects create active, responsible and engaged people thanks to learning experiences, where they can plan and manage their own projects, adapt to changes, face challenges and acquire skills to solve them.

This project consisted of two activities developed within the framework of the Time to Move Campaign. The participants were mainly young people with fewer opportunities for various reasons (difficult migration process, lack of training, non-traditionally structured families, health problems, addiction problems, etc) or people who arrived in Spain as unaccompanied minors. They were interested in learning about new opportunities enabling youth participation through Erasmus+ and European Solidarity Corps programmes.

One of the activities was a two-day meeting with young people who had already participated in some short-term international volunteering activity through the European Solidarity Corps programme and young people who had no previous experience. The second activity was implemented during 3 days with young people between 18 and 30 years old who are in detention conditions in the Albolote Penitentiary Centre, Granada. Likewise, they were eager to learn about new training opportunities that they can take advantage of as young people as they believe it is crucial for them to grow individually while learning about other social realities.

During all the activities implemented, the participants first received general information and secondly, they were invited to reflect on their personal interests, questions and motivations. After that several small groups were organised where participants could share their ideas and organise them as a future plan to help them realise that they could be materialised at national and international level.

LASDELTUL.NET

## SPEED-FRIENDING EIROPAS GAUMĒ (SPEED-FRIENDING EUROPEAN STYLE)

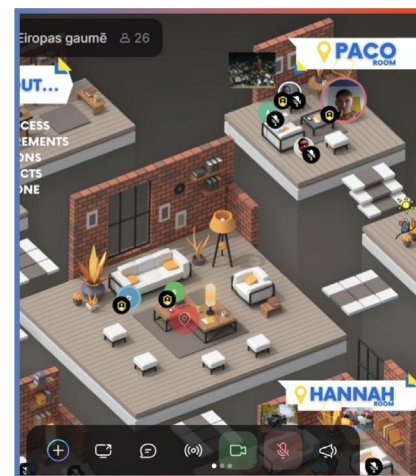
### Baltic Regional Fund (including its youth studio BaMbus) in cooperation with Youth center KAŅIERIS (jauniešu centrs KAŅIERIS) and Club "The House" - Youth for united Europe (biedrība "Klubs "Māja" - jaunatne vienotai Eiropai)

Latvia

The Baltic Regional Fund is a non-governmental organisation and foundation that supports social and intercultural dialogue, social inclusion and cultural exchange among young people and adults. It has collaborated with the Riga youth centre KAŅIERIS, which is a non-formal learning and inclusive collaborative space for young people, and with Club House, the only youth organisation in Latvia that aims to inform and educate young people about the European Union promoting the idea of European unity and the European Union's values of democracy, tolerance and respect for human rights.

"Speed-Friending Eiropas gaumē" was an activity carried out within the annual Time To Move campaign. It presented to 26 young participants, coming from all over Latvia, to various participation opportunities and European youth programmes, such as the European Solidarity Corps (individual and group volunteering), Erasmus+ youth exchanges and solidarity projects in local communities. The event took place online, using the Spatial Chat platform and several virtual "rooms" allowed hosts and participants to collaborate and decorate each space according to their individual needs. Each room was hosted by a youngster who presented their experience in various European programmes to participants.

Its main goal was to make them aware of the Eurodesk mission and inform youngsters about participative and mobility opportunities while introducing them to both international programmes and local solidarity projects. The activity was also an opportunity to emphasise European values, inclusivity, equality. Additionally, testimonies from solidarity projects, volunteering and youth exchanges tackled a wide range of topics like inclusivity of the Deaf community; climate change and environment; local youth centre development; use and meaning of creativity in youth work, personal growth and many more.



BRFONDS.LV KANIERIS.LV KLUBSMAJA.LV

## EUROTRIP

### Association Alfa Albona

Croatia

Association Alfa Albona is a non-profit and non-political association of young people, established in January 2011 which seeks to promote the interests and activities of youth. The main areas of work are youth information work, mobility of young people and youth workers and social entrepreneurship. The association is active in the sphere of youth work in general, non-formal education, human rights, art, culture, inclusion and volunteering.

Eurotrip was an activity to explore different cultures that helped 30 young participants in their own process of empowerment and active inclusion. It was organised with local youth and for local youth. The aim was to rediscover themselves through new experiences raising awareness of cultural diversity in the European context by creating an inspiring environment for learning and outdoor experiences. They also got to know cultural and gastronomic aspects of different European countries; developed open dialogue through storytelling; and felt empowered to get actively involved in the local community and wider multicultural context.

The activity of Eurotrip had 4 different stops and in each one included 4 different cultures from Poland, France, Spain and Ukraine. They were presented to young people followed by an interactive activity including local tastes from that country.



Everything was organised in an inclusive way to motivate their active participation. In this way each person had the chance to speak up and contribute to shaping society in a space that is safe and inclusive for all. Eurotrip was organised to go beyond traditional cultural beliefs, embracing cultural differences and endorsing mutual intercultural understanding.

The project also promoted the importance of active European cooperation and European citizenship, as well as mutual understanding of young people from different countries. It contributed to the development of quality non-formal methods in working.

Eurotrip reached a wide audience and different stakeholders in the local and regional community as it was promoted in the media and on the radio. One of the biggest impacts is that it was recognised as an educational tool for youth workers on the topic of multiculturalism and inclusion.

ALFA-ALBONA.HR

## FESTIVAL OF STUDENT'S LIFE "STUDZIENKA"

### Sempre a Frente Foundation

Poland

Sempre a Frente Foundation is a non governmental organisation established in 2010 in Lublin which has been supporting children and young people in acquiring key social competences by implementing preventive, educational and information programs. It combines methods of non-formal education and therapeutic interactions.

The project "Studzienka" aimed at providing students the necessary information to conduct their studies abroad. The focus was on improving their quality of life and discovering the essence of experimenting life beyond their studies, so they were encouraged to conduct their own meetings and take a truly active role.

Thanks to the project, the idea was to raise awareness of such opportunities through the information provided. In the end, 200 students aged 16-30 learnt about the opportunities for their development in their hand thanks to their involvement in activities outside their studies.



Additionally, 25 students joined Sempre a Frente as volunteers and set up a 2-day Festival. During the event, they provided participants with several tips and activities that boosted their knowledge. For example, the "Uzdalnieni" panel discussion addressed the impact of a long period of online learning on their mental health, well-being, and future hopes. Other activities consisted of an evening of "Christmas Carols" sung in different languages; a "low cost" mini golf, created by recycled material and by volunteers; an educational Escape Room on how to cope with life, which attracted more than 60 participants, and finally a Skills Dating.

In this context, over 15 students from Lublin organised open workshops in line with their interests and 297 people shared tips and interesting facts on the Facebook group called "Studzienka-a section of student life". The highlight of the Festival was Marzeniobus, an educational bus of the Regional Eurodesk Point, which supported the promotion of opportunities in European programmes, in particular European Solidarity Corps.

This event had a great impact on social media: Instagram posts received a total of 309 likes, and the Facebook event itself attracted 259 likes reaching nearly 40,000 people in the Lublin region. In addition, after the Festival, 25 new people joined Sempre a Frente Foundation and the Regional Point of the Eurodesk Network activities.

SEMPRE.ORG.PL

## FORUM DES VOYAGEURS – LE PODCAST

**CRIJ Auvergne-Rhône-Alpes/Info-jeunes,**  
France

CRIJ Auvergne-Rhône-Alpes/Info-jeunes is a resource centre for young people aged 13 to 30, their families, youth workers and education professionals, decision-makers and elected representatives. It aims to facilitate young people's access to reliable information adapted to their needs and interests. This includes European and international mobility; the coordination, management and training of a network of 112 Youth Information structures throughout the region and taking the lead of research and development actions within information education.

Forum des Voyageurs – Le Podcast is a project that aims to promote European and international mobility opportunities through the stories of young people. The authors and guests are young people who have participated in an exchange, study, training, work, volunteering or travel experience abroad and want to share the advantages and challenges of their adventure. They also give advice and are hopeful their stories will motivate others to discover what the world has to offer them. Podcasts represent a modern and efficient format to reach young people.

The main objective of these podcasts episodes is making young people aware of European and international mobility opportunities. Additionally, they also discuss the difficulties encountered in relation to leaving one's home, living alone, stress and fear of failure or facing a new start including all the cultural,

social and linguistic barriers, prejudices and stereotypes that can be encountered. However, they also talk about their beautiful discoveries, the wealth that comes with interculturality, the differences, their renewed confidence after managing on their own their projects and the skills acquired.

In this context, speakers are selected to ensure diversity throughout episodes including people from different backgrounds, cultures and origins. One element that adds value to the podcast is the work and effort they put into expressing themselves in a language different from their own, although they know that it is all happening in a safe and non-judgmental space, where diversity is seen as a strength rather than an obstacle.

The feedback received is very positive, they appreciate the anecdotes and tips shared in the podcast. The sustainability element was included by limiting transfers and using eco cups for the welcome drinks. In this context, several episodes tackled relevant topics such as sustainable development, the protection of the environment, and sustainable travelling. The measures put in place allowed to generate almost no waste, while raising awareness on sustainable issues among participants and therefore the green side of the project.

CONGRATULATIONS TO THE WINNERS  
AND THANKS TO ALL PARTICIPANTS.



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