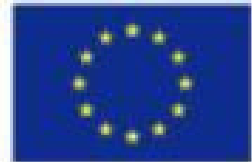




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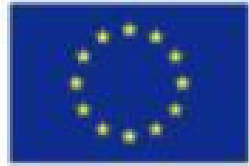


YOUTH FOR SUSTAINABILITY

1-10.08.2023 / 10-19.10.2023

Hungary / Czech Republic





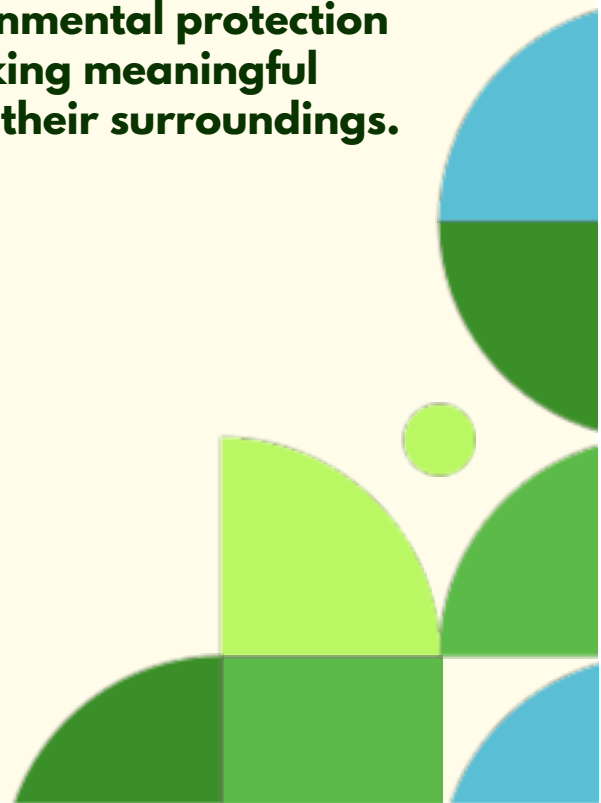
DESCRIPTION OF THE PROJECT

In the framework of our project "Youth for Sustainability," we implemented a double youth exchange with a focus on environmental protection and sustainability. Our primary objective was to equip the participating young individuals with the knowledge and skills necessary to take on greater responsibility within their communities in the realm of environmental protection and sustainability.

Through these exchanges, we aimed to inspire a shift in the attitudes of these young people. Our hope was that they would become role models within their local communities and among their peers.

We anticipated that the young participants in these exchanges would have a positive impact on their immediate environment and community. We aspired to initiate a transformative change in their attitudes, ultimately contributing to the development of a more livable, cleaner, and healthier living environment.

As the project has concluded, we can now reflect on the positive influence these exchanges have had on these young individuals and their communities. Their newfound knowledge and skills have empowered them to actively engage in environmental protection and sustainability efforts, making meaningful contributions to the betterment of their surroundings.





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ERASMUS+

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe.

It has an estimated budget of €26.2 billion. This is nearly double the funding compared to its predecessor programme [2014-2020).

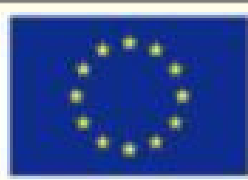
The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life. It supports priorities and activities set out in the European Education Area, Digital Education Action Plan and the European Skills Agenda. The programme also supports the European Pillar of Social Rights implements the EU Youth Strategy 2019-2027 develops the European dimension in sport Opportunities Erasmus+ offers mobility and cooperation opportunities in higher education vocational educational and training

school education (including early childhood educatio)





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ORGANIZATIONAL INFO

Topic: Environment and climate change, Green skills, Physical and mental health and wellbeing

Participants: Poland, Hungary, Czech Republic, Romania

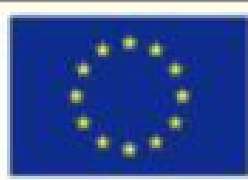
Age: 16-24

1st exchange: 1-10 August 2023 - Hungary

2nd exchange: 10-19 October 2023 - Czechia

Location: Tiszavasvári, Hungary and Lhotka U Mělníka, Czech Republic





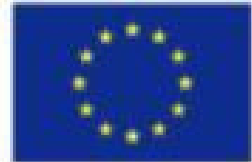
ICE BREAKING AND TEAM BUILDING

Ice-breaking and team building games are highly beneficial for various reasons. First, they facilitate connections among individuals, breaking down initial barriers and creating a more comfortable atmosphere for interaction. Second, these activities are excellent tools for improving communication skills, as they encourage active listening and effective expression of ideas. Moreover, they inject a sense of enjoyment and camaraderie into groups, thereby boosting morale and creating a positive environment.





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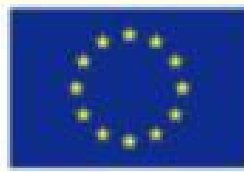


ICE BREAKING AND TEAM BUILDING





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THEATRE ACTIVITY

Theatre plays offer a unique and engaging platform for learning, allowing participants to step into different roles and perspectives. This experiential aspect of theatre helps individuals gain a deeper understanding of complex concepts and issues. Theatre promotes creativity and self-expression. It encourages participants to explore their emotions, thoughts, and ideas in a safe and supportive environment, fostering personal growth and self-confidence. The plays often tackle social, cultural, and historical themes, providing a dynamic way to learn about society and its complexities.



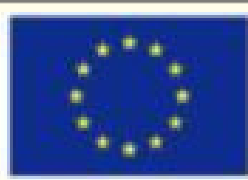


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THEATRE ACTIVITY





Energizers

Energizers enhance focus, crucial for young individuals with shorter attention spans. By injecting energy and fun into the learning or working environment, energizers re-engage their focus and maintain their interest. These activities break up monotony and create a positive, enjoyable atmosphere, boosting the morale of young participants and making them more enthusiastic about the task at hand. Energizers can alleviate stress and anxiety, especially during intense or challenging sessions. They provide a welcome break, allowing youngsters to relax and recharge mentally.





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ENERGIZERS





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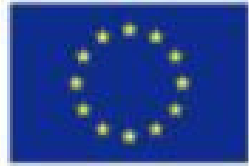


WE VISITED TOKAJ





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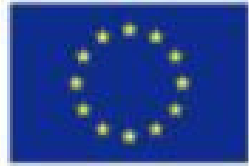


WE VISITED PRAGUE



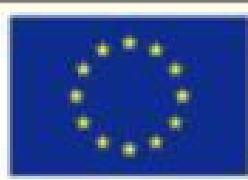


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WE VISITED MĚLNÍK





PAINTINGS AND SCULPTURES

Creative sessions encourage self-expression and creativity, allowing young individuals to explore and communicate their thoughts, emotions, and ideas in a non-verbal way. This is especially important for those who may struggle with traditional communication or find it difficult to articulate their feelings. These activities foster critical thinking and problem-solving skills. When youngsters engage in sculpting or painting, they must make decisions about colors, shapes, and materials, which promotes cognitive development. Working on group art projects teaches youngsters about cooperation, sharing ideas, and respecting others' perspectives, all valuable social skills.





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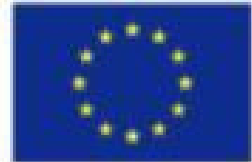


PAINTINGS AND SCULPTURES





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WE MADE OUR SLOGANS

 Youth for
sustainability 
Tiszavasvári



**Save the earth now or there
will be no earth to save!**

Youth for
sustainability



Go Green Or Go Home

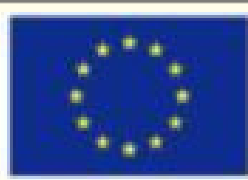


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WE MADE OUR SLOGANS





Discussion and presentations

Discussions and presentations on the topic of ecology offered numerous benefits for youngsters. They increased environmental awareness, provided valuable educational content, and encouraged critical thinking about complex environmental challenges. Youngsters gained a global perspective and recognized their role in the larger environmental context. This knowledge empowered them to take action, make informed decisions, and even consider careers in environmental fields. It also encouraged civic engagement and inspired sustainable lifestyle choices. Most importantly, ecology discussions fostered a deep respect for nature and the environment, instilling a desire to protect the planet for future generations.



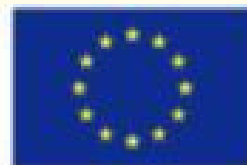


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WE TALKED ABOUT ECOLOGY





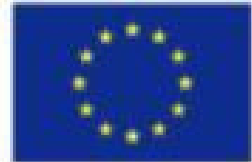
PICKING UP TRASH

Trash pick-up activities instill a sense of environmental responsibility from an early age. By actively participating in cleaning up litter and waste, youngsters developed a firsthand understanding of the impact of littering on their communities and the environment. These activities taught important life skills, including teamwork and problem-solving. Working together to collect and dispose of trash encouraged collaboration and creative thinking as they tackled challenges like where and how to dispose different types of waste. Moreover, trash pick-up fostered a connection to the natural world. As youngsters engaged with their environment on a hands-on level, they developed a deeper appreciation for the beauty and significance of nature.





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PICKING UP TRASH



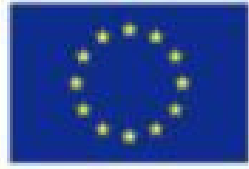


MAKING POSTERS

Creative sessions encouraged self-expression and creativity, allowing young individuals to explore and communicate their thoughts, emotions, and ideas in a non-verbal way. This was especially important for those who struggled with traditional communication or found it difficult to articulate their feelings. These activities fostered critical thinking and problem-solving skills. When youngsters engaged in painting, they made decisions about colors, shapes, and materials, which promoted cognitive development. Working on group art projects taught youngsters about cooperation, sharing ideas, and respecting others' perspectives, all valuable social skills.



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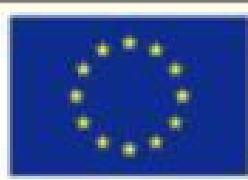


MAKING POSTERS





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Intercultural night

Participating in intercultural nights, such as those featuring Czech, Polish, Hungarian, and Romanian cultures, is highly beneficial for youngsters. These events promote cultural diversity, fostering an appreciation for different traditions, languages, and ways of life. They encourage open-mindedness, tolerance, and respect for people from various backgrounds. Intercultural nights provide a platform for youngsters to learn about global perspectives, enhancing their cultural competence and broadening their horizons. These events are a rich source of cultural education, promoting diversity, tolerance, global awareness, and social cohesion among youngsters.



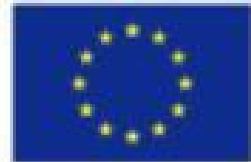


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INTERCULTURAL NIGHTS





TEA PARTY

Using the film club method, we watched short environmental films together. As part of this activity, the youngsters were able to visualize aspects of the fight for sustainability from the point of view of film products made by established artists. The idea of the activity was to understand, also through methodologies of the seventh art, the challenges that await the new generations. In this way it was possible to develop a dialogue between the producers of the work and the youngsters, as well as to develop a constructive debate between them.



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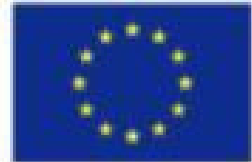


TEA PARTY





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VISIT TO THE AGRICULTURAL MUSEUM



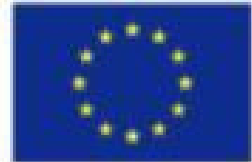


EXPERT VISIT

We received a visit from the head of the CHKO Kokořínsko National Park, Pavlína Burianová, who explained her work to the youngsters. The naturalistic reality where we were inserted is part of a characteristic area from the point of view of flora, fauna, geology as well as architecture. By showing the peculiarities of the area, the youngsters were able to understand the characteristics of the environment, how it was possible to recover the area, how to take care of it and learn the future goals for its conservation. As part of this conversation, the youngsters could understand how to preserve any type of natural landscape beyond the territorial specificities.

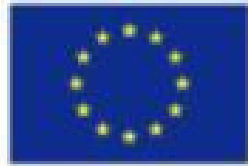


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EXPERT VISIT



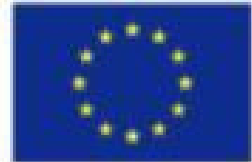


PRESENTATION TO LOCALS

To bridge the gap between our project and the community, we gave a dedicated presentation for locals. This served as a platform to display results, share insights, and spotlight the positive environmental impact of our collaborative efforts. During the session, we encouraged community members to engage with our participants, fostering a dynamic exchange of ideas, experiences, and perspectives. This provided a unique opportunity for locals to witness the passion and dedication our participants brought to the project while raising awareness about ecology.



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PRESENTATION TO THE LOCALS





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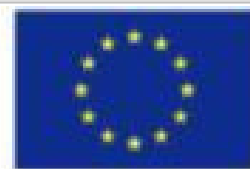
PARTICIPATING COUNTRIES

Young people from Hungary, the Czech Republic, Poland, and Romania came together in a city in Hungary and the beautiful countryside of the Czech Republic to raise environmental awareness and initiate an eco-friendly approach in their lives with this project. These countries, whose names are mentioned above, participated in the project in groups of 9 people, comprising 8 young individuals and 1 group leader.





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