

ERASMUS+ À LA PAGE: PROJECT RESULTS

ITALY GSI ITALIA CZECH REPUBLIC ICM PORTUGAL EMBAIXADA DA JUVENTUDE SLOVAKIA SYTEV
LITHUANIA TAVO EUROPA ITALY GSI ITALIA CZECH REPUBLIC ICM PORTUGAL EMBAIXADA
DA JUVENTUDE SLOVAKIA SYTEV LITHUANIA TAVO EUROPA ITALY GSI ITALIA CZECH REPUBLIC ICM
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Young Project
COORDINATORS

The project is co-funded by the European Union under the Erasmus+ Programme European Youth Together and implemented by **GSI Italia** in partnership with the Portuguese association **Embaixada da Juventude**, the Lithuanian association **TAVO EUROPA**, the Czech association **ICM JINDRICHUV HRADEC ZS** and the Slovak association **SYTEV**.



Project goals:

1) involve and mobilize: 1. young students, preferably from rural and mountainous areas and, 2. small, poorly structured youth associations with poor planning skills and ability to access European programs for young people; **2)** facilitate their connection with young people and associations from other countries, promoting structured cooperation between them to co-design the "Europe we want" on the European Youth calls; **3)** develop specific skills among teachers, operators of participating associations and volunteers, to facilitate the project activity of young people on European calls; **4)** increase the access to Erasmus + platforms and the number of project proposals submitted by young students and small participating youth associations, in the territories involved in the project.

Il progetto è cofinanziato dall'Unione Europea all'interno del Programma Erasmus+ European Youth Together e realizzato da **GSI Italia** in partenariato con l'associazione portoghese **Embaixada da Juventude**, l'associazione lituana **TAVO EUROPA**, l'associazione ceca **ICM JINDRICHUV HRADEC ZS** e l'associazione slovacca **SYTEV**.



Obiettivi del progetto:

1. coinvolgere e mobilitare in via preferenziale: 1. giovani studenti, preferibilmente di aree rurali e montuose e, 2. associazioni giovanili piccole, poco strutturate e povere di competenze in ambito progettuale e nella capacità di accesso ai programmi europei per i giovani; **2.** facilitare il loro collegamento con giovani e associazioni di altri Paesi, promuovendo tra gli stessi una cooperazione strutturata per co-progettare, all'interno dei programmi europei per la gioventù, l' "Europa che vogliamo"; **3.** sviluppare competenze specifiche tra i docenti, gli operatori delle associazioni partecipanti e volontari, capaci di facilitare l'attività progettuale dei giovani nell'accesso ai bandi dei Programmi europei; **4.** accrescere il numero di accessi alle piattaforme Erasmus+ e il numero di proposte di progetto candidate da giovani studenti e dalle piccole associazioni giovanili partecipanti, nei territori interessati dal progetto.

Projekt je spolufinancován Evropskou unií v rámci programu Erasmus+ - Evropská mládež společně a realizuje jej **GSI Italia** v partnerství s portugalským sdružením **Embaixada da Juventude**, litevským sdružením **TAVO EUROPA**, českým sdružením **ICM JINDRICHUV HRADEC ZS** a slovenským sdružením **SYTEV**.



Cíle projektu:

1) Zapojit a mobilizovat: 1. mladé studenty, nejlépe z venkovských a horských oblastí a 2. malá, špatně strukturovaná mládežnická sdružení s nedostatečnými plánovacími schopnostmi a schopností přístupu k evropským programům pro mladé lidi; **2)** usnadnit jejich propojení s mladými lidmi a sdruženími z jiných zemí a podpořit jejich strukturovanou spolupráci s cílem spoluvytvářet "Evropu, kterou chceme" v rámci evropských výzev pro mládež; **3)** rozvíjet specifické dovednosti učitelů, provozovatelů zúčastněných sdružení a dobrovolníků s cílem usnadnit projektovou činnost mladých lidí v rámci evropských výzev; **4)** zvýšit přístup k platformám programu Erasmus+ a počet návrhů projektů předkládaných mladými studenty a malými zúčastněnými sdruženími mládeže na územích zapojených do projektu.

Projekt je spolufinancovaný Európskou úniou v rámci programu Erasmus+ European Youth Together a realizuje ho **GSI Italia** v partnerstve s portugalským združením **Embaixada da Juventude**, litovským združením **TAVO EUROPA**, českým združením **ICM JINDRICHUV HRADEC ZS** a slovenským združením **SYTEV**.



Ciele projektu:

1) zapojiť a mobilizovať: 1. mladých študentov, pokiaľ možno z vidieckych a horských oblastí, a 2. malé, slabo štruktúrované mládežnícke združenia so slabými plánovacími schopnosťami a schopnosťou získať prístup k európskym programom pre mladých ľudí; **2)** uľahčovať ich spojenie s mladými ľuďmi a združeniami z iných krajín, podporovať medzi nimi štruktúrovanú spoluprácu s cieľom spoločne navrhnuť „Európu, ktorú chceme“ v rámci európskych výziev mládeže; **3)** rozvíjať špecifické zručnosti medzi učiteľmi, prevádzkovateľmi zúčastnených združení a dobrovoľníkmi, aby sa uľahčila projektová činnosť mladých ľudí v rámci európskych výziev; **4)** zvýšiť prístup k platformám Erasmus+ a počet návrhov projektov predložených mladými študentmi a malými zúčastnenými mládežníckymi združeniami na územiach zapojených do projektu.

Projekta bendrai finansuoja Europos Sąjunga pagal Erasmus+ programą Europos jaunimas kartu, o įgyvendina **GSI Italia** kartu su asociacijomis iš užsienio – **Embaixada da Juventude** iš Portugalijos, **TAVO EUROPA** iš Lietuvos, **ICM JINDRICHUV HRADEC ZS** iš Čekijos ir **SYTEV** iš Slovakijos.



Projekto tikslai:

1) įtraukti ir sutelkti: 1. jaunos studentus, pageidautina iš kaimo ir kalnuotų vietovių, ir 2. mažas, silpnai struktūruotas jaunimo asociacijas, turinčias menkų planavimo įgūdžių ir galimybių pasinaudoti Europos programomis, skirtomis jaunimui; **2)** palengvinti jų ryšius su kitų šalių jaunimu ir asociacijomis, skatinant struktūrinį jų bendradarbiavimą siekiant kartu kurti „Europą, kurios norime“ pagal Europos jaunimo kvietimus; **3)** ugdyti specialius mokytojų, dalyvaujančių asociacijų vadovų ir savanorių įgūdžius, padedančius palengvinti jaunų žmonių projekcinę veiklą, susijusią su Europos kvietimais; **4)** padidinti galimybę naudotis Erasmus+ platformomis ir padidinti jaunų studentų bei nedidelių dalyvaujančių jaunimo asociacijų pateiktų projektų pasiūlymų skaičių projekte dalyvaujančiose teritorijose.

O projeto é cofinanciado pela União Europeia no âmbito do Programa Erasmus+ European Youth Together e implementado pela GSI Italia em parceria com a associação portuguesa Embaixada da Juventude, a associação lituana TAVO EUROPA, a associação checa ICM JINDRICHUV HRADEC ZS e a associação eslovaca SYTEV.



Objetivos do projeto:

1) envolver e mobilizar: 1. jovens estudantes, de preferência de zonas rurais e de montanha, 2. associações juvenis pequenas e fracamente estruturadas, com fracas competências de planeamento e de capacidade de acesso a programas europeus para jovens; **2)** facilitar a sua ligação com jovens e associações de outros países, promovendo a cooperação estruturada entre eles para co-desenhar a "Europa que queremos" nas convocatórias europeias da juventude; **3)** desenvolver competências específicas entre professores, técnicos das associações parceiras e voluntários, para facilitar a atividade do projeto dos jovens nas convocatórias europeias; **4)** aumentar o acesso às plataformas Erasmus+ e o número de propostas de projetos apresentadas por jovens estudantes e pequenas associações juvenis participantes, nos territórios envolvidos no projeto.



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Association's main activities:

GSI Italia is a non-governmental organization of international cooperation and territorial solidarity founded in 1997. The association operates in the territory with training and awareness projects on development and underdevelopment issues. GSI ITALIA promotes projects aimed at promoting human rights and works close to the immigrant population by providing reception, protection and support measures and managing lending programs and housing guarantees. For years our organization is committed to both active citizenship as a means of building a more democratic and youthful society, developing and activating programs aimed at raising awareness of the new generation with respect to social issues. GSI ITALIA is also active in the field of international cooperation in several countries of the South of the World through development projects and distance support programs for disadvantaged communities.

SMART CITY AND SUSTAINABLE PLANET

The objective of the 24 months project, that involve local administrators and young consumers, titled Smart city and sustainable planet, is to raise awareness and activate administrative choices and individual consumption behaviors in contrast to climate change and environmental degradation in the two target populations.

Two specific objectives have been chosen with medium long term results: a reduction in intensive animal farming, for the climate and a reduction in packaging, plastic bottles in particular, for a sustainable environment, especially marine. The conferences and workshops will take place for 300 Civic Administrations, 130 participating administrators and

the expected result is to have 40 smart city projects with environmental characteristics. 60 schools will be involved, in which 52 teachers will be trained.

Exercises in creative writing and cross-border correspondence for primary school children.

Environmental training courses for 655 school students. A competition for a social campaign and a laboratory/Country with 120 participants, one cross-border with 100 participants, for the production of 10 Recommendations of smart environmental choices for civic administrators and posted on EU sites and platforms. Smart city, environmental instructions for use is the final output, presented in 4 Conferences/Country, disclosed as a good practice to be transferred.

SPORTQUAKE: A JOLT OF LIFE

The 2016 earthquake compromised the economic-tourism situation of Norcia, in fact today the city with its local commercial activities and accommodation facilities is in an extremely difficult situation. In fact, most of the available natural resources are not exploited as they could. Through this project we want to relaunch the route of the former Spoleto-Norcia railway by restoring the route to be able to use it completely and safely.

Naturally we want to encourage sustainable tourism through the use of vehicles such as bicycles and horses and therefore install several bicycle stations in Norcia, both electric and traditional. The project aims to give an economic boost to tourism, involving local realities that will benefit from the increase in tourist influx with low environmental impact. It also aims to develop a sustainable society through the full valorisation of natural heritage, with sporting and cultural activities carried out in collaboration with local businesses. Through the restructuring of the route we will obtain a resource destined to last over time and to bring ever more benefits to the Norcino area. The project will also lead to the creation of new jobs for the people who will work along the route and for the guides who will offer their availability to tell tourists about the area.

Principali attività dell'associazione:

GSI Italia è un'organizzazione non governativa di cooperazione internazionale e di solidarietà territoriale



fondata nel 1997. L'associazione opera sul territorio con progetti di formazione e di sensibilizzazione sui temi dello sviluppo e del sottosviluppo. GSI ITALIA attiva progetti finalizzati alla promozione dei diritti umani e lavora vicino alla popolazione immigrata prevedendo misure di accoglienza, tutela e sostegno e gestendo programmi di prestito d'onore e fidejussione abitativa. Da anni la nostra organizzazione è impegnata sia sul tema della cittadinanza attiva, come mezzo di costruzione di una società più democratica, che su quello della gioventù, sviluppando e attivando programmi volti alla sensibilizzazione delle nuove generazioni rispetto ai temi sociali. GSI ITALIA è, infine, attiva nel campo della cooperazione internazionale in diversi Paesi del Sud del Mondo attraverso progetti di sviluppo e programmi di sostegno a distanza a favore di comunità disagiate.

SMART CITY E PIANETA SOSTENIBILE

L'obiettivo del progetto della durata di 24 mesi, che coinvolge amministratori locali e giovani consumatori, dal titolo Smart city e pianeta sostenibile, è quello di sensibilizzare e attivare scelte amministrative e comportamenti di consumo individuali in contrasto al cambiamento climatico e al degrado ambientale nelle due popolazioni target. Sono stati scelti due obiettivi specifici con risultati di medio lungo termine: la riduzione degli allevamenti intensivi, per il clima e la riduzione degli imballaggi, in particolare delle bottiglie di plastica, per un ambiente sostenibile, soprattutto marino.



I convegni e i workshop si svolgeranno per 300 Amministrazioni Civiche, 130 amministratori partecipanti e il risultato atteso è quello di avere 40 progetti di smart city con caratteristiche ambientali. Saranno coinvolte 60 scuole, nelle quali verranno formati 52 insegnanti.

Esercizi di scrittura creativa e corrispondenza transfrontaliera per i bambini delle scuole primarie.

Corsi di formazione ambientale per 655 studenti delle scuole. Un concorso per una campagna sociale e un laboratorio / Paese con 120 partecipanti, uno transfrontaliero con 100 partecipanti, per la produzione di 10 Raccomandazioni di scelte ambientali intelligenti per amministratori civici e pubblicate su siti e piattaforme UE. Smart city, istruzioni ambientali per l'uso è il risultato finale, presentato in 4 Convegni/Paese, divulgato come buona pratica da trasferire.

SPORTQUAKE: UNA SCOSSA DI VITA

Il terremoto del 2016 ha compromesso la situazione economico-turistica di Norcia infatti ad oggi la città con le sue attività commerciali locali e le strutture ricettive versa in una situazione estremamente difficile. La maggior parte delle risorse naturali disponibili infatti non vengono sfruttate come potrebbero. Attraverso questo progetto vogliamo rilanciare il tracciato della ex ferrovia Spoleto-Norcia ripristinando il percorso per poterlo sfruttare completamente ed in sicurezza. Naturalmente vogliamo incentivare il turismo sostenibile attraverso l'uso di mezzi come biciclette e cavalli e quindi installare a Norcia diverse stazioni per biciclette, sia elettriche che tradizionali.

Il progetto mira a dare un impulso economico al turismo, coinvolgendo le realtà locali che trarranno vantaggio dall'aumento dell'afflusso turistico a basso impatto ambientale, si vuole inoltre sviluppare una società sostenibile attraverso la piena valorizzazione del patrimonio naturale, con attività sportive e culturali svolte in collaborazione con le imprese locali. Attraverso la ristrutturazione del percorso otterremo una risorsa destinata a durare nel tempo e a portare sempre più benefici al territorio norcino. Il progetto porterà altresì a creare nuovi posti di lavoro per le persone che lavoreranno lungo il percorso e per le guide che offriranno la loro disponibilità per raccontare il territorio ai turisti.

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Association's main activities:

Association ICM Jindřichův Hradec z.s. was founded in 2014. The main activity of the association is regular year-round activities in the field of work with organized and unorganized children and youth, formal and informal education of youth and adult citizens of the Czech Republic and the EU, information and advisory service for youth and the general public, and leisure activities for children and youth. We cooperate with schools, state administration, business entities, politicians at all levels, interest organizations for youth and the non-profit sector. Our priority is the support and development of critical thinking of young people, which will enable meaningful participation of youth and their direct involvement in creating conditions for their active life. We cooperate with a number of organizations at the international level.

DON'T BE AFRAID OF CHANGE

The main goal of the project is to give participants the opportunity break down prejudices and stereotypes regarding healthy lifestyle in the international environment. Secondary objectives will be intercultural dialogue, the development of young people's skills and attitudes, and they will begin their responsible approach to a healthy lifestyle. Although a healthy lifestyle is a highly debated topic, there are still some those who don't know exactly what it is. Young people all over Europe have the same problems resulting from an unhealthy approach to life. The project will take place in the Czech Republic, Jindřichův Hradec - Ratmírov. The project will involve 49 young people, including disadvantaged young people and young people with special needs, group leader, support for participants will be provided by the project facilitator.



Non-formal education methods will be used during the education.

Project participants will be given the opportunity to break down prejudices and stereotypes in the field of a healthy lifestyle and understand their effects. Participation in the project will improve your ability to participate in international projects. The organization will allow participants to implement the knowledge, skills and experiences acquired in activities that the organization organizes. The results of the project will be published on the Internet, in the press and on the Erasmus+ project results platform. The impact of the project on participants and organizations is sustainable.

CHANGE THE WORLD AROUND YOU

The main objective of the "change the world around you" project is to strengthen European values and break down prejudices and stereotypes related to youth involvement to democratic life and to social and civil society.

Sub-objectives: to ensure the conditions for the participation of disadvantaged mobility participants in intercultural dialogue and learning, to strengthen the sense of Europeanness, to develop the civic skills and attitudes of young people. The Youth Mobility Partnership is made up of 7 non-profit organisations, will take place in the Czech Republic and will involve 32 people, including disadvantaged young people, 8 leaders and a project facilitator who will provide support to the participants.

It will understand the need to involve young people in addressing issues head-on consider them in a broader context. They will improve their critical thinking skills, communication in English, ability to work in an international team, self-learning skills, reflection, the ability to think and act creatively. At the same time, they will get better their ability to listen, discuss and argue, develop empathy towards disadvantaged people participants. They will learn to present the results of their learning. Participants will strengthen their sense of European belonging and learn about the opportunities offered from the Erasmus+ training programme.

Hlavní činnosti sdružení

Spolek ICM Jindřichův Hradec z.s. byl založen v roce 2014. Hlavní činností sdružení je pravidelná celoroční činnost v oblasti práce s organizovanými i neorganizovanými dětmi a mládeží, formální a neformální vzdělávání mládeže a dospělých občanů ČR a EU, informační a poradenský servis pro mládež a širokou veřejnost a volnočasové aktivity pro děti a mládež. Spolupracujeme se školami, státní správou, podnikatelskými subjekty, politiky všech úrovní, zájmovými organizacemi pro mládež a neziskovým sektorem. Naší prioritou je podpora a rozvoj kritického myšlení mladých lidí, které umožní smysluplnou participaci mládeže a její přímé zapojení do vytváření podmínek pro její aktivní život. Spolupracujeme s řadou organizací na mezinárodní úrovni.

NÁZEV: NEBOJTE SE ZMĚNY

Hlavním cílem projektu je poskytnout účastníkům možnost odbourat předsudky a stereotypy týkající se zdravého

životního stylu v rámci mezinárodním prostředí. Vedlejšími cíli budou mezikulturní dialog, rozvoj dovedností a postojů mladých lidí a začnou zodpovědně přistupovat ke zdravému životnímu stylu. Přestože je zdravý životní styl velmi diskutovaným tématem, stále existují některé těch, kteří přesně nevědí, co to je. Mladí lidé v celé Evropě mají stejné problémy vyplývající z nezdravého přístupu k životu. Projekt se uskuteční v České republice, v Jindřichově Hradci - Ratmírově. Do projektu se zapojí 49 mladých lidí, včetně znevýhodněných mladých lidí a mladých lidí se speciálními potřebami, skupina 7 vedoucích, podporu účastníkům bude poskytovat facilitátor projektu. Při vzdělávání budou využity metody neformálního vzdělávání. Účastníci projektu budou mít možnost odbourávat předsudky stereotypy v oblasti zdravého životního stylu a pochopit jejich dopady. Účast na projektu zlepší schopnost účastnit se mezinárodních projektů. Organizace umožní účastníkům realizovat znalosti, dovednosti a zkušenosti získané v rámci aktivitách, které organizace pořádá. Výsledky projektu budou zveřejněny na internetu, v tisku a na platformě výsledků projektu Erasmus+. Dopad projektu na účastníky a organizace je udržitelný.

NÁZEV: ZMĚŇTE SVĚT KOLEM SEBE

Hlavním cílem projektu "Změň svět kolem sebe" je posílit evropské hodnoty a odbourat předsudky a stereotypy týkající se zapojení mládeže. s demokratickým životem a se sociální a občanskou společností. Dílčí cíle: zajistit podmínky pro účast znevýhodněných účastníků mobilit na mezikulturním dialogu a učení, posílit pocit evropanství, rozvíjet občanské dovednosti a postoje mladých lidí. Partnerství pro mobilitu mládeže je tvořeno 7 neziskovými organizacemi, uskuteční se v České republice a zapojí se do něj 32 osob, včetně znevýhodněných mladých lidí, 8 vedoucích a facilitátor projektu, který bude účastníkům poskytovat podporu. Bude chápat potřebu zapojit mladé lidi do řešení problémů přímo v praxi uvažovat o nich v širším kontextu. Zdokonalí své schopnosti kritického myšlení, komunikaci v angličtině, schopnost pracovat v mezinárodním týmu, dovednosti sebevzdělávání, reflexe, schopnost kreativního myšlení a jednání. Zároveň získají lepší jejich schopnost naslouchat, diskutovat a argumentovat, rozvíjet empatii vůči znevýhodněným lidem. účastníci. Naučí se prezentovat výsledky svého učení. Účastníci posílí svůj pocit evropské sounáležitosti a seznámí se s možnostmi, které se jim nabízejí. ze vzdělávacího programu Erasmus+.



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Association's main activities:

A non-governmental organization based in Kysucke Nove Mesto, working at the local, regional, national and international level. The main focus is daily work with children and youth at the local level in the Kysúc region through the Kysucko-Novo-Mestsky Youth Parliament, YC|Youth Club, Kysuce Volunteer Center, Youth Information Center, European Information Point for Youth Eurodesk and DofE Open Center and international level through Erasmus+ and Visegrad projects.

RENEWAL OF COMMUNITY LIFE

Through the project, we, first of all, want to provide and enable young people to meet in common spaces and in events that goal to revive and strengthen the community of Kysucké Nové Mesto. We want to create an opportunity to be part of a community, which is so important and so overlooked in today's online age. Our activities that we will carry out will be divided into active and passive units. Among the passive activities we remember the commented screening of documents with interesting guests; campaigns we will conduct online for mental health; the creation of workshops on a regular basis in our youth club is part of the other activities during the year in which we will have the opportunity to evaluate and improve other activities that await us. Among the activities planned in a personal interactive form, we remember the city festival Sewer Street Fest, which includes a large number of activities for young people. It includes sporting activities such as skateboarding, BMX, freestyle scooters, children's activities and various workshops up to interaction with artists who create works right in front of visitors. Also, on Earth Day, we will come together and do something for nature and, in collaboration

with schools and city volunteers, we will clean selected areas of the city from garbage. Father's Day and Women's Day are also important. We want to give gifts to fathers and women on the street and put a smile on their faces.

COME OUT

Creating an outside relaxing area that teacher and students can use for educational purposes to learn in different more non-formal way. This place will be used during warmer days and through breaks between classes, to help with socialization of students. Making a comfortable space on school grounds and having a area to get some fresh air through school time.

LIFE IS A FIGHT

Reconstruction of an old gymnastic room at school. This will be done by removing broken equipment, cleaning room, painting walls later decorating them with murals. Goal is to make this room look more comfortable so students feel more motivated to train during P.E.. Another part of the project is starting a martial art club of a sport called WonHwaDo. This club will take place in said gymnastic room on a regular schedule.

Hlavné aktivity združenia:

Mimovládna organizácia so sídlom v Kysuckom Novom Meste pôsobiaca na miestnej, regionálnej, národnej a medzinárodnej úrovni. Hlavným zameraním je každodenná práca s deťmi a mládežou na lokálnej úrovni v regióne Kysúc prostredníctvom Kysucko-novo-mestského parlamentu mládeže, YC|klubu mládeže, Kysuckého dobrovoľníckeho centra, Informačného centra pre mládež, Európskeho informačného bodu pre mládež Eurodesk, DofE otvorené centrum a medzinárodná úroveň prostredníctvom projektov Erasmus+ a Visegrád

NÁZOV: OBNOVA KOMUNITNÉHO ŽIVOTA

Prostredníctvom projektu chceme v prvom rade poskytnúť a umožniť mladým ľuďom stretávať sa v spoločných





priestoroch a na podujatiach, ktorých cieľom je oživiť a posilniť komunitu Kysuckého Nového Mesta. Chceme vytvoriť príležitosť byť súčasťou komunity, ktorá je v dnešnej online dobe taká dôležitá a tak prehlíadaná. Naše aktivity, ktoré budeme vykonávať, budú rozdelené na aktívne a pasívne celky. Z pasívnych aktivít si pamätáme komentované premietanie dokumentov so zaujímavými hosťami; kampane, ktoré budeme viesť online pre duševné zdravie; Vytváranie workshopov na pravidelnej báze v našom klube mládeže je súčasťou ďalších aktivít počas roka, v ktorých budeme mať možnosť zhodnotiť a zlepšiť ďalšie aktivity, ktoré nás čakajú. Z aktivít plánovaných osobnou interaktívnou formou si pamätáme mestský festival Sewer Street Fest, ktorý zahŕňa veľké množstvo aktivít pre mladých. Zahŕňa športové aktivity ako s kateboarding, BMX, freestyle kolobežky, detské aktivity a rôzne workshopy až po interakciu s umelcami, ktorí tvoria diela priamo pred očami návštevníkov. Aj na Deň Zeme sa spojíme a urobíme niečo pre prírodu a v spolupráci so školami a mestskými dobrovoľníkmi vyčistíme vybrané časti mesta od odpadkov. Dôležitý je aj Deň otcov a Deň žien. Chceme obdarovať oteckov a ženy na ulici a vyčariť im úsmev na tvári.

NÁZOV: POĎ VON

Vytvorenie vonkajšieho relaxačného priestoru, ktorý môžu učitelia a študenti využiť na vzdelávacie účely, aby sa učili iným, neformálnejším spôsobom. Toto miesto sa bude využívať počas teplejších dní a cez prestávky medzi vyučovaním na pomoc pri socializácii žiakov. Vytvorenie pohodlného priestoru na školskom pozemku a priestor na čerstvý vzduch počas školského času.

NÁZOV: ŽIVOT JE BOJ

Rekonštrukcia starej telocvične v škole. To sa uskutoční odstránením rozbitého zariadenia, upratovaním miestnosti, maľovaním stien a ich neskorším zdobením nástennými maľbami. Cieľom je, aby táto miestnosť vyzerala pohodlnejšie, aby sa študenti cítili viac motivovaní trénovať počas telesnej výchovy. Ďalšou súčasťou projektu je založenie klubu bojových umení v športe s názvom WonHwaDo. Tento krúžok bude prebiehať v uvedenej gymnastickej miestnosti podľa pravidelného harmonogramu.

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Association's main activities

Tavo Europa, established in Lithuania, provides an environment where young individuals can gain practical experience and insights into European matters and civic responsibilities. Every year, we open our doors to over 20 local university students, offering them hands-on internships that immerse them in real-world challenges. At Tavo Europa, we believe in more than just education; we believe in transformative experiences. Annually, we involve over 1,000 learners, ranging from 14 to 30 years old. Through our advanced training programs, we elevate the expertise of at least 200 youth workers each year, propelling them towards lifelong learning. Our mission is to empower EVERY young individual, especially those with fewer opportunities. Whether they're from rural areas, living with disabilities, representing minorities, or navigating life as refugees, we're here to ensure they not only fit in but stand out.

HOW TO LEAVE THE STEREOTYPES BEHIND

The project "How to Leave the Stereotypes Behind" aims to address and combat gender stereotypes among young people in Lithuania, Bulgaria, Poland, Latvia and Czechia. The project's primary aim is to combat stereotypes that hinder individuals' personal and professional development. It seeks to inspire intellectual thinking about how stereotypes can be avoided and ultimately promote a more tolerant and democratic society. The project is based on non-formal education principles, creating an environment for self-discovery, active participation, experiential learning, and promoting a non-competitive, group-oriented approach.



The project is designed to explore and understand how young people interact with those of the same and different genders. It seeks to address the impact of stereotypes on relationships, communication, and gender roles and through a range of activities, to challenge stereotypes, foster acceptance, and encourage meaningful coexistence between genders.

The project will take place in March 2024. It will collaborate with different European NGOs and with entities such as the European Institute for Gender Equality (EIGE), political parties, and academic institutions specializing in gender studies.

In summary, this project aims to combat gender stereotypes, promote tolerance, and encourage the meaningful coexistence of individuals of all genders. It seeks to create a more inclusive and understanding society by challenging stereotypes and fostering acceptance.

THINK HEALTHY – FEEL HEALTHY

The project "Think Healthy – Feel Healthy" focuses on mental health and practices for its improvement among young people.

The project aims to empower young people, regardless of their social, cultural, or economic backgrounds, to maintain good mental health, seek help when needed, recognize the needs of others, and engage in open discussions about mental health. It seeks to ensure that participants are well-informed with the latest research, expert recommendations, and officially approved practices to avoid misleading information, stereotypes, and outdated methodologies.

The project's international collaboration from Lithuania, Cyprus, Sweden and Poland aims to destigmatize mental disorders and encourage open dialogue. Youth exchange will involve the local community, governmental and non-governmental institutions and young people that will allow for local organizations to learn from practices in other countries.

The activities are planned for seven days in which the program includes various activities such as daily discussions, diaries for participants to record their thoughts, and mindfulness sessions to support mental well-being, spending time in nature, and building their own library with the resources about mental health. In summary, the "Think Healthy – Feel Healthy" project aims to address mental health, reduce stigmatization, and provide young people with tools and knowledge to maintain good mental health and support their peers.

Pagrindinės asociacijos veiklos

Lietuvoje įsteigta organizacija Tavo Europa sudaro sąlygas jauniems žmonėms įgyti praktinės patirties ir žinių apie Europos reikalus bei pilietinę atsakomybę. Kasmet atveriamė duris daugiau nei 20 vietos universitetų studentų ir siūlome jiems profesinę praktiką, kurios metu jie susiduria su realiais iššūkiais. Tavo Europa tiki ne tik švietimu, bet ir transformuojančia patirtimi. Kasmet į mūsų veiklą įsitraukia daugiau nei 1 000 besimokančiųjų, kurių amžius – nuo 14 iki 30 metų. Kasmet per pažangias mokymo programas tobuliname bent 200 su jaunimu dirbančių asmenų žinias ir skatiname juos mokytis visą gyvenimą.

Mūsų misija – suteikti daugiau galimybių VISIEMS jauniems žmonėms, ypač tiems, kurie turi mažiau galimybių.

Nesvarbu, ar jie yra iš kaimo vietovių, ar gyvena su negalia, ar atstovauja mažumoms, ar gyvena kaip pabėgėliai, mes esame čia tam, kad jie ne tik pritaptų, bet ir išsiskirtų.

KAIP ATSIKRATYTI STEREOTIPŲ

Projekto „Kaip atsikratyti stereotipų“ (angl. How to Leave Stereotypes Behind) tikslas – atkreipti dėmesį į lyčių stereotipus ir kovoti su jais tarp jaunų žmonių Lietuvoje, Bulgarijoje, Lenkijoje, Latvijoje ir Čekijoje.

Pagrindinis projekto tikslas – kovoti su stereotipais, kurie trukdo asmeniniam ir profesiniam tobulėjimui. Juo siekiama skatinti intelektualinį mąstymą apie tai, kaip galima išvengti stereotipų ir galiausiai skatinti tolerantiškesnę ir demokratiškesnę visuomenę.

Projektas grindžiamas neformaliojo ugdymo principais, kuriant savęs pažinimo, aktyvaus dalyvavimo, patirtinio mokymosi aplinką ir skatinant nekonkurencinį, į grupę orientuotą požiūrį.

Projektu siekiama ištirti ir suprasti, kaip jaunimas bendrauja su tos pačios ir skirtingų lyčių asmenimis. Juo siekiama atkreipti dėmesį į stereotipų poveikį santykiams, bendravimui ir lyčių vaidmenims, o per įvairią veiklą paneigti stereotipus, ugdyti priėmimą ir skatinti prasmingą lyčių sambūvį.

Projektas bus įgyvendintas 2024 m. kovo mėn. Bus bendradarbiaujama su įvairiomis Europos nevyriausybinėmis organizacijomis ir tokiais subjektais kaip Europos lyčių lygybės institutas (EIGE), politinėmis partijomis ir akademinėmis institucijomis, besispecializuojančiomis lyčių studijų srityje.

Apibendrinant galima teigti, kad šiuo projektu siekiama kovoti su lyčių stereotipais, skatinti toleranciją ir prasmingą

visų lyčių asmenų sambūvį. Juo siekiama kurti labiau įtraukią ir supratingą visuomenę kovojant su stereotipais ir skatinant priėmimą.

MĄSTYK SVEIKAI – JAUSKIS SVEIKAS

Projektas „Mąstyk sveikai – jauskis sveikas“ (angl. Think Healthy – Feel Healthy) skirtas jaunimo psichikos sveikatai ir jos gerinimo praktikai.

Projekto tikslas – įgalinti jaunus žmones, nepriklausomai nuo jų socialinės, kultūrinės ar ekonominės padėties, palaikyti gerą psichikos sveikatą, prireikus kreiptis pagalbos, atpažinti kitų poreikius ir atvirai diskutuoti apie psichikos sveikatą. Siekiama užtikrinti, kad dalyviai būtų gerai informuoti apie naujausius mokslinius tyrimus, ekspertų rekomendacijas ir oficialiai patvirtintą praktiką, kad būtų išvengta klaidinančios informacijos, stereotipų ir pasenusių metodikų.

Bendradarbiaujant Tarptautinis Lietuvos, Kipro, Švedijos ir Lenkijos organizacijoms siekiama destigmatizuoti psichikos sutrikimus ir skatinti atvirą dialogą. Į jaunimo mainus bus įtraukta vietos bendruomenė, vyriausybės ir nevyriausybės institucijos bei jauni žmonės, suteikiant erdvę dalijimuisi gerosiomis praktikomis.

Užsiėmimai suplanuoti septynioms dienoms, per kurias programa apima įvairias veiklas, pavyzdžiui, kasdienes diskusijas, dienoraščius, kuriuose dalyviai gali fiksuoti savo mintis, dėmesingo įsisaugojimo užsiėmimus, skirtus psichikos gerovei palaikyti, laiko praleidimą gamtoje, savo bibliotekos su šaltiniais apie psichikos sveikatą kūrimą.

Apibendrinant galima teigti, kad projektu „Mąstyk sveikai – jauskis sveikas“ siekiama spręsti psichikos sveikatos problemas, mažinti stigmatizaciją ir suteikti jaunimui priemonių bei žinių, kaip palaikyti gerą psichikos sveikatą ir padėti bendraamžiams.



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Association's main activities:

Embaixada da Juventude, located in the Porto District's rural area, is an active member of the community. We organize socio-cultural events, solidarity activities, and youth projects, and we promote opportunities both locally and globally. Our mission is to be the primary resource for young people looking for international opportunities in entrepreneurship, education, culture, and sports. We encourage young people to participate in international exchanges, training, and volunteer work that benefits the local community.

We encourage young people to start projects in areas such as social inclusion, environmental sustainability, entrepreneurship, and others. Furthermore, we assist youth in project development by bringing in foreign participants to increase their value. Our primary focus is on youth, including vulnerable groups and NEETs. We organize youth gatherings, promote Erasmus+

projects, and run theater groups to help young people develop soft skills.

We also provide opportunities for young people to participate in European mobilities, thereby promoting European identity and global citizenship. Our primary agenda is to promote democratic values by utilizing Erasmus+ as a proactive tool. We are actively involved in Erasmus+ KA1, KA2, ESC, and Europe for Citizens, hosting entrepreneurs and interns to enrich their experiences.

THEORY AND PRACTICE ON PROJECT DESIGNING

Theory and practice on project designing is an innovative project designed to address the specific needs of youth workers involved in organizing and coordinating Erasmus+ KA1 projects. The project aims to enhance their project management skills and knowledge, focusing on key areas such as needs assessment, problem analysis, partnership building, dissemination strategies, and project follow-up. Through a combination of theoretical lessons, interactive workshops, practical activities, and hands-on experiences, participants will acquire practical tools and techniques to effectively plan, implement, and evaluate successful Erasmus+ projects. The project will bring together 30 participants from Portugal, Romania, Cyprus, Italy, Türkiye and Poland, ensuring a diverse and inclusive environment for learning and collaboration. Participants will engage in a

range of activities, including SWOT analysis, target audience analysis, GANTT chart creation, budgeting exercises, stakeholder meetings, conferences with target groups, and group work. These activities will be conducted in a non-formal learning setting, encouraging active participation, sharing of experiences, and peer-to-peer learning. By the end of the project, participants will have developed a comprehensive understanding of one project management principles, non-formal education methodologies, and the Erasmus+ program, enabling them to generate innovative project ideas, effectively manage partnerships, and contribute to the development of their local communities.

CONNECTION: NEET CAN ACTION

The "CoNEETion: NEET Can Action" project focuses on improving the quality of youth work, particularly in relation to working with NEET youth and addressing social exclusion. Through a series of simulation games, workshops, team activities, debates, and open discussions, the project aims to provide youth workers with practical skills and knowledge to better assist NEET youth and promote their integration into society. The project emphasizes non-formal education methods, empowering youth workers to develop their own projects and gain self-confidence in their roles. By creating a diverse and intercultural learning environment, the project also encourages the exchange of practices and realities among participating organizations, fostering cooperation and mutual understanding. The project places a strong emphasis on evaluation and impact assessment. Formal and summative evaluations are conducted throughout the project to assess the achievement of objectives and gather participants' opinions on the effectiveness of the program. Practical recommendations are developed based on the evaluation findings and made available online for other organizations to benefit from. The project also ensures ongoing support and mentorship for participants, with follow-up coaching sessions and a feedback questionnaire three months after the project concludes. By actively involving partner organizations and participants in the evaluation and feedback process, the project aims to continuously improve and have a lasting impact on the quality of youth work and the development of joint projects at the national and international levels.

SAVE THE ENVIRONMENT: BECOME A GREEN HERO!

"Save the Environment: Become a Green Hero!" is a youth exchange project that brings together 30 participants from Portugal, Spain, Turkey, Romania, Poland, and Cyprus for a six-day program focused on environmental sustainability. Through non-formal learning and

intercultural exchange, participants will gain a deep understanding of environmental issues, explore innovative ideas for a plastic-free lifestyle, and develop practical skills to raise awareness in their communities. The project aims to empower young people to become ambassadors of environmental sustainability, equipped with tools such as a sustainability board game, a bicycle flash mob, and a comprehensive "Take Actions Manual" to promote environmental practices in their communities. By fostering collaboration and intercultural exchange, the project aims to inspire young people to take constructive actions towards environmental issues and drive positive change in their communities, while promoting a sense of global citizenship and responsibility towards the planet.

Principais atividades da Associação:

A Embaixada da Juventude, localizada na zona rural do Distrito do Porto, é um membro ativo da comunidade. Organiza eventos socioculturais, atividades de solidariedade e projetos juvenis e promove oportunidades tanto local como globalmente. A sua missão consiste em ser o principal recurso para jovens que buscam oportunidades internacionais em empreendedorismo, educação, cultura e desporto.

Incentiva os jovens a participar em intercâmbios internacionais, formação e trabalho voluntário que beneficiem a comunidade local.

Incentiva os jovens a iniciar projetos em áreas como a inclusão social, sustentabilidade ambiental, empreendedorismo, entre outras. Além disso, ajuda os jovens no desenvolvimento de projetos, trazendo participantes estrangeiros que possam aumentar o seu valor. O foco principal reside nos jovens, sobretudo grupos vulneráveis e NEETs. Organiza encontros de jovens, promove projetos Erasmus+ e gere grupos de teatro para incentivar os jovens a desenvolver competências interpessoais.

Também oferece oportunidades para os jovens participarem em mobilidades europeias, promovendo assim a identidade europeia e a cidadania global. A agenda principal é promover os valores democráticos, utilizando o Erasmus+ como uma ferramenta proativa. Estamos ativamente envolvidos no programa Erasmus+ KA1, KA2, ESC e Europa para os Cidadãos, acolhendo empreendedores e estagiários para enriquecer as suas experiências.



TEORIA E PRÁTICA NA CONCEPÇÃO DE PROJETOS

Teoria e prática na concepção de projetos é um projeto inovador concebido para responder às necessidades específicas dos técnicos de juventude envolvidos na organização e coordenação de projetos Erasmus+ KA1. O projeto visa melhorar as suas competências e conhecimentos de gestão de projetos, concentrando-se em áreas-chave como avaliação de necessidades, análise de problemas, construção de parcerias, estratégias de divulgação e acompanhamento de projetos. Através de uma combinação de aulas teóricas, workshops interativos, atividades práticas e experiências práticas, os participantes irão adquirir ferramentas e técnicas práticas para planejar, implementar e avaliar com eficácia Projetos Erasmus+. O projeto reunirá 30 participantes de Portugal, Roménia, Chipre, Itália, Turquia e Polónia, garantindo um ambiente diversificado e inclusivo para aprendizagem e colaboração. Os participantes participarão numa série de atividades, incluindo análise SWOT, análise do público-alvo, criação de gráficos de GANTT, exercícios orçamentários, reuniões de partes interessadas, conferências com grupos-alvo e trabalho em grupo. Estas atividades serão realizadas num ambiente de aprendizagem não formal, incentivando a participação ativa, a partilha de experiências e a aprendizagem entre pares. No final do projeto, os participantes terão desenvolvido uma compreensão abrangente dos princípios da gestão de projetos, das metodologias de educação não formal e do programa Erasmus+, permitindo-lhes gerar ideias de projetos inovadoras, gerir eficazmente parcerias e contribuir para o desenvolvimento das suas comunidades locais.

CONNECTION: NEET PODEM AGIR

O projeto "CoNEEcTion: NEET Can Action" centra-se na melhoria da qualidade do trabalho com jovens, particularmente no que diz respeito ao trabalho com jovens NEET e ao combate à exclusão social. Através de uma série de jogos de simulação, workshops, atividades em grupo, debates e discussões abertas, o projeto visa proporcionar aos trabalhadores juvenis competências e conhecimentos práticos para melhor intervir com os jovens NEET e promover a sua integração na sociedade. O projeto enfatiza métodos de educação não formal, capacitando os técnicos de juventude para desenvolverem os seus próprios projectos e ganharem autoconfiança nas suas funções. Ao criar um ambiente de aprendizagem diversificado e intercultural, o projeto também incentiva a troca de práticas e realidades entre as organizações

participantes, promovendo a cooperação e a compreensão mútua. O projeto coloca uma forte ênfase na avaliação e na avaliação de impacto. Avaliações formais e sumativas são realizadas ao longo do projeto para avaliar o alcance dos objetivos e recolher as opiniões dos participantes sobre a eficácia do programa. Recomendações práticas são desenvolvidas com base nos resultados da avaliação e disponibilizadas online para que outras organizações possam beneficiar. O projeto também garante apoio e mentoria contínuos aos participantes, com sessões de coaching de acompanhamento e um questionário de feedback três meses após a conclusão do projeto. Ao envolver ativamente organizações parceiras e participantes no processo de avaliação e feedback, o projeto visa melhorar continuamente e ter um impacto duradouro na qualidade do trabalho com jovens e no desenvolvimento de projetos conjuntos ao nível nacional e internacional.

SALVE O MEIO AMBIENTE: TORNE-SE UM HERÓI VERDE!

"Salve o meio ambiente: torne-se um herói verde!" é um projeto de intercâmbio de jovens que reúne 30 participantes de Portugal, Espanha, Turquia, Roménia, Polónia e Chipre para um programa de seis dias focado na sustentabilidade ambiental. Através da aprendizagem não formal e do intercâmbio intercultural, os participantes obterão uma compreensão profunda sobre as questões ambientais, explorarão ideias inovadoras para um estilo de vida sem plástico e desenvolverão competências práticas para aumentar a sensibilização nas suas comunidades. O projeto visa capacitar os jovens para se tornarem embaixadores da sustentabilidade ambiental, equipados com ferramentas como um jogo de tabuleiro de sustentabilidade, um flash mob de bicicleta e um abrangente "Manual de Ações" para promover práticas ambientais nas suas comunidades. Ao promover a colaboração e o intercâmbio intercultural, o projeto visa inspirar os jovens a tomar ações construtivas em relação às questões ambientais e a impulsionar mudanças positivas nas suas comunidades, ao mesmo tempo que promove um sentido de cidadania global e de responsabilidade para com o planeta.



GIOVANI PROGETTISTI CRESCONO

YOUNG PROJECT COORDINATORS
GROW UP

COME IMPARARE A FORMULARE LA TUA
PROPOSTA DI PROGETTO E FARSI AIUTARE
DALL'EUROPA A REALIZZARLA

HOW TO LEARN TO FORMULATE YOUR PROJECT PROPOSAL
AND GET HELP FROM EUROPE TO REALIZE IT

MLADÍ KOORDINÁTORI PROJEKTOV PODRÁSTE

AKO SA NAUČIT FORMULOVAT NÁVRH
PROJEKTU A ZÍSKAŤ POMOC Z EURÓPY
PRI JEHO REALIZOVANÍ

OS JOVENS COORDENADORES DE PROJETOS CRESCEM

COMO APRENDER A FORMULAR A SUA
PROPOSTA DE PROJETO E OBTER AJUDA
DA EUROPA PARA O REALIZAR

VYRŮSTAJÍ MLADÍ KOORDINÁTOŘI PROJEKTŮ

JAK SE NAUČIT FORMULOVAT SVŮJ
NÁVRH PROJEKTU A ZÍSKAT POMOC
Z EVROPY K JEHO REALIZACI



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AUGANTYS JAUNIEJI PROJEKTŲ KOORDINATORIAI

KAIP TEIKTI PARAŠKĄ JAUNIMO
PROJEKTUI IR GAUTI PARAMĄ JO
ĮGYVENDINIMUI?

ERASMUS+ À LA PAGE: PROJECT RESULTS

ITALY GSI ITALIA CZECH REPUBLIC ICM PORTUGAL EMBAIXADA DA JUVENTUDE SLOVAKIA SYTEV
LITHUANIA TAVO EUROPA ITALY GSI ITALIA CZECH REPUBLIC ICM PORTUGAL EMBAIXADA
DA JUVENTUDE SLOVAKIA SYTEV LITHUANIA TAVO EUROPA ITALY GSI ITALIA CZECH REPUBLIC ICM
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Young Project
COORDINATORS