



YOUTH EXCHANGE

Culture, Art

and About

JANUARY 2-10.01.2024



**Co-funded by
the European Union**

Participating Countries



North Macedonia
EduArt



Spain
A La Mua



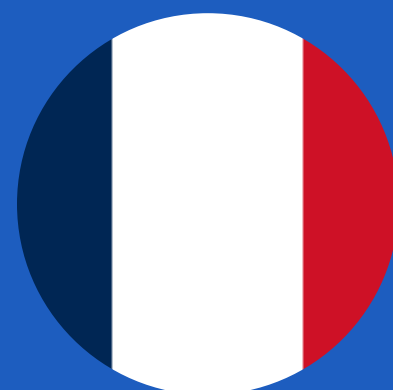
Italy
Be The Change



Denmark
Danish Youth Team



Türkiye
Güçlü Gelecek Derneği



France
MED13



Project Description

Number of participants:
36 participants (6 participants per country)

This cultural exchange "Culture, Art, and About," can create a new level of awareness for young people in this project and wider, who may not yet know about your, mine or other countries' cultures, and lead them to an understanding that will are all more similar than different and that we will our own beauties and wealth to share with other.



Working Methods

The entire project will be based on non-formal learning methods using tools and practices already proven for working in groups, and special focus will be paid to tools and methods based on arts such as painting and drawing.

The planned workshops and activities are formed in a way to complete the aim of this project. Activities to get to know each other, teambuilding and ice-breaking activities to touch and go deep into the topic of culture, to increase participants' knowledge.

Reflection and evaluation activities will help participants reflect on the day, their learning path their competencies and the projects in general.



Project Objectives

To discover cultural similarities through art elements.

To raise awareness of cultural stereotypes and how to break them.

To initiate and to talk about culture, art and its importance.

To promote culture through art, preserve the heritage through sharing and promoting it in a youthful and creative way.

Share and teach older on your traditions, habits, music, dances, etc...

Explore different elements of arts: music, dance, painting, storytelling, digital movies, crafting, etc...

Increase participant's knowledge of how to improve the youth of the internet and youth social media in a positive way for their own benefit.

Discover the world from another perspective and “travel” through different elements open the door and encourage young people to share more about their traditions, songs, languages, and poetry, using popular channels and applications on social media.

Focus on inheriting the culture, wakening creativity and using it to create an impact.

Promoting ERASMUS+ opportunities and possibilities for young people, as well as focusing on developing competencies among young people.



Type of Workshops Implemented During the Project



1

Energizers Before Each Activity

Short and engaging physical activities performed between workshops in order to boost energy and dynamic of the group.

A group of people, including men and women, are gathered around a table, looking at and discussing documents. They appear to be in a workshop or meeting setting. A yellow circle with the number 2 is overlaid on the image.

2

Team Building Workshops and Ice Breakers

Engaging activities designed to bring collaboration between participants, build stronger bonds and enhance communication.

A group of people, including men and women of various ages, are performing a cultural dance in front of a stone building. They are wearing casual clothing, and some are wearing traditional or cultural attire. The background shows a stone wall and a clear blue sky. A yellow circle with the number 3 is overlaid on the image.

3

Theater Workshops with a Cultural Theme

Expressive and emotional way to demonstrate the culture of each country as well as its history.



4

Art in Practice: Dance

Sessions focused on body movements while representing the culture and history of each country. The Opportunity to demonstrate dancing skills of participants.



5

Art in Practice: Painting Workshops

The way of expressing different topics through team collaboration, brainstorming and various painting methods to create cohesive art piece.

A photograph of a man with a beard and glasses, wearing a black t-shirt with 'AAA MUA' printed on it, playing an acoustic guitar. He is sitting in a room with a white wall and a poster. Another person's arm is visible on the left, holding a smartphone. A yellow circle with the number '6' is overlaid on the image.

6

Art in Practice: Music

Engaging music workshop focusing on understanding how music is shaping traditions and history of each country.

A group of young adults are standing in a room, clapping and smiling. In the background, there are Spanish flags. The room has a white wall and a ceiling with exposed pipes and a fluorescent light fixture.

7

Intercultural Nights

Interactive sessions focused on promoting intercultural understanding, celebrating diversity, and cultivating cross-cultural communications skills.

8

Cultural Heritage and Stereotypes

Sessions focused on understanding the meaning of cultural heritage, as well as its connection to the culture and stereotypes.



A group of people are sitting outdoors under a wooden structure, possibly a pergola. They are all looking towards the left side of the frame, suggesting they are listening to a speaker or watching a presentation. The people are dressed in casual attire. The background shows some greenery and a clear blue sky.

9

Storytelling

The art of telling stories with structure, engagement, purpose and confidence to boost connections between participants.

A man with dark hair and sunglasses, wearing a short-sleeved shirt with a green and yellow tropical pattern and light-colored trousers, is standing outdoors in a wooded area. He is gesturing with both hands, palms facing forward, as if explaining something. The background shows trees and a clear sky.

10

Understanding of ERASMUS +

Getting involved and gathering of information about other programmes and opportunities.



Day One

LET'S GET TO KNOW ONE ANOTHER



On day one, we kicked things off with a series of ice breaker games led by our facilitators in the outside in the nice weather. We gathered at 10 am, ready to dive into activities aimed at breaking the ice and fostering connections. The main goal for the day was to meet fellow participants and share the unique aspects of our cultures. Laughter, and cultural exchanges filled the air, setting a fantastic tone for the rest of our time together.

Day two

We spent the day engaging in meaningful conversations that went beneath the surface, exploring stereotypes and getting to understanding each others cultural heritage. Our goal was to go beyond the superficial and reflect on the importance of culture.

In our discussions, we shared personal experiences, challenged stereotypes, and celebrated the uniqueness of various cultural backgrounds. The day became a journey of self-discovery and understanding, emphasizing the role that culture plays in shaping identities and fostering connections. By the end, we not only gained insights into each other's backgrounds but also developed a greater appreciation for diversity.



Day three

LET'S GET TO KNOW THE PRACTICE OF ART

We learned about storytelling. The day was a blend of theory and practice where we learned to use story telling as a tool to get our culture. Facilitators guided us through various storytelling techniques, from crafting engaging beginnings to delivering impactful endings.

Putting what we had learned into practice, we each had the opportunity to share our stories. It was a mix of personal anecdotes, cultural tales, and personal stories. The experience not only honed our storytelling skills but also provided a platform to appreciate the diverse ways in which stories can be told.

By the end of the session, we not only understood the nuances of the art of storytelling but also witnessed the power it holds in connecting people and sharing experiences. It was a day of weaving words and creating connections through the enchanting medium of storytelling.

Day four

GET TO KNOW DANCE AND MUSIC

We spent the day getting into our different kind of music and dance from each country in the groups. It was like a cultural concert, with different beats and moves reflecting the diversity of our backgrounds.

We also did a bit of acting. Each country group prepared a short play telling stories that mattered to us, and our culture. It was our way of using

The day was a full of tunes, dance steps, and playing theater mini-dramas. It wasn't just about showcasing our cultures. It was a way to help each other to understand it.



Day Five

WE EXPLORED LAS PALMAS

Our exploration of Las Palmas provided us with a deep understanding for the artistic and cultural treasures in Canarian heritage. Coming closer to the local culture, community, and history allowed us to witness the city's vibrant arts scene, from traditional crafts to contemporary expressions. Through this experience, we gained a heightened understanding of the unique artistic and cultural contributions that shape the identity of Las Palmas and the broader Canarian culture.

Day six

In this creative day, we formed international teams and set out to paint our own artistic expressions. Through visual arts, everyone brought something unique to the table.

Each team member contributed with their skills and ideas, resulting in a a lot of artistic ideas that reflected the collective creativity of our international teamwork through Erasmus.

The experience not only produced beautiful and meaningful artworks but also strengthened the bonds within our diverse group.



Day seven



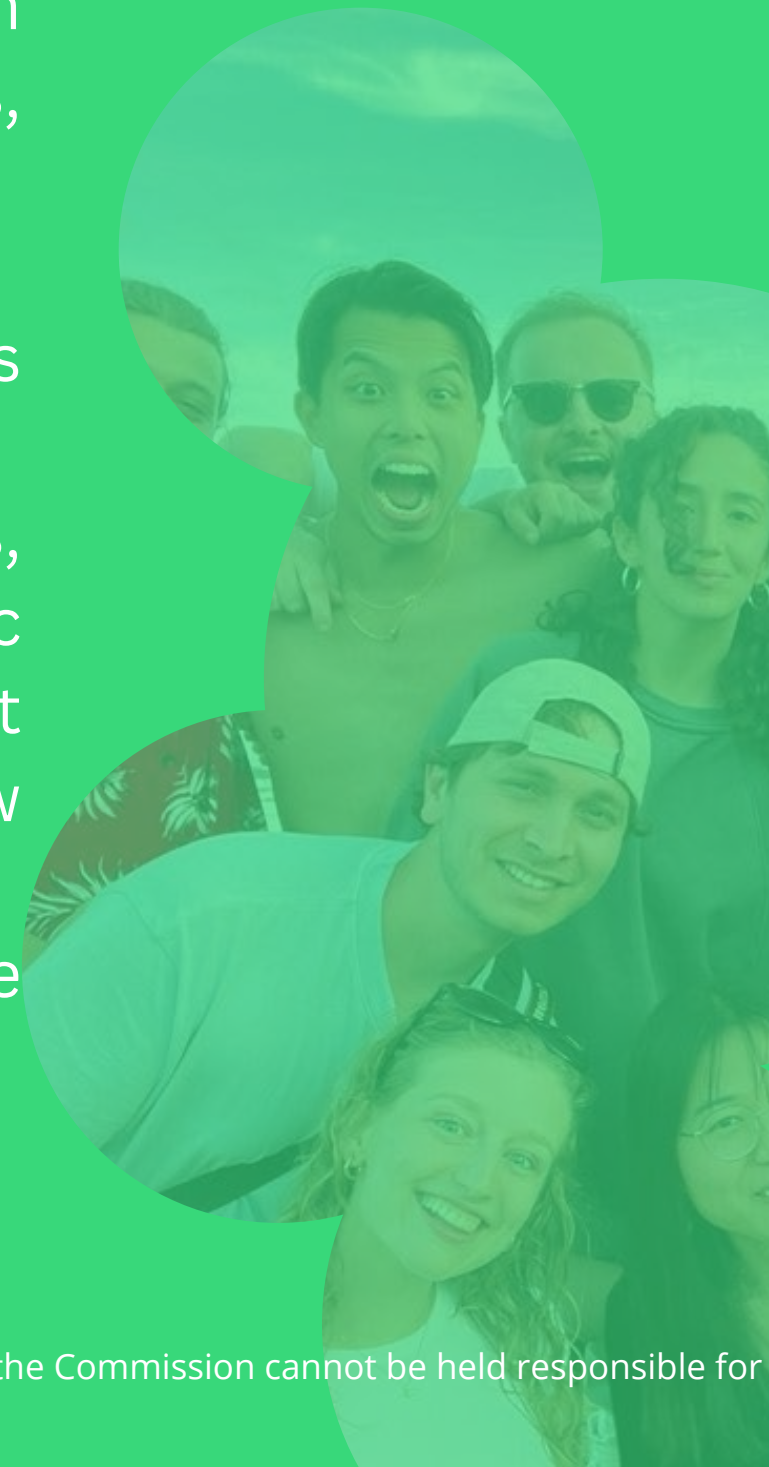
REFLECTIONS

On our final day together, we ended the days with a mix of reflection and appreciation. We took time to look back on the various activities, discussions, and artistic collaborations that filled our time.

We took a moment to consider the impact of our shared experiences and what we could carry forward.

In a relaxed and open atmosphere, we shared personal insights, reflecting on how the cultural discoveries and artistic understandings could shape our future projects. We discussed not only what we learned about each other's backgrounds but also how these insights could influence the projects we would be making.

As we had a big farewell, there was a sense of gratitude for the connections made and the knowledge gained.



A Life-Changing Experience – My Erasmus+ story

Arucas, 09.01.2023

An experience that can change your life, make you grow as a person and will create you the strongest friendships you can imagine – it's called Erasmus+ and it's an amazing opportunity offered to young people.

My Erasmus+ journey felt like stepping into a storybook of adventures. I explored new countries, tried tasty foods, learned new things and made friends for life. Practising a new language, talking about art and singing local songs during this project made me feel like a part of something special. Sure, the beautiful weather of the Canary Islands and the laughter contributed to such an experience.

Every project is a long-lasting memory. Erasmus+ wasn't just a trip—it was a time of laughter, lessons, and discovering how strong I could be. It's a chapter in my life that's made me more confident and grateful for the colourful world out there. - **Elena Tasheva, Macedonia**

A group of approximately 20 young people are posed in three rows in front of a large, textured stone wall. They are holding a variety of national flags and banners. In the front row, from left to right, there is a Bulgarian flag, a Spanish flag, and a white banner with the text 'Italy Be The Change' and logos for 'Italy Be The Change', 'Ministero dell'Interno', and 'Ministero della Giustizia'. The middle row features several smaller flags, including the Turkish flag, and some with artistic illustrations. The back row consists of people holding larger flags, including the Turkish flag and a flag with a blue and yellow design. The word 'TESTIMONIALS' is overlaid in large, white, sans-serif capital letters across the center of the image.

TESTIMONIALS

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Every artistic piece is an accumulation of moments, experience and time, and vice versa, when you combine all these elements together, you end up with unforgettable Youth Exchange such as the one that I participated, where every friendship, every moment, every connection was artistic!

MUSTAF MUSTAFA



I really enjoyed the time spent in this project, where we had the chance to share our cultures, through presentations, dances, music, show. I will bring home a lot of memories, especially about the people I met. There are a lot of nice moments I'll bring with me. The theatre exercise was very fun, I loved the day when we shared the songs from our countries. Probably the best moments for me are the ones connected to music, especially when played live. When Hande sang, or the performance of Cesar during the intercultural nights. If I had to summarise up this project in 3 words: Culture, energizers, people.

LUCIA RUGGIERI



I experienced different cultures and perspectives through activities such as theatre, music, cultural night and drawing within the project. The positive energy around me and me spread throughout the island. I enjoyed learning new things and it made me feel very good.

HANDE ÇEVGEL



For me, this Erasmus project gave me a chance to share my culture, my island with the other participants and to present myself as a good host of this project! It was an amazing experience!

CÉSAR HERNÁNDEZ



During this project I expressed myself and my thoughts through the amazing way of communicating through culture and art, when the words are not enough and you leave your peace of art connect you with the other people. Engaging in singing, dancing, painting, conversation, experimentation, performing on stage, being the judge, presenting your cultural background and country, everything made the project amazing and unforgettable experience filled with smiles, sweet memories, sun, productivity and positive energy.

STOILKA GEORGIEVA



This Erasmus+ adventure wasn't just about cultures and art. It was like going on a journey where we learned about each other, ourselves, and how we can use culture to make the world a more fun and connected place. I'm so glad I was part of it.

SEDRAK KARYAN





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