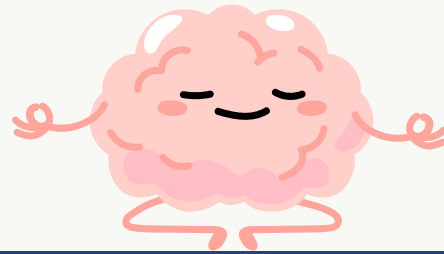




MY KIND OF PLACE



YOUTH EXCHANGE 14- 22
NOVEMBER 2024



KAS, TURKEY



WHAT IS Erasmus+ ?

Erasmus+ is an EU-funded program promoting education, youth, sports, and lifelong learning. Running from 2014 to 2027, it supports student exchanges, vocational training, youth projects, and sports initiatives. The program fosters cross-border collaboration, intercultural learning, and skills development, enhancing employability and mutual understanding.

It empowers young people through non-formal education, helps educators innovate, and strengthens organizations like schools, NGOs, and universities. Prioritizing equality, inclusion, and digitalization, Erasmus+ builds individual potential and drives societal resilience and innovation.



WHAT IS YOUTH EXCHANGE ?

Youth Exchange, part of the Erasmus+ program, brings together young people (ages 13-30) from different countries for 5-21 days to learn and share experiences on a specific theme. Using non-formal methods like games and workshops, participants develop social skills, intercultural understanding, and language abilities while building international connections.

Organized by youth groups or organizations and funded by the EU, most costs are covered, ensuring accessibility. Beyond travel and fun, Youth Exchange fosters self-confidence, leadership, and active citizenship, leaving participants with enhanced cultural awareness and social responsibility.



EXPECTATIONS BEFORE PROJECT



Before coming to the youth exchange, students had various expectations. They looked forward to intercultural interactions and the chance to experience new cultures, particularly Turkish culture. Many hoped to gain new skills, have fun, and enjoy a good laugh. Some saw the exchange as a valuable opportunity for personal growth and mental health. While excited, they also anticipated that the week-long project might be intense and overwhelming. Overall, students were eager to visit Turkey and immerse themselves in this unique experience.



DAY

1

On first day in the Erasmus+ program, we kicked things off with some energetic activities that helped break the ice. We participated in various games and energizers, which allowed us to interact and get to know one another in a fun and lively way.



One of the highlights was engaging in drawings of each other exercises that sparked conversations and laughter. We also had an informative session where we learned about the Youthpass, its significance, and how it could support our personal and professional development throughout the program. The day was filled with excitement, making it a memorable and welcoming start to this amazing experience.



DAY

2



Each team, with representing countries, conducted workshops focused on various topics. Team Serbia started with a topic: Mental Health Approach. Working in teams, we created posters representing each country, highlighting cultural perspectives and practices related to mental health. We found mixed views on this topic.

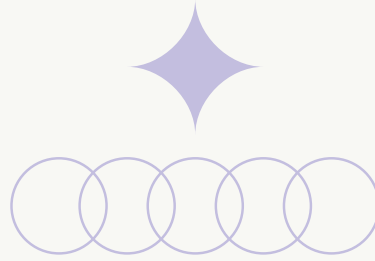


Then team Italy did a workshop on a topic: "What is Peace" ? The teams were divided by 4 groups, where participants created a poster with a logo that represents peace.

The night continued with an intercultural night, that was presented by Serbian and Portuguese teams

DAY

3



At the start of the day, participants were divided into four groups to work on important topics: Healthy Me, Healthy Relationships, What is Loneliness?, and How to Approach a Lonely Person?. Each group used theater as a tool to deeply explore these themes and expressed their ideas through emotional and thought-provoking performances.



These activities not only encouraged creativity but also initiated open dialogue on mental health, interpersonal relationships, and loneliness. Participants shared personal stories, developed empathy, and addressed the societal dimensions of these issues by proposing solutions.

The group presentations provided new perspectives on universal challenges like loneliness and relationships. This process allowed participants to learn from one another and collectively raise social awareness.

This day ended with Italian and German intercultural night.





DAY

4

As part of our Erasmus+ Youth Exchange in Kaş, Antalya, we enjoyed a Free Day blending exploration, relaxation, and learning.

We began by visiting two stunning coves, swimming in crystal-clear waters, and connecting with nature. These moments sparked discussions on environmental preservation, reflecting Erasmus+ values on sustainability.

Next, we explored a nearby island, appreciating its unique landscapes and cultural significance tied to European history. Informal talks throughout the day focused on Erasmus+ objectives like intercultural learning and protecting natural heritage.

This Free Day not only offered relaxation but also deepened our understanding of the Erasmus+ mission through shared experiences and meaningful reflection.



DAY

6

The day began with a session dedicated to creativity and awareness. Each group worked on designing a campaign focused on mental health, choosing a specific theme and developing a plan to successfully present it to the rest of the group. It was an inspiring moment where each team showcased innovative solutions to raise awareness about such an important topic

In the afternoon, we participated in a yoga and meditation session by the sea. Immediately afterward, we engaged in a self reflection, identifying seven words that best describe us. Together, we searched for the words we had in common within the group and ultimately selected one word that represented us all.



Next, we took a moment to reflect on the goals we achieved throughout the year. It was an opportunity to celebrate our successes and acknowledge the emotions these achievements evoked. This was a time of introspection, as well as sharing personal experiences.

The day concluded with the Turkish Night, where the Turkish team presented their traditional food, music, dances, and culture.

DAY 7

Before noon, introduction to YE's final products has been made. Later, we we split into four groups: 2 video, 1 article, 1 booklet groups. The aim here was to show what we've learnt and what we've one through the project .

In the afternoon, groups gathered to do their tasks, it was fun to do a group activity together for the last time. Each group seemed to learn and experience a lot from this project and also excited to share their interesting products.

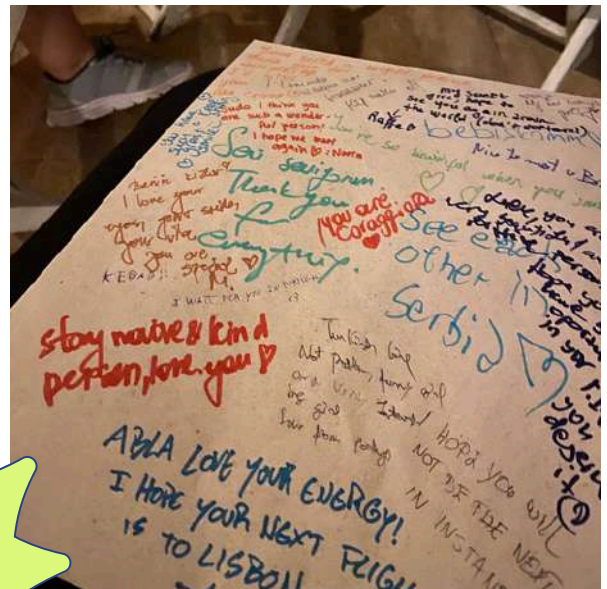


DAY 8

We presented, watched, and critiqued our final products on the last day. We had so much fun time sharing them.

After presenting we had the rest of the day for us; we chatted, sang songs, and played games. We had so much fun and interactive time all together.

In the evening, we revealed our secret friends with a little game and then we created lines to write memorable and nice things to each other write on the papers we stuck to our backs.



OUTCOMES

The students were pleasantly surprised by the experience, enjoying the activities and feeling energetic. They raised awareness on various topics, made new friends, and found the program more balanced and less intense than expected. The beauty of Kas exceeded their expectations. However, some students felt that there were no activities focused on personal mental health reflection, which they had anticipated. Overall, the exchange was enriching, fostering cultural awareness and new connections.

