



Youth Exchange Online

14–18 March 2022

Works and Results

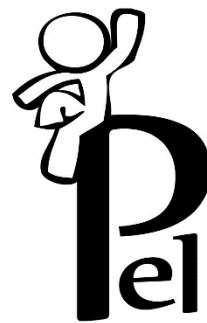


Co-funded by the  
Erasmus+ Programme  
of the European Union

COORDINATOR



Partners:



Mon 14 March	Tue 15 March	Wed 16 March	Thur 17 March	Fri 18 March
10:30 Zoom Opening Session	10:30 By email, the Coordinator will send a form to all participants. Each national group will work on the form.	10:30 Zoom session: each spokesman will introduce the work of its group to all the virtual assembly	10:30 Zoom session: each spokesman will introduce the work of its group to all the virtual assembly	10:30 Zoom session: each spokesman will introduce the work of its group to all the virtual assembly
11:00 Introduction of organisations and participants	Each national group will complete the form and chose a spokesman that will send the work to the Coordinator (email address: <a href="mailto:youwinproject@scseuropa.it">youwinproject@scseuropa.it</a> ), with 15:00	12:00 Second group work: the Coordinator will send the related form to all participants by email	12:00 Third group work: the Coordinator will send the related form to all participants by email	11:30 SOS Europa will introduce role models in the youth field that will talk about their experience and about the most important skills
12:30 Introduction of group works		Within 15:00: the spokesman of each group will send the completed work to the Coordinator by email	Within 15:00: the spokesman of each group will send the completed work to the Coordinator by email	13:30 Goodbye

**Asociación Juvenil Almenaras**

**Youth Exchange Online 15<sup>th</sup> March 2022**

**Question 1: according to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

To be outgoing. Usually, one goes to work facing the public. In my case, it's difficult sometimes to be extroverted, but I could see that is necessary to change it.

To be honest. The worst thing that a person can do, I think it's lie. Before or after, they will know your lie.

To know how to work as a team.

To know how to react to a problem.

To want to learn.

To know to listen.

To be assertive.

To be empathy.

To be dynamic.

To be funny.

**Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee? Which are the 5 main elements to take care for developing a positive atmosphere?**

The 5 main risks to foresee:

- Not knowing how to show their authority.
- Not knowing how to work in a group.
- Not knowing how to react to a problem with others members.
- Not listening to other people's ideas.
- Not having self-confidence.

The 5 main elements to take care:

- To respect to others.
- To keep track of work in general.
- To empathy each others.
- To recognize the achievements of others.
- To communicate each others.

**Youth Exchange Online 16<sup>th</sup> March 2022**

**Question 3: describe, according to your ideas, which are the 5 fundamental steps for organising a youth activity (and list them in a time row). Also describe the best youth activity organised by your organisation, or, if you prefer, the best youth activity in which you, or your organisation, were involved.”**

Set objectives.  
Choose the place and date.  
Take into account the budget that we have.  
Plan and execute.  
Evaluation of the entire process.

In an Erasmus, there was a day that we had a debate.  
Different groups were made, each one with its theme, they had to expose the problem and say what solutions they gave. Afterwards, each group exposed their case and everyone debated whether to approve it or not.

To control shifts and times, there were 3 people in charge, the president and 2 secretaries (Erasmus' participants).

**Youth Exchange Online 17<sup>th</sup> March 2022**

**Question 4: select one of the following themes: social inclusion of migrants, social inclusion of disabled people, promoting environmental education, promoting participation in democratic life, promoting healthy lifestyle. Please, imagine a hypothetical activity involving young people about the theme you have selected.**

Theme: social inclusion of disabled people

Objective: increasing awareness and normalize of young people about inclusion of disabled people.

Activity: a dynamic focused in a basketball team where there are people with and without disabled.

Young participants will be involved in the following working sessions:

With different people.  
In equal conditions  
Doing discussions about the topic.

Main results:

Play with different people in equal conditions.  
Inclusion and normalization.  
We can see different focus, opinions and experiences.

In Cantabria, this project is real. BSR CANTABRIA is an adapted basket team but, if you have or not a disability, you can play.

They've an incredible slogan:

"If you don't have a disability, don't worry, we are inclusive and accept you."

Asociatia Tinerilor cu Initiativa Civica

Youth Exchange Online 15<sup>th</sup> March 2022

**Question 1: according to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

Soft skills are personal habits and traits that shape how you work:

1. Teamwork – ability to work in a team
2. Integrity – ability to be active part of team
3. Creativity – ability to combine more ideas in one new
4. Empathy – ability to accept and understand other people
5. Adaptability – ability to be ready for fast and important changing
6. Critical thinking – ability to see clear the problems and to act without personal wants
7. Problem solving – ability to take out the problems
8. Willingness to learn – ability to be open for learning new things
9. Organization – ability to be organized and to organize everything around you
10. Effective communication – ability to make other people to understand exactly the idea of what you mean



**Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee? Which are the 5 main elements to take care of developing a positive atmosphere?**

Young people who become leaders are ambitious and versatile. They dare to take risks and make changes to improve the atmosphere around them.

But this also comes with some risks as following:

1. Limited experience: You were not born leading a team and you probably do not know how to handle a situation when you firstly find yourself in charge.
2. Lack of self-awareness: Self-awareness is being aware of our thoughts and emotions from moment to moment and, thus, a starting point for leadership, but also a skill requiring years of self-training.
3. Fatigue and pressure: Being responsible for the team safety and performance and keep everyone satisfied at the same time, means stress, physical demands and mental toll.
4. Personal sacrifices: Leadership demands giving of oneself to others, in a way that a leader's life becomes the property of those he/she serves. Don't forget you are at the top, where there is no space for others.
5. Communicating properly: This is a much-discussed issue, but implementation in practice is rather than easy. New leaders may find it difficult to openly communicate with their team about expectations or to bring up issues they are encountering

What you have to do to create a positive atmosphere is to always keep communication open and focus on ten points:

Knowing yourself

Leading by example

Admitting mistakes

Listening for learning

Being human, not humanoid

Staying motivated

Showing trust

Giving the credit

Linking results and goals

**Youth Exchange Online 16<sup>th</sup> March 2022**

**Question 3: describe, according to your ideas, which are the 5 fundamental steps for organising a youth activity (and list them in a time row). Also describe the best youth activity organised by your organisation, or, if you prefer, the best youth activity in which you, or your organisation, were involved.**

1.

- To find a good, interesting and actual topic;
- To learn more about topic's ideas, problems, pluses, minuses, and to UNDERSTAND it, to be good at it;
- To collect different people with different views and to make a TEAM through discussess, games (wich can close people) and understanding everyone, because if someone has a different idea that doesn't mean that he/she is wrong;
- To try to help people who need some help in topic, or in team integration;
- To don't make the project super sireous, you need to look at all problems through smile(if you can) and to try to make more relaxing/positive activities with all teams because good ideas comes just when your mind is clear and not stressed.

2. I choosed to talk about one best activite in wich o participated. The best activity in wich I participated was at the end of one project. The organizers put on the table a lot of cards with different pictures(random pictures like, a knight, tree, car, witches, houses, castles...) and everyone needed to take 3 of them. After what we take our pictures and sit on our places coordinators said to us that we need to correlate the pictures somehow with us. At the start that seems to be strange and hard but actualy it was really easy because everyone subconscious take the picture wich was close to himself. It was like a psychology game wich can help everyone to know themselves better. That was not a teamworking game, that game doesn't help you to improve some of your soft skills, but it hepls other people and you to understand yourseves better.

**Youth Exchange Online 17<sup>th</sup> March 2022**

**Question 4: select one of the following themes: social inclusion of migrants, social inclusion of disabled people, promoting environmental education, promoting participation in democratic life, promoting healthy lifestyle. Please, imagine a hypothetical activity involving young people about the theme you have selected.**

The subject chosen is environmental education.

First we need to raise awareness about the importance of environmental education. This aspect is impacting our environment and obviously our health so we need to educate young people to do a selective trash recycling. This is a huge problem in Romania as not a lot of people is doing the selective recycling. We also need to explain that to the young people that certain substances take a lot of time to decompose, such as plastic.

Because of the chemical compound there is also a high pollution in Romania which affects our health. (plants, animals, air quality)

We propose to organise a series of activities to raise awareness in keeping our environment safe.

We will gather volunteers for cleaning activities like pick up the trash in the cities so people can directly see what we are doing, we will also promote this idea in social media, we will plant trees.

Hopefully this will help the young generation understand how important is to take care of the environment and hopefully they will pass this to the future generations.



## **DISHA International Foundation Trust**

**Youth Exchange Online 15<sup>th</sup> March 2022**

**Question 1: according to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

This section is an extensive, but not exhaustive, guide to some of the key soft skills sought by employers.

### **1. Communication**

**Communication** is one of the most important soft skills.

Able communicators can adjust their tone and style according to their audience, comprehend and act efficiently on instructions, and explain complex issues to colleagues and clients alike.

A key, often forgotten, communication skill is **listening**.

Whether you are dealing with a customer complaint or working with your colleagues, good listening skills will help you learn and respond correctly to the circumstance you have been presented with.

Equally as important are your **verbal and non-verbal skills**.

Verbal skills are key to fostering relationships that are collaborative and respectful, and ultimately, productive. This also applies to your written communication.

A lot of business communication is now played out by email, so it's important to know good **email etiquette** and give instructions clearly and concisely.

### **2. Self-Motivation**

Having a positive attitude and the initiative to work well without around-the-clock supervision is a vital soft skill for any employee.

Not only does it demonstrate reliability and commitment, but it also shows that you can fit efficiently into an organizational structure without the need for constant supervision.

To demonstrate your motivation, think about these keys skills:

- Positivity
- Ambition
- Commitment
- Initiative

### **3. Leadership**

**Leadership** is a soft skill you can show even if you're not directly managing others.

Those with strong leadership skills will have the ability to inspire others and lead teams to success. This is why it is a particularly sought-after skill.

People with good leadership skills will have a range of skills that are useful in the workplace, including:

- A positive attitude and outlook
- The ability to make quick and effective decisions
- Exemplary problem-solving or conflict management skills
- The ability to communicate effectively
- An aptitude for both self-motivating and motivating others

Even if you are applying for an entry-level role, don't be afraid to demonstrate your potential by showing how you have positively influenced others to take a project to success.



#### 4. Responsibility

**Responsibility** is a seldom talked-about but highly valued soft skill.

Colleagues who fail to take responsibility for their work will be less productive and less successful overall.

To demonstrate a high level of responsibility, make sure you can master these skills:

- Trustworthiness
- Discipline
- Motivation
- Conscientiousness
- Accountability
- Resilience
- Adaptability

Taking responsibility means taking ownership of not only your goals but the wider company goals. This will mean taking the initiative to make improvements, accepting responsibility for any failures and really caring about working your way to success.

#### 5. Teamwork

Like leadership, good **teamwork** involves a combination of other soft skills.

Working in a team towards a common goal requires the intuition and interpersonal acumen to know when to be a leader and when to be a listener.

Good team players are perceptive, as well as receptive to the needs and responsibilities of others.

#### 6. Problem Solving

**Problem solving** does not just require analytical, creative and critical skills, but a particular mindset; those who can approach a problem with a cool and level head will often reach a solution more efficiently than those who cannot.

This is a soft skill which can often rely on strong teamwork too. Problems need not always be solved alone.

The ability to know who can help you reach a solution, and how they can do it, can be of great advantage.

#### 7. Decisiveness

Decisiveness is characterized by the ability to make quick and effective decisions. It does not mean recklessness or impulsiveness.

Decisiveness combines several different abilities:

- The ability to put things into perspective
- Weigh up the options
- Assess all relevant information
- Anticipate any consequences, good and bad

A decisive employee will take effective and considered action quickly, especially when under pressure.

They take responsibility for the consequences of their decision and can adapt when mistakes are made. This ensures that opportunities aren't missed by lengthy analysis or debate.

#### 8. Ability to Work under Pressure and Time Management

Many jobs come with demanding deadlines and, sometimes, high stakes. Recruiters prize candidates who show a decisive attitude, an unfaltering ability to think clearly, and a capacity to compartmentalize and set stress aside.

**Time management** is closely related to the ability to work under pressure, as well as within tight deadlines.

Employees who manage their time well can efficiently prioritize tasks and organize their diaries while adopting an attitude which allows them to take on new tasks and deadlines.



## 9. Flexibility

**Flexibility** is an important soft skill, since it demonstrates an ability and willingness to embrace new tasks and new challenges calmly and without fuss.

Flexible employees are willing to help out where needed, take on extra responsibilities and can adapt quickly when plans change.

Employers are looking for candidates who can show a willing and upbeat attitude, and who are unfazed by change.

## 10. Negotiation and Conflict Resolution

This is another of those soft skills which employers look for in **potential leaders**.

To be an adept negotiator is to know how to be persuasive and exert influence, while sensitively seeking a solution which will benefit all parties.

Similarly, **conflict resolution** depends on strong interpersonal skills and the ability to establish a rapport with colleagues and clients alike.



## Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee?

Running a business takes hard work, which can reap the rewards of customers, revenue and satisfaction. While success is the ultimate goal, business risk may stop you from achieving the goals you set.

But when it comes to risk management, there are steps you can take. Here are seven types of business risk you may want to address in your company.

### 1. Economic Risk

The economy is constantly changing as the markets fluctuate. Some positive changes are good for the economy, which lead to booming purchase environments, while negative events can reduce sales. It's important to watch changes and trends to potentially identify and plan for an economic downturn.

To counteract economic risk, save as much money as possible to maintain a steady cash flow. Also, operate with a lean budget with low overhead through all economic cycles as part of your business plan.

### 2. Compliance Risk

Business owners face an abundance of laws and regulations with which they need to comply. For example, recent data protection and payment processing compliance could impact how you handle certain aspects of your operation. Staying well versed in applicable laws from federal agencies like the Occupational Safety and Health Administration (OSHA) or the Environmental Protection Agency (EPA) as well as state and local agencies can help minimize compliance risks.

Non-compliance may result in significant fines and penalties. Remain vigilant in tracking compliance by joining an industry organization, regularly reviewing government agency information and seeking assistance from consultants who specialize in compliance.

### 3. Security and Fraud Risk

As more customers use online and mobile channels to share personal data, there are also greater opportunities for hacking. News stories about data breaches, identity theft and payment fraud illustrate how this type of risk is growing for businesses.

Not only does this risk impact trust and reputation, but a company is also financially liable for any data breaches or fraud. To achieve effective enterprise risk management, focus on security solutions, fraud detection tools and employee and customer education about how to detect any potential issues.

### 4. Financial Risk

This business risk may involve credit extended to customers or your own company's debt load. Interest rate fluctuations can also be a threat.

Making adjustments to your business plan will help you avoid harming cash flow or creating an unexpected loss. Keep debt to a minimum and create a plan that will start lowering that debt load as soon as possible. If you rely on all your income from one or two clients, your financial risk could be significant if one or both no longer use your services. Start marketing your services to diversify your base so the loss of one won't devastate your bottom line.

### 5. Reputation Risk

There has always been the risk that an unhappy customer, product failure, negative press or lawsuit can adversely impact a company's brand reputation. However, social media has amplified the speed and scope of reputation risk. Just one negative tweet or bad review can decrease your customer following and cause revenue to plummet.

To prepare for this risk, leverage reputation management strategies to regularly monitor what others are saying about the company online and offline. Be ready to respond to those comments and help address any concerns immediately. Keep quality top of mind to avoid lawsuits and product failures that can also damage your company's reputation.



**Which are the 5 main elements to take care for developing a positive atmosphere?**





## 6. Operational Risk

This business risk can happen internally, externally or involve a combination of factors. Something could unexpectedly happen that causes you to lose business continuity.

That unexpected event could be a natural disaster or fire that damages or destroys your physical business. Or, it might involve a server outage caused by technical problems, people or a power cut. Many operational risks are also people-related. An employee might make mistakes that cost time and money.

Whether it's a people or process failure, these operational risks can adversely impact your business in terms of money, time and reputation. Address each of these potential operational risks through training and a business continuity plan. Both tactics provide a way to think about what could go wrong and establish a backup system or proactive measures to ensure operations aren't affected.

## 7. Competition (or Comfort) Risk

While a business may be aware that there is always some competition in their industry, it's easy to miss out on what businesses are offering that may appeal to your customers.

In this case, the business risk involves a company leader becoming so comfortable with their success and the status quo that they don't look for ways to pivot or make continual improvements. Increasing competition combined with an unwillingness to change may result in a loss of customers.

Enterprise risk management means a company must continually reassess their performance, refine their strategy, and maintain strong, interactive relationships with their audience and customers. Additionally, it's important to keep an eye on the competition by regularly researching how they use online and social media channels.

## 10 Creative Ways to Keep a Positive Attitude

### 1. Start a gratitude journal.

There's so much to be grateful for in life, so why not remind yourself of that on a daily basis?

A gratitude journal is a wonderful way to stay positive every day. Once a day, you jot down at least three aspects of your day for which you feel thankful. They can be as small as seeing a cute dog on your way to work or as large as getting an offer for your dream job. Additionally, they can be something that happened to you on that specific day — such as getting yourself a large latte — or something that exists in your life always — like having a family who loves you.

Whatever you want to write is up to you. All that matters is that you're remembering to feel grateful every day. By retraining your mind to think about all the good things in your life, you can develop a more positive outlook.

### 2. Treat yourself to some self-care every day.

It's always important to take care of both your physical and mental health. It can feel overwhelming when you're working a full-time job that requires you to constantly interact with people — whether they be customers, prospects, co-workers, or managers — in high-pressure situations.

To keep moving forward with a positive attitude, it's essential that you take a step back and treat yourself to something special. Self-care doesn't always have to involve a nighttime soak in the bath with candles and a glass of wine — although that sounds lovely, too.

Consider the ways you can unwind, de-stress, and have some “you” time. Some examples are doing a face mask, watching a movie, baking, reading, calling a friend, getting takeout, or even just saying “no” to plans and, instead, staying in. No matter what it is, you should get into the habit of practicing something every day. By allowing yourself these moments of rest, you can ensure a more positive attitude when you're on the work grind.

### 3. Start every morning strong.

It's easier to maintain a positive attitude all day if you implement it right after opening your eyes in the morning. That dreaded moment when the alarm goes off can often lead to irritation, which sets you on the path to have a negative attitude all day.



Instead, think about some ways to make your morning the best part of your day — especially if you're not a morning person. Consider waking up a half hour or an hour earlier than usual. This means getting into bed earlier, too! Give yourself time to do the things you love but may not always have time for; go for a run, relish in a hot shower, have a cup of coffee, and actually make breakfast (and, no, granola bars and frozen waffles don't count). Put on your favorite music or show, or even whip out a book and start your morning doing something you love while enjoying a home-cooked meal.

When your morning is more productive and less rushed, you'll be sure to head to work in higher spirits. That morning glow will spread throughout your day, and then, the cycle can repeat.

#### **4. Avoid spreading gossip.**

To many, gossip is their bread and butter. However, the mere act of saying things — whether or not they are true — behind someone's back that you wouldn't say to their face is negative. In the workplace, gossip leads to an unstable, unsafe, and disagreeable environment. After all, if you're spreading rumors about your coworkers, chances are they're doing the same about you ... yikes.

It can be hard to avoid gossip, but simply refuse to get involved. If someone tries to reveal a dramatic story about a coworker, decline and tell them you'd rather not participate. While that may feel odd, you'll actually find that you feel lighter when not carrying the weight of secrets. And, when you're not talking about other people, you can feel more confident that others are keeping their lips zipped about you. And that's a reason to feel optimistic.

#### **5. Crack more jokes.**

Humor truly is the best medicine. Laughter has great short-term results on your mindset and body. According to the [Mayo Clinic](#), laughter can increase endorphins, relieve stress, and release tension.

In the long-term, laughter — and the positive thoughts associated with laughter — can release neuropeptides, which fight stress and other serious illnesses. It can also help you cope with difficult situations and make you feel happier. By cracking more jokes, you can make humor out of potentially negative situations at work, and — at the same time — prepare your body and mind for a more positive outlook.

#### **6. Take real breaks.**

On a busy, eight-hour day, it can sometimes be difficult to find time for a serious break. That means leaving the workspace, having a meal, and putting away all work-related information. You are legally allowed to have a break, and you should never feel like that rest period is jeopardized.

Working for eight hours straight can make you feel sluggish and irritated. A break — even for 30 minutes — can re-energize you and make you more motivated to continue your work for that day. Give yourself time to refuel your positivity, and you'll be sure to end the day on a better note.

#### **7. Have something to look forward to after work.**

You may be tired after a long day of work, but having something planned after 5 p.m. can make the day look a little brighter. Whether it be with your coworkers, family, or friends, a night of fun can make the day go by a lot faster.

Your plans don't always have to involve going out for drinks or dinner. Even planning a Netflix marathon can put a silver lining on your workday. The point is to craft your days to be more than just "work." By penciling in some fun time several days a week, you can find a healthy way to balance your personal and professional life.

#### **8. Practice meditation.**

Practicing meditation can do a lot to decrease stress and anxiety, as well as improve mental and spiritual health. Proper meditation can decrease workplace anxiety for those in high-pressure work environments, such as in customer support or service.

Even five minutes a day is a great start to a meditation routine. Practice deep breathing and clearing your mind. Simple methods like this are effortless and will help you find balance in your life, as well as let go of the negativity and stress that you may experience on a daily basis.



#### **9. Focus on the long-term instead of the short-term.**

When a conflict arises — either with a coworker or with a customer — your immediate reaction might be to jump to the defense. You want to protect yourself and garner respect, which is a good thing. However, the more conflicts in which you partake, the more negativity will surround your life.

Instead, take a second to step back and view the situation from a third-party perspective. Will participating in this conflict be beneficial in the long run? Or, will it simply cause unnecessary stress and negativity at the moment?

Often, a customer is simply having a bad day, or a coworker is facing stress. Rather than snapping back, you can practice empathy. This might help you get to the root of the problem and end the conversation on a positive, lighter note.

#### **10. Listen to music that matches your mood.**

It seems ironic, but sad music may actually help boost your mood. According to a **research study**, many people tune into sad songs as a form of mood enhancement. Many consider sad music to be “beautiful,” which helps people feel better. In addition, sad songs can invoke memories, distract from negative situations, and carry strong messages.

A different **study** states that sad music might evoke positive moods because sadness somehow feels satisfying and cheerful when experienced through art. So, listening to sad music might just lift your mood during or after a long, tough workday. Cue up some **Adele**, and let your negative mood disappear.

When you practice the above tips, you’ll find your attitude much improved. And you’ll find that it comes out through your actions, too. Take a look at some examples of what a positive attitude can look like in your work and daily life.

**OSDA-GHANA**

**Youth Exchange Online 15<sup>th</sup> March 2022**

**Question 1: According to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

1. The youth worker needs to commit to young people, try understand and prescribe solutions for resolving their issues (**People Oriented**).
2. Youth workers should have the ability to act with integrity in times of stress as the role can be sometime challenging (**Stress Management Skills**).
3. Interpersonal skills, with the ability to establish good relationships with a range of people (**Interpersonal skills**)
4. Patience, tolerance and flexibility (**tolerant**)
5. Ability to be organised in terms of meeting deadlines, Organising and managing resources, arriving on time and being able to find information as needed (**Organisational skills**)
6. The ability to accurately receive and interpret messages in the communication process (**Listening skills**)
7. Presentation and report writing skills (**Good communication skills**)
8. The ability to treat young people's concerns with respect, tact and sensitivity, whilst remaining confidential and professional (**confidentiality and professionalism**)
9. Ability to manage challenging situations and circumstances that are unfortunately unavoidable in life (**Resilient**).
10. Believing that you are capable of..... (**Self-belief**)
11. Generational Changes (**Empathy and Adaptability**)
12. Collaborating successfully in teams
13. Displaying intercultural competence

**Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee? Which are the 5 main elements to take care for developing a positive atmosphere?**

Challenges	Mitigation
Clash of time/ Generational Changes	Patience, tolerance and flexibility
Stressful	Stress Management Skills
Diversity	Patience, tolerance and flexibility
Clash of cultures	Intercultural competence
Time consuming	Time management/ Organisational skills

### OSDA- Ghana

Youth Exchange Online 16<sup>th</sup> March 2022

**Question 3: describe, according to your ideas, which are the 5 fundamental steps for organising a youth activity (and list them in a time row). Also describe the best youth activity organised by your organisation, or, if you prefer, the best youth activity in which you, or your organisation, were involved.**

1. **Needs-** What is the NEED of young people in question and Why?
2. **Aims-** The aim should be set to address the needs of the young people in question
3. **Objectives -** Why must something be done, What is to be done and achieved, Where is it to be done, Who is involved and in what way, When is it to be done and over what period? How is it to be done?
4. **Methods-** Method that can enable the youth worker achieve the Smart Objects
5. **Implementation-** The Action Phase
6. **Sustainability-** How to ensure continuity after the project period
7. **Dissemination**
8. **Evaluation-** Assessing the impact

### THE BEST YOUTH ACTIVITY ORGANISED BY OSDA

#### **Title : Power to Change**

The local project, which was organized under the auspices of Hate Fighters Network and co-funded by the European Union's Erasmus Programme, aimed to strengthen the capacity of young people, particularly those working in the peace-building and music industries, to discourage hate-speech-related activities. It entailed a number of mobility and capacity-building exercises.

A total of 40 young people, mostly Ghanaian emerging artists, participated in the project. Participants learned how to use creative methods like music, mobile reporting, photography, and dance to combat both online and offline hate-speech, as well as how to use counter and alternative narratives as tools to combat hate-speech among Ghana's youth.

### Youth Exchange Online 17<sup>th</sup> March 2022

**Question 4: select one of the following themes: social inclusion of migrants, social inclusion of disabled people, promoting environmental education, promoting participation in democratic life, promoting healthy lifestyle. Please, imagine a hypothetical activity involving young people about the theme you have selected.**

Theme: Promoting Sustainable Youth Entrepreneurship.

Aim: To promote meaningful, environmentally sustainable and economically stimulating self-employment among the youth within the informal.

Objective:

- To equip the youth with appropriate entrepreneurship education through awareness creation
- To equip the youth with adequate entrepreneurship technical skills
- To equip the youth with suitable entrepreneurship Soft/Life Skills
- To equip the youth with appropriate financial capital knowledge

Activity:

- General Youth Entrepreneurship Education Workshop/Training
- Study Visit to sciences Parks and Entrepreneurship incubators
- Youth Entrepreneurship workshop/Training on financial capital knowledge/ Sources
- Internship/Placement
- Youth Entrepreneurship idea Pitching competition

Project Timeline/Duration:

- 24 months

Project Dissemination Strategies:

- Social Media, Newsletters, Email lists, discussion forums etc
- Networks and communities of practice
- Networking tools
- Meetings, discussions, roundtables and invited presentations
- environmental awareness about daily life environmental impact.

Main results:

1. A group of young people will gain awareness and skills about Sustainable youth entrepreneurship.
2. A group of young people will implement their entrepreneurship ideas for job creation.

Project Sustainability Plan:

- Coming soon

Evaluation:

- Project Review





**Association for progress, education and lobbying PEL Skopje**

**Youth Exchange Online 15<sup>th</sup> March 2022**

**Question 1: according to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

Personal and interpersonal skills,  
Communication skills/abilities  
Presentation skills  
Creative thinking/be creative  
Leadership skills  
Problem solving skills (conflict management)  
Listening skills,  
Skills for time management,  
Empathy  
Adaptability/ Flexibility  
Teamwork  
Positivity  
Motivational/inspirational skills  
Public speaking

**Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee? Which are the 5 main elements to take care for developing a positive atmosphere?**

Main risks:

Safety/safe environment

Potential conflicts/misunderstandings

Health issues/accessibility (in case having person with different ability)

Lack of motivation or interest

Developing positive atmosphere:

To be open-minded and not to judge

To be respectable

To be tolerant

To be inspirational

To spread positive energy and smile

**Youth Exchange Online 16<sup>th</sup> March 2022**

**Question 3: describe, according to your ideas, which are the 5 fundamental steps for organising a youth activity (and list them in a time row). Also describe the best youth activity organised by your**

**Steps for organizing a youth activity:**

- Designing the activity
- Planning the activity
- Implementing the activity
- Dissemination of activity's results
- Evaluation of the activity

One of the best youth activities we hosted was a youth exchange "SustainABLE Rural Rebuilding in Europe" in 2019 in Kurshevo, North Macedonia.

During the YE we were discussing the environmental issues, climate change, the ways to protect the environment and how to reuse, recycle and upcycle.

Also, we were learning about the food waste and GMO, what it is, how it affects us and the environment and how to prevent it.

As part of the YE we also had 3 day workshop on how to reuse textile during which they learn how to sew and made their own bags and other products from old clothes and textile waste.

We organized as well a cleaning action, so all the participants helped in the collecting garbage in different parts of the town.

**organisation, or, if you prefer, the best youth activity in which you, or your organisation, were involved.**

**Youth Exchange Online 17<sup>th</sup> March 2022**

**Question 4: select one of the following themes: social inclusion of migrants, social inclusion of disabled people, promoting environmental education, promoting participation in democratic life, promoting healthy lifestyle. Please, imagine a hypothetical activity involving young people about the theme you have selected.**

**Theme:** Promoting healthy lifestyle

**Objective:** increasing awareness about the importance of leading healthy lifestyle and its benefits for our wellbeing

**Activity:** Local activities in primary schools to teach children how to lead healthy lifestyle

During the activities children will learn and discuss about

- Sport as a tool for leading healthier lifestyle
- The importance of healthy diet
- Creation of table with healthy everyday habits
- Creating outputs for promotion of the healthy lifestyle and motivating children be more active

**Expected results:**

- Children will become more aware about the importance of the healthy lifestyle and sport for their wellbeing
- They will learn how to implement healthy habits in their everyday life
- Outputs created by children for children on the topic

**SOS EUROPA**

**Youth Exchange Online 15<sup>th</sup> March 2022**

**Question 1: according to your opinion and experience, describe the 10 main characteristics or soft skills that a youth worker must possess.**

1. Organisational capacity: with particular focus on managing activities created for producing results and impact directly connected with the objective of the project
2. Public Speaking
3. Group leadership
4. Self-control
5. Capacity of coordinating a staff
6. Availability to work together
7. Flexibility
8. Precision and attention to detail
9. Creativity
10. Vision and interest to the world

**Question 2: if a youth worker leads a group of young people, which are the 5 main risks to foresee? Which are the 5 main elements to take care for developing a positive atmosphere?**

**Main Risks**

1. Lack of involvement of participants during the activities
2. Lack of interest in the topic
3. Participants are not stimulated in having confrontation between them
4. The activity does not produce tangible results
5. Disorganization with respect to the program of activities

**Main elements**

1. To introduce topics in a stimulating way
2. Creating activities that can stimulate active participation of people
3. Good balance between relaxing moments and working sessions
4. Paying attention to the “human factor” (e.g. people need to have the chance to talk, exchange ideas, etc.)
5. To close the activities with tangible outputs that emerge from the work of participants

### Youth Exchange Online 16<sup>th</sup> March 2022

**Question 3: describe, according to your ideas, which are the 5 fundamental steps (and list them in a time raw) for organising a youth activity. Also describe the best youth activity organised by your organisation, or, if you prefer, the best youth activity in which you, or your organisation, were involved.**

#### 5 steps for good organisation

1. A precise identification of topics and impact to make on participants
2. To identify the tangible contents and results expected from the activity
3. A precise table for activities
4. To identify the facilitator with the right skill for making participants real protagonists of the activities
5. To foresee a way for participants to share the experience they lived outside and after the activities

#### Best activity: Young Leaders International Meeting

This project was a KA3 Erasmus Plus that involved 44 young people (22 men and 22 women) plus 11 political decision-makers or experts in the field of youth policies, for a total of 55 participants (of which 26 with fewer opportunities) from 11 different countries.

The project included a transnational meeting that will take place in Rome from 27th to 31st January 2019 and were organized by SOS Europa in collaboration with all the partners.

Specific objectives were:

1. Encourage the participation of young people in the European elections in 2019 and stimulate their engagement within the formal structures of participatory democracies, such as political parties.
2. Encourage and promote cross-sectoral cooperation and partnerships between youth organizations and socio-educational promoters.

Main results were:

1. Proposals to introduce European laws in favour of young people
2. Suggestions for improvement of the Erasmus Plus Programme
3. Creation of I.A.N.G International Association Networkers Generation

**Youth Exchange Online 17<sup>th</sup> March 2022**

**Question 4: select one of the following themes: social inclusion of migrants, social inclusion of disabled people, promoting environmental education, promoting participation in democratic life, promoting healthy lifestyle. Please, imagine a hypothetical activity involving young people about the theme you have selected.**

Theme: promoting environmental education to young people.

Objective: increasing awareness of young people about the environmental impact of their behaviour

Activity: a youth exchange focused daily life best practices that contribute to environmental respect.

Young participants will be involved in the following working sessions:

1. Focus on daily life aspects with strong impact on environment (e.g. energy consumption, transports, etc.);
2. Waste cycle: participants will be involved in simulation aimed at teach them the virtuous behaviour for wasting and for contribute to recycle;
3. Sharing session: participants will reflect and identify helpful tools and ways for promoting environmental awareness about daily life environmental impact.

Main results:

1. A group of young people will gain awareness about environmental impact of their daily life behaviours;
2. A group of young people will implement virtuous behaviours in their daily lives;
3. A table of best practices for promoting environmental awareness to young people, made by young people.