

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



# Youth e-patrimony

# YOUTH patrimony



4<sup>th</sup> Edition  
Learning  
TOOL

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# INITIATIVES



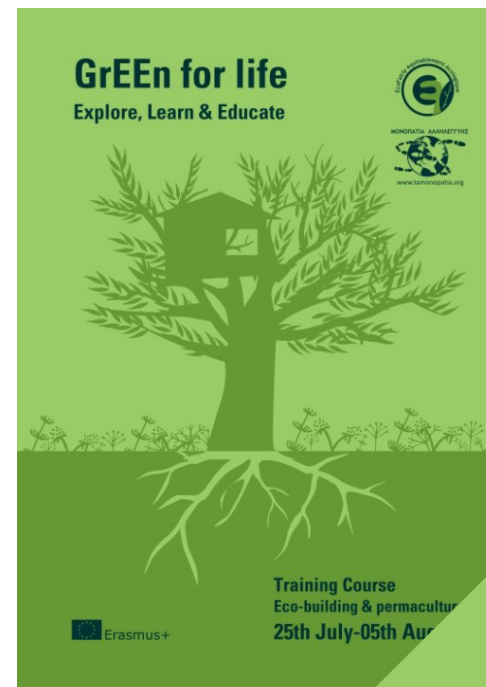
## 1. INITIATIVE

Training course - Green for life

Co- promoter: Solidarity Tracks- Greece with Ecofairly - France

25th July to 5th August 2019 thirty participants from 9 countries: Turkey, Spain, France, Germany, Portugal, Bulgaria, Romania, Austria and Greece participated in the project of "GrEEen For Life, Explore, Learn and Educate" in Lefkada island, Greece. Together we tackled the topics: Eco Building & Permaculture and especially Community Gardens. We had an introduction to permaculture practices with the setup of a worm farm, an insect hotel and wicking beds in a school. We practiced Eco Building with the realization of two wicking bed benches made of cob around olives trees and a Tree House.

The participants were trained in the optimal use of local resources. They learned how to make compost, set up a social and participatory garden that involves locals in a long term. Interventions, presentations and workshops using non-formal education methods enabled them to acquire practical and innovative methods to educate the youth in these fields. Participants shared knowledge, reflect and debate about the positive changes they can make to bring this principle of life on a wider scale. They gained skills to initiate permaculture and eco-construction activities with young people. At the end of this training, they created an innovative & educational tool with activity sheets on permaculture education and ecological constructions targeting young people of different profiles, origins and abilities: [https://spark.adobe.com/page/01wxf3bUXNoPB/?fbclid=IwAR2ha8-41BIN7lenvojgnRDADzSAAQyQ4D2MTq2X8n\\_uCWirWajWRUBH2i8](https://spark.adobe.com/page/01wxf3bUXNoPB/?fbclid=IwAR2ha8-41BIN7lenvojgnRDADzSAAQyQ4D2MTq2X8n_uCWirWajWRUBH2i8)  
[https://www.facebook.com/pg/SolidarityTracksLefkada/photos/?tab=album&album\\_id=2940887422649790](https://www.facebook.com/pg/SolidarityTracksLefkada/photos/?tab=album&album_id=2940887422649790)





## 2. INITIATIVE

GLAZE II ESC project  
Promoter: Solidarity Tracks

This mobility took place in Lefkada, Greece, from 2nd of July till 2nd of August 2019. It gathered 22 volunteers from Bulgaria, France, Italy, Romania, Spain, Poland, Portugal, Turkey and Tunisia, including young people with fewer opportunities and special needs. The volunteers were deeply involved in this project by participating in the preparation, the implementation and the scattering of the “Lefkadian Gastronomy Festival”, organized for 5 years in Lefkada.

This project is fully part of our main concerns by promoting the citizenship, supporting local initiatives and developing soft and entrepreneurial competences of the young people, especially those with disadvantaged backgrounds. The project in hand flows from a will to involve the young people in an international experience dealing with the local culinary (gastronomic) tradition and by having the duty to respect and valorise the immaterial heritage.

<http://www.tamonopatia.org/files/Glazell/Book%20recipes.pdf>  
<https://www.youtube.com/watch?v=B-tdgwp-U6Y&feature=youtu.be>  
<https://www.youtube.com/watch?v=2xi4nNW04jo&feature=youtu.be>  
<https://www.youtube.com/watch?v=Zv2zs7gJQJQ&feature=youtu.be>  
[https://www.youtube.com/watch?v=mSBeDN\\_AYYU&feature=youtu.be](https://www.youtube.com/watch?v=mSBeDN_AYYU&feature=youtu.be)  
<http://www.tamonopatia.org/files/Glazell/diary%20Glazell.pdf>



### 3. INITIATIVE

Youth exchange, Enable, Disable through camera obscura  
Promoter: Solidarity Tracks

Practicing photography makes up for an ideal opportunity to work on identities. It allows a re-thinking about young people's identities, their ways of understanding their trajectories, defining themselves, finding and giving meaning to the values and to the happening things around us.

Thus, it is a privileged means of exploring new possibilities of planning their future, doing things and interacting.

On the other hand, the "pinhole" technique of photography is an amazing device in terms of process and results. It consists of whichever box whose one surface bears a tiny hole which lets the light pass, leaving a photographical imprint on a photo-reacting material. It is a device playful and creative, very usable in the context of the non-formal education.

In this context we organized an exchange involving 32 youngsters, disabled & deaf coming from Estonia, Spain, Greece and Poland.

The youth exchange took place in Iefkada, Greece between 31/05-10/06/2019.

The young participants worked together to come up with some works of art or ephemeral situations about integration, active citizenship and solidarity. They made their creations with the device of pinhole or "magic boxes". At the end of this exchange the youth presented their work by a collective exhibition at the Town Hall of Lefkas.

[https://www.facebook.com/pg/SolidarityTracksLefkada/photos/?tab=album&album\\_id=2792548420817025](https://www.facebook.com/pg/SolidarityTracksLefkada/photos/?tab=album&album_id=2792548420817025)





#### 4. INITIATIVE

Youth exchange – Stereotypes part 1  
Promoter: Globers- Sterotypes

<https://www.facebook.com/globers.net/>  
[https://www.instagram.com/we\\_are\\_globers](https://www.instagram.com/we_are_globers)

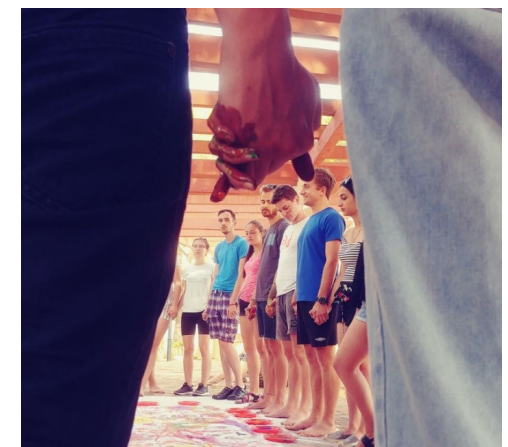
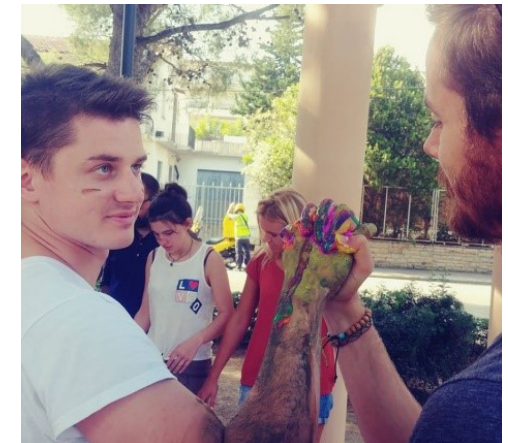
In September 2019, we organized a youth exchange in Comarruga Spain with 38 participants from 10 different nationalities to talk about Stereotypes through art, music and creative writing. One of them was a craft workshop that explored self-expression using painting with the body as a way of connecting to others. The aim of this activity is to talk openly personal difficult situations while letting yourself be led by the music and flow of the paint with your body. Results were emotionally amazing; all the participants open themselves and put all the sentiments on the board to create a piece of collective emotional art. This workshop is carried by our Polish team and lead by their youth leader Joanna with the support of our staff and our polish participants.

#### 5. INITIATIVE

Youth exchange – Stereotypes part 2  
Promoter: Globers

<https://www.facebook.com/globers.net/>  
[https://www.instagram.com/we\\_are\\_globers](https://www.instagram.com/we_are_globers)

In September 2019, we organized a youth exchange in Spain with 38 participants from 10 different nationalities to talk about Stereotypes through art, music and creative writing. One of them was a craft workshop that explored stereotypes related to the body and the way our bodies are treated on the press, publicity... All the participants took from home magazines the trainer Jorge Ruiz asked them to cut all the human bodies and build 2 huge silhouettes: one of a woman and other of a man. After the time given, we had a long reflection about their findings, how





they feel about how the human body is treated in fashion magazines, by the publicity adds , how gender is differently... Have all the groups considered the same? Which are there differences between men and women? Should we be different? Are there qualities that are traditionally granted to them? girls who can share the guys? And the opposite? Is it necessary to answer the What society generally expect from women and men? What Does it happen when someone does not meet a classic profile? How can we educate for that? Does each person be herself regardless of the role of woman or man?



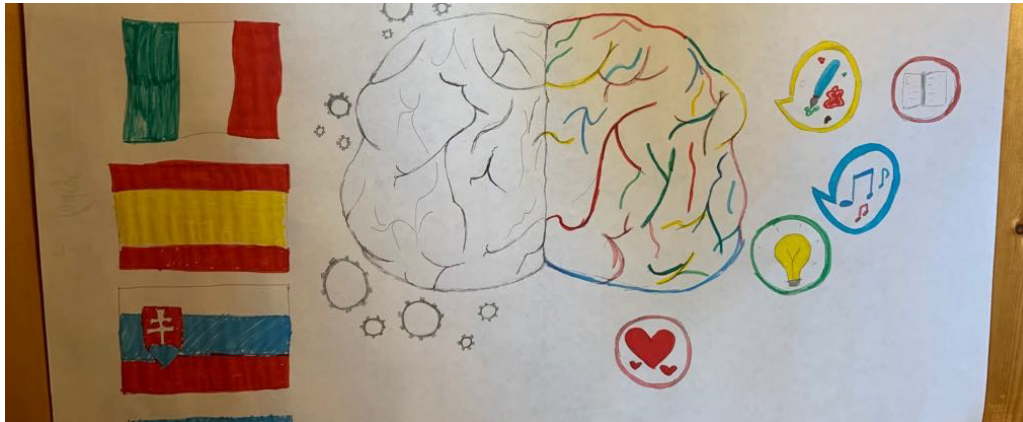
## 6. INITIATIVE

Youth exchange Let's Open the Door of Great Mind  
Promoter: VitaTiim, Estonia

The project,, Let's Open the Door of Great Mind'' was implemented in Estonia, Viljandi by VitaTiim. The main aim of the project was to to equip youngsters with competences and methods for their professional





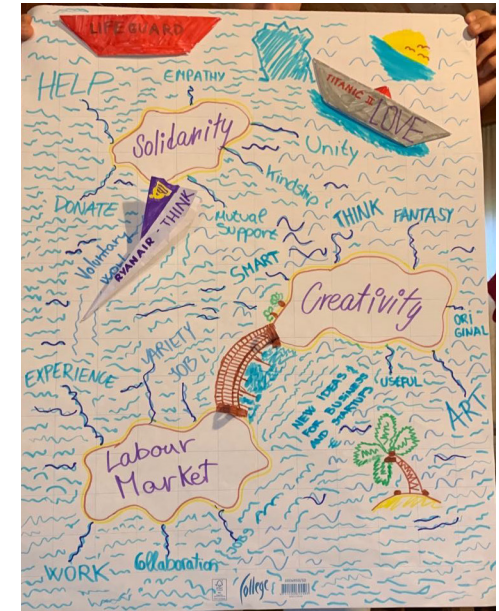


development, to open their way of creative thinking, to evoke their entrepreneurial skills and sense of initiative, etc.

20 youngsters and 4 group leaders from four European countries ( Estonia, Slovak republic, Spain and Italy) took part in this project that lasted for 6 days (17.09.19– 22.09.19)

Some of the most important achievements were that this project managed:

- To encourage participants creative thinking and key competences.
- To Enhance interest in global issues as well as a broader general knowledge.
- To boost their sense of initiative.
- To increase maturity and social poise, filled by the necessity to confront challenges outside a familiar support network and comfort zone.
- The development of social, personal, group skills amongst participants and to reinforce their self-esteem and self-confidence.
- The improvement of participants cultural awareness through promoting diversity and through cultural dialogues.
- To increase participants understanding of their abilities and opportunities.
- To increase participants' understanding of solidarity.





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# TOOLS for Learning



## TOOLS for LEARNING

1. Title of the tool: My ESC diary

Promoter: Solidarity Tracks organization (Greece)

Description of the tool:

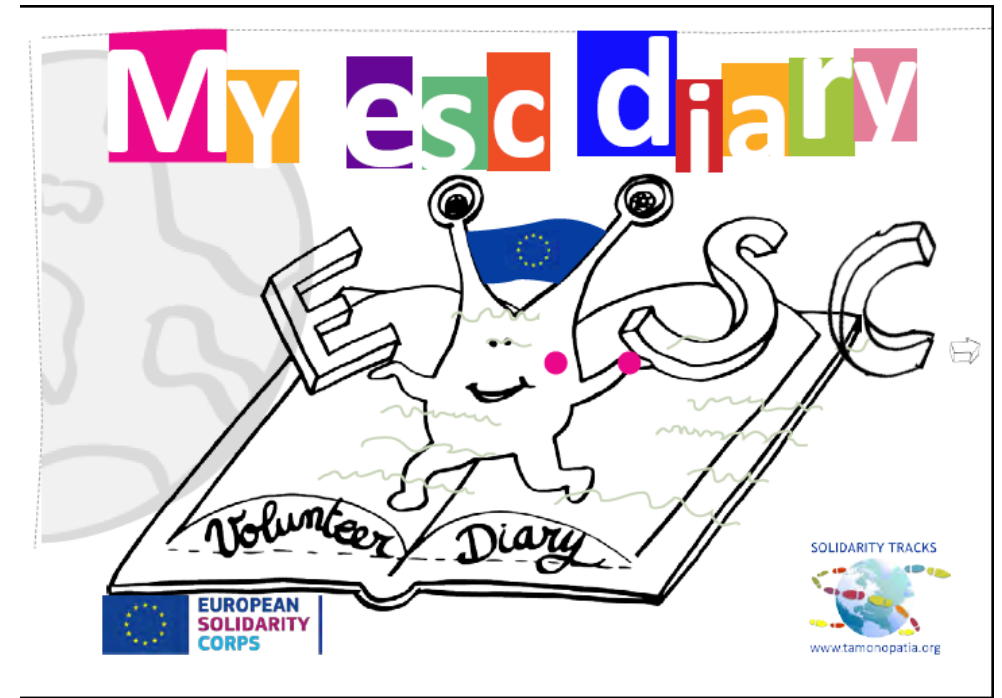
What? ESC DIARY (<http://tamonopatia.org/files/ESC%20Diary.pdf>) is a tool to support young people who are taking part in a European Solidarity Corps programme.

For whom? For the volunteers beneficiaries of Solidarity Corps programme/  
It can be useful also for local & international volunteer

Why?

This tool helps the volunteer to:

- design, monitor, evaluate and adjust its activities plan
- identify and share the impact of its activities
- plan, monitor and measure its learning objectives
- identify and record the skills that he develops during his volunteering service
- prepare a good youth pass that enhances his lived experience





## How to use this tool?

The tool can be separated in 3 main categories: before ESC, ESC period and end and after ESC period.

**Before ESC** - In the beginning of the Voluntary service the candidate will use the diary to ease the preparation process for the volunteering period. This includes packing, important paper, info about hosting country checklist etc.

**ESC period** – contains guidelines to prepare working plan, to understand missions and to understand learning achievements.

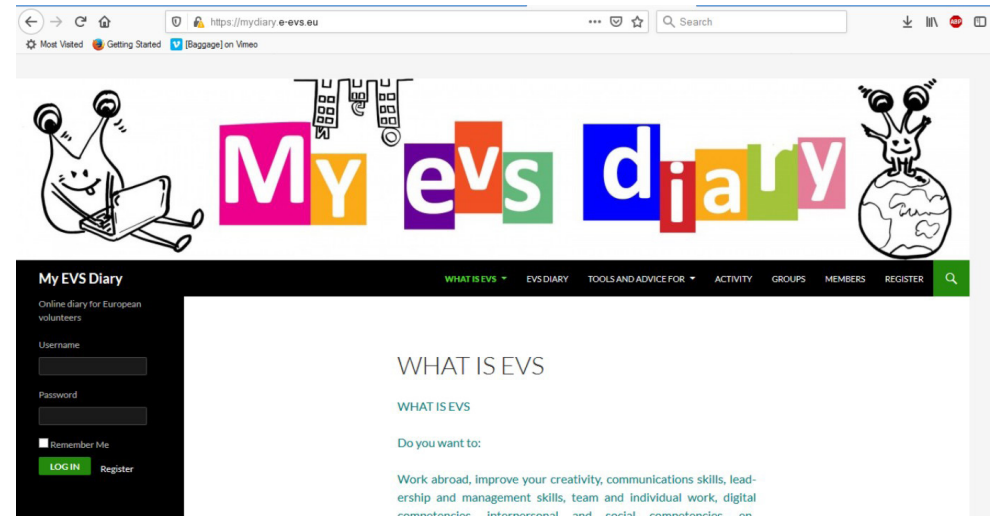
**End and after ESC** – Preparation for writing final learning achievements youthpass and to prepare for the after ESC life....promotion, dissemination of results of ESC.

## Why this tool is interesting?

The ESC diary is a structured diary which can be easily accessed. It contains necessary info in one place for the volunteers. It has a creative and friendly design and it is easy to use. It can be adapted and it can serve as inspirational book for the ESC period. Later can be as a memory book for after EVS as well.

Relevant website, social media account, video or publication:

The platform: <https://mydiary.e-avs.eu/>



## 2. Title of the tool: Roleplay " Youth Mind set Against Radicalism "

Promoter: Globers (Spain)

### Description of the tool:

What? It's an exercise that focuses on the de-construction of prejudices that a person might have.

For whom? This activity is for everyone.

Why? - To enable people to acquire knowledge and competences about fighting radicalism. - To develop empathy towards others - To contribute for local development in different countries of the world through the reinforcement of the capacities of young people who wish to learn more about different cultures.

### What our activity is offering?

- To experience and reflect on how the preconceived ideas we have about other

cultures affect the cultural encounter and its outcome, especially when cultures from

so called 'underdeveloped' countries are involved.

### Why this tool is interesting?

-To reflect on our own and others' cultural norms.

-To experience first-hand the effect of stereotypes and prejudices.

-To experience and understand what reactions can emerge while meeting another culture and why.

- To increase empathy towards 'others'.

### Relevant website, social media account, video or publication:

[https://drive.google.com/drive/folders/1ZMtaWprgm\\_Ur4cxsD09NvOkSrSsnTP9G](https://drive.google.com/drive/folders/1ZMtaWprgm_Ur4cxsD09NvOkSrSsnTP9G)





### 3. Title of the tool: Workshop “Discrimination in hiring”

Promoter: Solidarity Tracks organization (Greece)

#### Description of the tool:

What? It’s a workshop that focuses on the discrimination in hiring.

For whom? This activity is for everyone.

Why? - To allow young people to reflect on the notion of discrimination in order to develop their critical thinking and their knowledge of this topic on the job market, as well as the means they have to act in such situations.

#### What our activity is offering?

-Identifying mechanism for preventing/protecting for discrimination and employment.

#### Why this tool is interesting?

- To develop and be aware of the sense of being discriminated
- To develop critical thinking and be aware of different discriminative situations related to the job market. To differentiate the notions of prejudices, discrimination and limitation.
- To learn and reflect about the tools and mechanisms for preventing and protecting

from discrimination in the Labour Market.

#### Relevant website, social media account, video or publication:

[https://drive.google.com/drive/folders/1E\\_PHmUGBSm3fAy8gyVtHBI5TBXIKMvZD](https://drive.google.com/drive/folders/1E_PHmUGBSm3fAy8gyVtHBI5TBXIKMvZD)



#### 4. Title of the tool: Workshop “ Job interview”

Promoter: Solidarity Tracks organization (Greece)/ Novo Mundo (Portugal)

Description of the tool:

What? The activity consists a simulation of applying for a job...

For whom? This activity is for everyone.

Why? - To better prepare people for a job interview.

What our activity is offering?

- A chance to learn the do's and the don'ts in a job interview.

Why this tool is interesting?

- To work on a better preparation when seeking for a job
- To understand and analyse the behaviour of a job seeker during a job interview
- To be aware about body language, practice public speaking and how to react in unexpected situations

Relevant website, social media account, video or publication:

[https://drive.google.com/drive/folders/1E\\_PHmUGBSm3fAy8gyVtHBI5TBXIKMvZD](https://drive.google.com/drive/folders/1E_PHmUGBSm3fAy8gyVtHBI5TBXIKMvZD)





## 5. Energizer (Portugal)

Leadership energizer There is no time limit. It directly depends on your aimed activity. Either you can do it indoors or outdoors. Again based on your activity. The age of participants is related to your activity. The number of participants is important to get a better outcome. As the participants will be divided into three groups at least 12 could be a good number , preferred of course. For gender again if possible a balance about genders in the groups could be better for the outcome. As a material you need need paper and a pen only. However, the materials for your activity completely depend on your activity. You divide the participants into three groups. For everyone you will assign a roleplay secretly. For the groups the roles are the same which they do not know. For the first group by person you give a paper with this duty : you are the group leader. For the second group : you are the follower. And for the third group you are going to give blank pieces of paper. Then you will define your activity. All the participants will act accordingly to their given roles. The objective is to see how groups work when everybody is a group leader, a follower , or acting naturally. The outcome will show you that in a group if everyone is a leader there will be a chaos based being on dominancy and the same result for the followers group again the task can not be completed completely or in time dependent on not taking responsibility. The only successful group is the last one which shows how people get it when they are natural leaders.



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# Meeting with YOUNG CRAFTER



## MEETING WITH YOUNG CRAFTERS

Crafter -LUCIA SUAREZ BONET (SPAIN)

Industrial Design Engineer and social entrepreneur  
Volunteer in cooperation projects in International Solidarity and Caravan Arts without boarderlines in Guatemala, Morocco and Bolivia. Co-inspirational and creative of the MIOGAS upcycling project (based on the use of materials and cooperative work to bring science and mathematics closer together in a tangible and usefull way) where it promotes research and use of custom-designed biodigestors, creating a community of learning around these systems in order to allow anyone who can enhance their organic waste. Over the years, he has gained extensive experience in the realization of national and EU projects. Her experience as a trainer (formal and non-formal education) comes from her time at MIOGAS where she has organized various events and led multiple workshops on development issues and eco-sustainable education.



<http://www.miogas.es/>

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[MORE INFO](#) [MORE INFO](#) [MORE INFO](#)

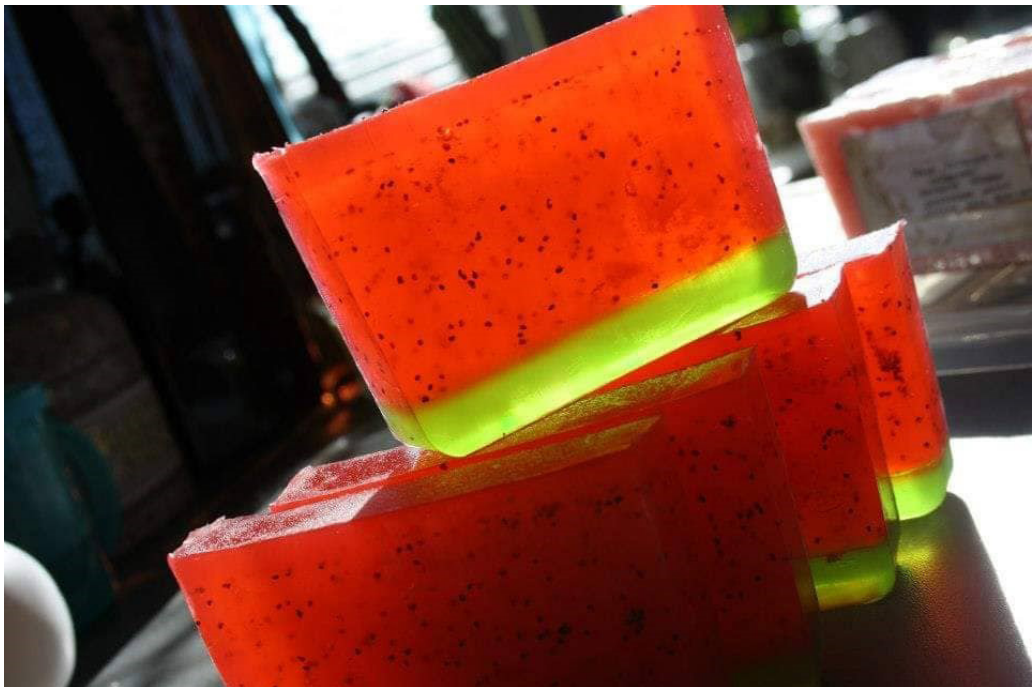


Crafter -JULIA BOIKACHEVA (ESTONIA)

Hello, I'm Julia Boikacheva, I was always interested in handicraft. I tried to make my first handmade soap at school, 15 years ago, but at that time it was impossible to get necessary equipment's, so that, my first try was unsuccessful. After, when I got adult, I accidentally saw a video about handmade soaps. I decided to try and it worked. Like that, I started making different soaps by myself.

Very soon, I was contacted by a masseuse salon, which began to buy soap in large quantities: 8 kg at once, every 2-3 weeks. I also tried to make soap with special water-soluble paper, on which it was possible to print names or any phrases. Such soap was in great demand during the holidays: March 8, February 23, Valentine's Day, New Year.

My products are sold in a beauty salon and in flower shops as well.









Crafter - MIGUEL MIGARLO (SPAIN)

Miguel is a crafter from Spain. He has been making many different kind of sweets for a long time. He got his own brand - Migarlo.

It is a family business, in which he is taking part from childhood. Miguel is a freelancer, selling his products only by his own all over Spain, all year around. That is why the hardest part of running his business, is being far from the family and working a lot of hours. Beside this, one of the main difficulties is a big competition, as he works only in street and Medieval markets.

In the cooking process are included only two persons and they are doing 35 different kinds of sweets. He is using old family receipts that are why his products are different and natural.

Note: video of his work on our facebook group: E-youth patrimony - Dialogue and cooperation





## Partners

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Verein zur Förderung von Kulturaustausch und Nachhaltigkeit - Gain&sustain: Europe, Austria

MONOPATIA ALLILEGGIIS/SOLIDARITY TRACKS, Greece

The Starry Start of Talents Foundation, Bulgaria

Lužánky stredisko voľného času Brno, příspěvková organizace/"SVC Luzanky", Czech republic

CREFAD LOIRE, France

Hungarian Volunteer sending foundation, Hungary

Asociatia de tineri din Ardeal, Romania

Non-Formal Learning Centre VitaTiim ( Mittetulundusühing VitaTiim), Estonia

Semper Avanti, Poland

DIAGONAL ESPAÑA, Spain

Asociacion Mundus – Un Mundo a tus Pies, Spain

Kalkinma ve inovasyon Ofisi Dernegi - Development And Innovation Office Organization, Cyprus

Associazione Costiera Amalfitana Riserva Biosfera, Italy

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ACTOR, Romania

Develoement and innovation office organization, Turkey

