

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE

Activity n°	Youth exchange: Energy of nature				
Participating organisations	<p style="text-align: center;">Partner organisations in the project "Energy nature" are:</p> <ol style="list-style-type: none"> 1. La Vibria Intercultural is a Spanish non-profit organisation whose main mission is to work with young people who want to discover a new culture and work to promote tolerance and social integration. The activities are mainly related to the young people of reduced opportunities was a matter of social or economic difficulties or cultural differences. 2. Eko-Zhivot the Macedonian non-profit organisation whose main objective is the preservation and maintenance of the environment. Eko-Zhivot a regional eco-center. Their activities are mostly related to raising the awareness of local people and young people, especially children on environmental issues and sustainable lifestyles. 3. Fundacja Kreatywnej przestrzeń and Rozwoju CampoSfera is the Polish non-governmental organisation whose main goal is to initiate activities of projects that link education to sustainable development, ecology and innovation. Their activities are mostly related to the development of the local community and the region, creating new jobs, free English learning and reduce the process of depopulation of rural areas. 4. IPSIA is an Italian non-governmental organisation whose main goal is to build solidarity between different communities through informal learning. Their activities are mostly directed to young people and their need to secure their future, all through the promotion of sustainable development, civic activism and peace. 5. The Institute for Environmental Policy (IEP) is an Albanian non-governmental, non-profit environmental organisation founded in November 2008. The overall objective of the IEP s encouraging sustainability in Albania through the implementation of projects aimed at raising awareness of the local community and the formulation of "green" policies in cooperation with local and regional governments. 				
	Venue		Duration		
City/Town	Country	Start date	End date	Activity duration	Travel days
Karlovac	Croatia	30.06.2017.	07.07.2017.	8	2
Activity Programme					
Timetable	Activities	Non-formal and informal learning methods used			
DAY 1					
AM					
08:00-19:00	Arrival	Reception of participants at the station, transportation to the accommodation. Accommodation comprises double and triple rooms. The organiser will determine which participants will be in a room together for better cross-cultural connections.			
PM					
19:00-20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)			
20:00	"Welcome" night	Organisation of icebreaking games so participants can start to make connections.			
DAY 2					

AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00-12:30	Organisation "Fair"	The aim of the fair organisation is mutually informing participants exchange with other organisations and participants in the exchange. The introduction of participants will be carried out through making posters of organisation and presenting one ingredient that represents their organisation. Each organisation will briefly introduce and present their purpose, objectives, activities and field action, and will indicate the reason why they decided to participate in this project.
12:30-14:00	Presentation of the participating countries - Croatia	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00-17:00	Youthpass workshop	Participants of youth exchange will be familiar with the concept and purpose of Youthpass and what participation in such a program means for their future. Through the youth exchange, participants will be familiar with the concepts that are key to the Erasmus + Programme as informal learning, lifelong learning, mobility and key competencies. Every organisation will make workshops about key concepts of Youthpass and Erasmus + Programme.
17:00 - 18:30	Topic 1: The importance of energy efficiency and environmental protection in achieving the objectives of the Strategy "Europe 2020"	<p>The workshop aims through various formal and informal learning methods to familiarise participants with the concept of sharing and the importance of energy efficiency and environmental protection in achieving the objectives of the Strategy "Europe 2020".</p> <p>A. Participants will be divided into groups and get the task to come up with its own legal document, which deals with the protection of nature through the use of renewable energy sources. After that, each group will present their bill and will be followed by discussion and evaluation of their work.</p> <p>B. Participants will be divided into groups and will have to create instructions for households concerning the use of renewable energy sources in order to preserve the environment. Task is to make a brochure, containing instructions on how to contribute to energy saving in the household. After that, each group will present their brochure, there will be discussion and evaluation.</p>

18:30 - 19:00	Evaluation	Participants will evaluate their own learning process and the acquisition of competencies based on the evaluation form which will meet at the end of each day during the youth exchange.
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	Intercultural evening	Introducing participants of youth exchange with cultures of the participating countries through the promotion of national products. Each country will present their food products, customs, literature, inventions, historical figures and national symbols. At the end of the exchange will be held quiz that will show how much the participants learn about each other cultures.
<i>DAY 3</i>		
AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00 -13:00	Introducing of the City of Karlovac, a tour of the solar tree as example of good practice of using renewable energy sources	Participants will walk through the city of Karlovac to be more familiar with the city, especially with the old Karlovac core of the so-called Star. Old Karlovac core, Star is an unavoidable part of the city of Karlovac for all who want to learn more about the rich cultural and historical heritage, which this city has in abundance. The goal of walking beside presentation of Karlovac is the visit to the solar tree as an example of good practice of using renewable energy sources and one of the first such in South Eastern Europe and Karlovac Arboretum which is important for environmental protection and conservation of natural resources. In a case of good weather, there will be organised outdoor games to encourage motor skills, teamwork and healthy living habits. Participants will tour throughout the city of Karlovac and they will have an interactive map with marked places that will be visited in the walk, which will serve as a means of getting around in the city of Karlovac to the best possible organised leisure activities. After is planned the reception at the mayor of the City of Karlovac.

13:00 - 14:00	Reception by the Major of City of Karlovac	Reception by the Mayor of the City of Karlovac participants will demonstrate the importance of linking civil society and local and regional authorities in achieving the objectives of the European Union. It will also raise awareness of the need to involve the wider local community in the process of changing attitudes and habits which lead the unsustainable way of life, and that becomes Conscious of the local population contribute to the goals for which this project stands, which is one of the expected results of the project. Participants will determine its own importance in presenting and implementing healthy habits in a daily life of the local community.
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00-17:30	Presentation of the participating countries - Italy	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.
17:30 - 18:30	Topic 2: Renewable energy sources	The aim of the topic is to familiarise participants with the concept of renewable energy sources and how to use them in order to protect the environment, through various formal and informal learning methods. Participants will be shown educational films about renewable energy, after which will follow the discussion on the same. After the discussion, participants will be divided into groups and each group will make a brochure about renewable energy source of choice.
18:30 - 19:00	Evaluation	Participants will evaluate their own learning process and the acquisition of competencies based on the evaluation form which will meet at the end of each day during the youth exchange.
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	Movie night	Each participating country will show the most famous short film clip from their country. Once viewed films will take the discussion about them and the importance of these films for the culture and identity of the participating country.
<i>DAY 4</i>		
AM		

08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00-11:30	Presentation of the participating countries - Poland	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.
11:30-12:30	Youthpass workshop	Participants of youth exchange will be familiar with the concept and purpose of Youthpass and what participation in such a program means for their future. Through the youth exchange, participants will be familiar with the concepts that are key to the Erasmus + Programme as informal learning, lifelong learning, mobility and key competencies. Every organisation will make workshops about key concepts of Youthpass and Erasmus + Programme.
12:30 - 14:00	Topic 3: Energy efficient house	The aim of the training workshops to familiarise participants with the concept of energy-efficient houses, through various formal and informal learning methods. After the lecture, participants will be divided into groups and as directed to create their own vision of "Socratic House". After the participants created their vision of "Socratic House", they will explain the scheme of the house.
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00 -17:30	Topic 4: Sustainable development in Europe	The aim of educational workshops is to familiarise participants with the concept of sharing sustainability and sustainable development, with the difference between sustainable and unsustainable development, the ways in which sustainable development can be achieved, and what the European Union is undertaking in terms of sustainable development. Participant task will be to make their vision of Europe in the next 50 years as part of sustainable development and to present their works and later with following a discussion.
17:30 - 18:00	Evaluation	Participants will evaluate their own learning process and the acquisition of competencies based on the evaluation form which will meet at the end of each day during the youth exchange.

18:00 - 19:00	Free time	Participants will use free time in the way that suits them.
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	Free night	Participants will use free time in the way that suits them.
<i>DAY 5</i>		
AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00-14:00	A visit to the hydroelectric power plant "Munjara"	Participants will be introduced to the HP "Munjara" in Ozalj that was one of the first hydropower plants in Croatia (1908, the first was in Sibenik - 1895). It is a real example of how natural resources can be used for the purpose of renewable energy sources to preserve the natural resources of planet Earth. After the visit of HP Munjara participants can use their free time on the organised beaches near the HP Munjara.
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00-17:30	Presentation of the participating countries - Spain	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.
17:30-18:30	Youthpass workshop	Participants of youth exchange will be familiar with the concept and purpose of Youthpass and what participation in such a program means for their future. Through the youth exchange, participants will be familiar with the concepts that are key to the Erasmus + Programme as informal learning, lifelong learning, mobility and key competencies. Every organisation will make workshops about key concepts of Youthpass and Erasmus + Programme.

18:30 - 19:00	Evaluation	Participants will evaluate their own learning process and the acquisition of competencies based on the evaluation form which will meet at the end of each day during the youth exchange.
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	Music night	Each participating country will show the most famous songs from their country. Other participants will have a plate with the ratings that help them to vote for the best song.
AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00-11:30	Presentation of the participating countries - Macedonia	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.
11:30 - 14:00	Topic 5: "Solar collectors"	The workshop aims to familiarise participants with the concept of exchange of solar collectors and the importance and application of solar energy in general, through various formal and informal learning methods. Participants will acquire skills for making their own solar panels that can be used for heating water in their own homes and thus contribute to environmental protection and the objectives of the strategy "Europe 2020".
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00-17:30	Presentation of the participating countries - Albania	Each participant country will present their country through lectures, workshops, discussion, teamwork and a variety of informal methods of learning, and interactive games. Participants of youth exchange will thus get to know the culture, customs and history of the country, and they will contribute to intercultural cooperation and communication, elimination of stereotypes and prejudices, reduction of discrimination. Also, participants will acquire communication skills in an intercultural environment. The task of each participating country is to design an interactive game that will best represent their country.

17:30 - 18:00	Evaluation	Participants will evaluate their own learning process and the acquisition of competencies based on the evaluation form which will meet at the end of each day during the youth exchange.
18:00 - 19:00	Free time	Participants will use free time in the way that suits them.
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	International quiz	Participants will be divided into teams by countries. At the beginning of the quiz, each team will develop ten questions related to their land on the topics that have passed during the workshop (on culture, history, geography, national symbols, famous people and other elements that are specific to their country). When they make a list of questions, each team alternately ask questions to other teams. Points will be recorded on a flip chart.
<i>DAY 7</i>		
AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 10:00	Energizer	Participants will through informal socialising and physical activity be encouraged to develop creative skills and develop quality interpersonal cooperation. Each group of participants will create and implement its own energizer, to help participants get to know each other, encourage motivation and the use of creative and cognitive skills, and to adopt presentation skills and skills to work in teams.
10:00 --14:00	Topic 6: The use of renewable energy sources and energy efficiency in local communities	The participants are already familiar with the topic of the solar tree as renewable energy for the development of the local community and their task in the workshops will be to develop their own project of using renewable energy for the development of the local community. Participants will be divided into groups and in the end, they will present their project. Participants will evaluate each project, and thereafter will be developed discussion about the actual impact of the project on the local community level.
PM		
14:00-16:00	Lunch	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
16:00 - 18:00	Evaluation of Youth Exchange	All works that are made during the exchange will be exhibited in one room. Also, all participants will gather in the room in order to end debate on the exchange. Participants will evaluate the exchange of young people, their own engagement, engagement leader and the purpose and activities of youth exchanges.
18:00 -18:30	Youthpass certificates	Award of Youthpass certificates
19:00 -20:00	Dinner	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
20:00	Farewell party	There will be full-evening party for the participants

DAY 8

DAY 8		
AM		
08:00 - 9:30	Breakfast	Menus will be consistent with the dietary habits of participants (vegetarians, gluten free)
9:30 - 20:00	Departure	Transportation to the station and farewell.