



# **“Climate Change? NO! Change Yourself!!!”**

## **(International Youth Exchange)**



**04 – 12 September 2022**

**Arrouquelas, Rio Maior (Portugal)**


**60 Participants from 10 European programme countries**

**What do you want to achieve by implementing the project?**

**Objectives of the project?**

All the partner organizations realized that each of us faced similar challenges and obstacles with young people that they worked with - environmental challenges, climate change, social inclusion, personal development. Having discussed and planned thoroughly and having exchanged views about plans with potential participants, we made up our mind and draw a conclusion that a Youth Exchange could help the young people to achieve these below-mentioned objectives:

1. Connecting, engaging and empowering young people to take part in civic life, using the power of their collective voice to advocate, lobby and lead campaigns towards adopting environmental-friendly practices, create innovative and sustainable environmental solutions, promoting diversity, social inclusion and intercultural learning. Participants can share their knowledge of what is being conducted in their countries to protect the environment. This will help them see that we're coming from the same place and together we can achieve more.
2. To help young people develop themselves, impacting positively on mental and physical health, developing capacities that will be useful for the young people in their careers and future lives (such as communication skills, self-confidence, problem-solving, relationship building, creativity, resilience, and emotional intelligence). The improvement in these skills is a critical component in this Exchange that will help young people take charge of their lives and careers, and will help them to create new enterprises.

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3. To have a positive impact on the environment and the climate - to learn about what is happening in each country with regards to environmental issues, and to develop ideas and plans for actually doing something about the problems. To start early by imparting awareness and a sense of environmental stewardship among the youth of today and future generations.
  4. To begin mobilizing their peers on social media or other online interactions to discuss, debate and advocate for better environmental protection, using virtual platforms to educate, raise awareness, expand outreach and share knowledge. Many of the mentioned challenges facing humankind, can only be resolved at a global level only by promoting sustainable development: a commitment to social progress, environmental balance, and economic growth.



Each country group will host a dissemination event after the project for their local communities. Having already all the Video Materials, coming back to their local NGOs they will organize a Follow Up event which will be an important part of the dissemination.

Each activity is a combination of workshops, sessions and exercises in non-formal education style including theatre, contact improvisation, brainstorming, variety of games, group

dynamics, thematic visits, tree planting, dance and body expression self-assessment techniques and art-therapy methods.

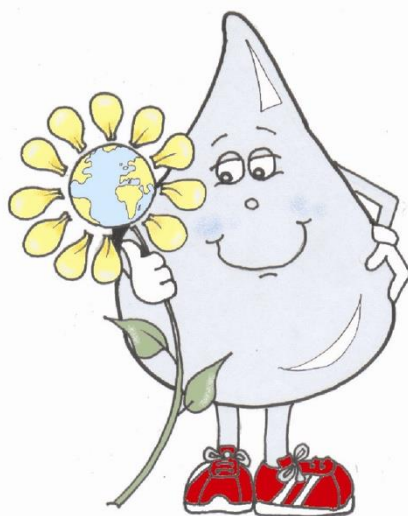
The participants profile:

- Young people aged 18-30;
- Young people who are interested in exploring the reasons of the current climate changes;
- Eco activists, Youth workers who are working on rising awareness about ecological problems;
- Volunteers who are working on environmental projects.
- Young people willing to share the knowledge about their practice working with the environmental protections.
- Young people with fewer opportunities (who struggled from war or conflict; from rural areas and poor regions; with disabilities);
- Able to communicate in English, even with some difficulty, no one will be excluded for this reason, leaving the national groups to integrate young people with more difficulty in communicating in English.

As there will be 60 participants involved, each country will send **5 participants + 1 leader**, from challenging backgrounds, all driven to have influence in their local communities and also across Europe.

**This is the project of environmental characteristics, leaders and participants should be committed to the topic.**

**Our organization does not charge any participation fee, we don't agree with this! So we do not allow partner organizations to take participation fees for their participants that come to project, because an obstacle for program. Erasmus + does participation of all young people.**







## Results and impact

Having discussed and planned thoroughly and having exchanged views about plans with potential participants, we made up our mind and draw a conclusion that a Youth Exchange could help the young people to achieve these chained impacts:

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2. Influencing on the life of participants to start appreciate the gifts of nature and use these resources with logic. To start precepting recycling materials not as a waste and become more eco-friendly citizens.
3. To have a positive impact on the environment and the climate - to learn about what is happening in each country with regards to environmental issues, and to develop ideas and plans for actually doing something about the problems. To start early by imparting awareness and a sense of environmental stewardship among the youth of today and future generations.
4. To begin mobilizing their peers on social media or other online interactions to discuss, debate and advocate for better environmental protection, using virtual platforms to educate, raise awareness, expand outreach and share knowledge. Many of the mentioned challenges facing humankind, can only be resolved at a global level only by promoting sustainable development: a commitment to social progress, environmental balance, and economic growth.
5. To start tackling environmental problems more efficiently and in more creative way. Use all the possible platforms to spread the awareness. To dissemination of the knowledge in social media and during the events hosted by each organization the

techniques will spread in the local societies of the partner countries and have an impact of the well-being of these communities.



#### Activities:

- camping;
- group dynamics and environmental workshops;
- artistic activities (representation and painting);
- Ocean visit
- sports activities (cannoning, forest walking, mountain biking (Forest Rangers);
- manual work with recovery of footpaths, forest lookout posts, tree replanting actions;
- thematic sections and pedagogical visits.
- And Learn; To discover; participate; Share; smile; have fun

Participants will be accommodated in a camp with all safety and hygiene conditions. This place is inside the village of Arroquelas, a community space where many community activities take place. It has appropriate bathrooms, with common hot water showers separated by gender, a large kitchen where participants can cook, a large restaurant and activities room.

