

Changes

We made a five day activity plan with activities distributed on each day.

We had to modify them due to the travel time. On the first day of the mobility, we were supposed to have ice breaking activities, presentation of the Project theme, overview of the whole week's Schedule. But we started with a welcome dinner and were able to discuss the objectives of the Project, activities planned and the expectation. We move the other activities on day one to day two. We modify the some of the location of some activities. However, we managed to carry out planned activities, besides, we were able to arrange some additional ones that added value to the mobility. Participants were able to have more experience on different aspects of the region and the culture.

Activities and results

Day one

Welcome dinner,

Overview of the activities on the week, project objectives,

Discussion on expectation.

Day two

Ice breaking activities; we carried out sme fun ice breaking activities so that the participants could be more open to the comunication. We know that how hard and challanging it could be when you were new in a location with new people around you. After the activities, they felt more relaxed and comfortable. They became more open to the communication, team-work, active participation and collaboration. Activities also helped them to form new connections and friendship.

Presentation about diversity and inclusion; one of the participants from the hosting school made a presenation about the Project theme. With the presentation; participants were able to boost their knowledge about the concepts and define them. They achieved the first step to participate in the discussion on related subjects and workshops.

Board games; participants formed mixed teams to play the games. They taught each other how to play them. That activity strenghtened both their connection, communication and collaboration.

Workshop on cultural awareness, sensitivity and communication; that workshop helped the participants to raise their awareness of values of different culture, practices and traditions. They improved their ability to communicate with people from different background without offending them. That workshop also helped them to reduce the prejudice with their exposure to a more diverse environment and culture. They discussed how to be more inclusive and respectful in a surrounding full of people with different background and voices.

Participants worked on their communication skills. They had the chance to practise and improve their language skillsin real life interactions.

Culture night: we got to taste the local food prepared by the hosting people. They told about the local ingredients used to make the food. After that, we watched a video telling about the region such as

location, famous places, history and traditions, etc. We learnt about the population, environment and discussed how diverse it is when compared to our own region.

Day three

Visit a local youth center and a youth sports center

In the youth center; participants witnessed the Daily activities and classes offered to the young people in the area. Beside young people, there were some elderly groups of people taking some classes too. The center welcome people from all ages and offer everyone something that they could be interested in. We were happy to see they include all the people that are ready to attend. We were able to attend some of the classes such as pottery, painting and robotic coding. They made a presentation of what they do in the center and planned some activities for us.

At the end of the activities, we discuss and compared the activities we do in our own youth center and got some ideas how to enrich them. We were able to Exchange good practices and talked about how to modify and implement them in the youth centers of both sides.

Youth center also has a garden where they grow some organic food such as tomatoes, cucumber, eggplant, strawberries etc. We found it really helpful, especially for the youth to witness the whole process of growing vegetables. We asked a lot about the plants and their growth time.

In the sports center; center organized some national and international games for the participants to play. Participants built up teams and worked together. They learnt about some local sports and how to play them. They also had the opportunity to try some local traditional dances led by the people in the sports center.

Hiking activity;

We hiked on a hill with a historic castle on top. That activity was planned for both getting to know the environment and the history of the region and as a cleaning event to engage in an environmental/social responsibility project.

We learnt about the history of the region and collected rubbish, mostly plastic bottles on the way down. That activity helped the participants to raise their awareness of the wellbeing of the environment. They also knew the history of the region.

The castle was surrounded by the crop fields and our participants asked questions about the plants and learnt something new about the crops grown here as they lack the opportunity to see the growth of those kind of plants in their own environment.

Day four and five

We thought that planning some extra activities in a different location would be beneficial for participants to experience the diversity and inclusion. So we were able to spend some time in another city which is close to the region. The city has a unique landscape and diverse culture that we witnessed in the partner's town. We were accompanied by the students and the teachers of the partner's school. The city is famous for its unique environment and landscape. We have been in both rural and the urban side. What we have seen is totally different than what we have seen before. Our participants were able to compare the place with their town and were surprised to see how diverse it

was, especially the characteristics of the territory and the urban structures. We were accompanied by a local guide who told us about population, the history of the regions and features of the land. We visited open air museums, underground cities and local pottery and stone workshops. That trip helped the participants to enhance their knowledge and understanding about the hosting country's heritage, history and the culture. Besides, we had the chance to interact with local people there, which broadened our social perspective and cultural awareness. We moved some of the discussion session and workshop over there. Participants got together and worked on conflict resolution and intercultural communication. They discussed and exchanged ideas on how to manage the conflicts that they might encounter every day. They were able to enrich their practices and knowledge. They also discussed the various aspects of diversity and how to create more inclusive environment for everyone.

Participants took part in a story telling session where they talked about their experiences about diversity and inclusion. That activity helped them to feel more empathetic to others.

On the completion of the activities planned, we had an evaluation session of the whole week and discussed the outcomes and the efficiency of the activities. We shared our perspectives on newly gained experiences.

General results

With the mobility; participants lived in a totally different environment for a short time, however they experienced unique environment, lifestyle and cultural heritage. They were able to appreciate the multiculturalism.

They met, interacted and connected with the community members. They enhanced their knowledge about the challenges and the strengths of the community. They also increased their awareness of the cross cultural differences, and grew tolerance, sensitivity and empathy.

They heard their stories and shared some special moments that they could never forget. They got exposed to diverse perspectives, which improved their adaptability to new conditions and environment.

With the presentation, discussion sessions and workshops; they understood the shared goals of the project they would like to achieve and gain a deeper insight about diversity and inclusion. They acquired practical skills related to the topic and improved their communication and conflict resolution skills.

They got together with their peers from a different country and experienced their lifestyles. For the games, they built mixed teams, which created a sense of unity and collaboration among the participants. They formed a strong connection and build a sense of community gathering for a common issue.

At the end of the mobility, they feel more motivated to be part of the related project in the future and engage in the local activities. They went back to their homes with fresh ideas, new practices and perspectives, with which they will be able to inspire their communities to promote diversity and build a more inclusive environment. They are equipped with experiences and knowledge to be the leaders and role models of the action. They were able to build a sense of ownership and responsibility for promoting diversity and inclusion in their communities.