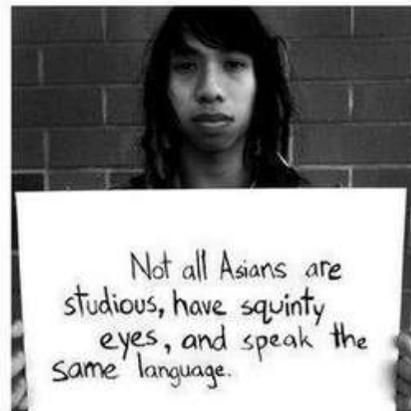


*If you want to make the world a better place
Take a look at yourself, and then*

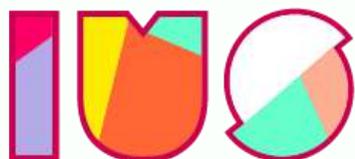
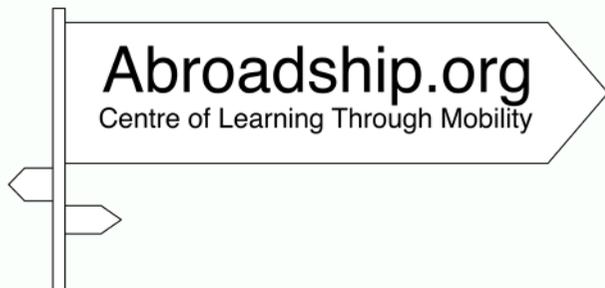


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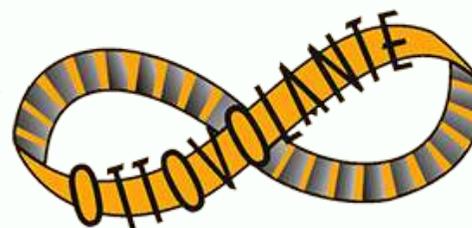
Erasmus+ Youth
Exchange

Make a Change

**28 JANUARY - 6
FEBRUARY, 2020
UNITED KINGDOM**



INSTITUTE of
UKRAINIAN
STUDIES



CONTEXT

Have you experienced moments that look as from the book “Alice in Wonderland” when Alice asked the Cat: “Would you tell me, please, which way I ought to go from here?”. As Alice did not have specific goal, cat responded that then it doesn’t matter which way she would go. As her goal was just to get somewhere, the Cat added: “Oh, you’re sure to do that, if you only walk long enough.”

If we look from coaching perspective, Tim Gallwey, tennis coach who applied the principle of coaching in 70’s, summarizes this approach as “awareness of where you are now is not enough to bring about the change; you have to know where you want to get to”. He understood the importance and advantage of enabling people to learn about themselves and noticed that youngsters performed better when they were taught how to learn rather than how to hit a ball.

Therefore, we take described approach as a basis in order to initiate the project “Make a Change”. The name of the project is related to Michael Jackson song that encouraged millions of people and now it will encourage this group: “If you want to make the world a better place/ Take a look at yourself, and then make a change”





OBJECTIVES

- Understand what the stereotype is and overcome it with critical thinking.
- Raise awareness about the discrimination, tackling the issue of IDP's and refugees, understand its roots.
- Become culturally competent and understand the components of diversity.
- Understand coaching approach, be able to use it in the daily life to enhance critical thinking skills and take control for own actions and thoughts.
- To improve sense of initiative through inclusion with daily life activities such as cooking, cleaning, organizing free time space in evenings, leading various sessions and workshops.



Who Should Attend?

- You are motivated and open minded to explore sensitive topics, face stereotypes, step out of comfort zone.
- You are willing to challenge and (re)discover yourself and at the same time to incorporate the views of others (developing intercultural empathy) and acknowledge responsibility.
- Ready to participate in an intercultural environment and eager to test yourself in working on a high speed youth exchange full of practical assignments
- Resident of UK, Lithuania, Armenia, Georgia, Ukraine, Italy, Belarus, Turkey
- Able to work and communicate in English
- You are 18-30 years old (except leaders, who can be of any age),

PROGRAMME

0

Arrival to United Kingdom, **traveling to the magic training place** Isle of Wight

Structure:

10:00 1st session

12:00 2nd session

15:30 3rd session

17:00 4th session

18:30 Reflection groups

Evening programme will be organised all together :)

1

Sessions are subject to change: Getting to know each other, Team building, Contemporary contact improvisation, Team building, Cultural competence, Intercultural diversity, Stereotypes, blind voting, night hike, LARP, Forum theater, Open space, Different but equal, Critical thinking, Video making, Evaluation, Erasmus+, Youthpass, Open Badges

8

9

Departure



DELIVERY STYLE

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through outdoor sports" - learning about sensitive topics while being outdoors, hiking and doing sports
- "Learning with nature" - being aware of the environment and its stimulus to brains, mental and physical condition





METHODS USED

- Experiential learning through hiking
- Cognitive Behavioural Coaching approach
- Group dynamic processes, simulations and teamwork activities
- Inputs from experts through non-formal education lectures and facilitated processes
- Dynamic workshops and presentations
- Kolb's cycle (learning cycle)
- Intercultural sharings, learnings and reflections
- Learning by doing in a group setting or individual processes.



€ FINANCIAL COSTS

- 100% accommodation, food and program materials are covered by the grant from Erasmus+
- 80% traveling costs (only preapproved and the most economical - no first class, no taxi, no special seats, insurances, etc) are covered.
Maximum traveling costs:
 - €20/participant for UK
 - €275/participant for Lithuania, Italy, Ukraine, Belarus
 - €530/participant for Turkey, Armenia, Georgia
- For traveling reimbursement, it is mandatory:
 - online tickets: forward emails with e-tickets, boarding passes and invoices, it has to contain price and date.
 - offline tickets: bring original receipts (originals), copies will not be accepted.
- Reimbursements will be sent **1 November 2020**, once (and if) participants take part in
 - full duration of the programme
 - fill the evaluation forms
 - present all the traveling documents



Start Up Hypothesis

WHERE?

I S L E O F W I G H T , U N I T E D K I N G D O M



SPACE

Youth Exchange will happen in YHA Isle of Wight Totland hostel, a large, Edwardian house with a seaside location close to downland cliffs and beaches, ideal for quiet country walks. Hostel is 50 minutes away from famous Needles, where Italian inventor established the world's first radio in 1896. You will stay in rooms of 2-6 persons, sharing with others toilets and showers.



WHEN TO GET HERE?

Arrival Day: 28th January 2020

Programme: 27 January - 5 February, in total 8 full days

Departure Day: 6th February 2020

Days allowed to stay in United Kingdom: This is a great time to explore United Kingdom. We will not have a lot of free time during the programme, thus if you want to explore country, please arrange extra days. You are allowed to come max 5 days before the YE or leave after max 5 days after the YE, but the total amount of the days that are not part of the programme is max 5 days. If you decide to stay more than 5 days longer than the official programme, you will have to cover the traveling expenses yourself. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).





PRACTICALS - WHAT TO BRING!

- Casual, warm and sport/hiking clothes (sunny/cold/rainy weather)
- Raincoat
- Comfortable shoes
- Head lamp-torch and reflectors
- Backpack or any other bag



- Insurance - this is critical! European Health Insurance Card is free. Please arrange insurance, because we do not provide and are not liable for any incidents
- Bring camera - lots of great shots to make
- Prepare endurance, Good spirit and Positive vibes!

WEATHER

In January temperature is pretty low, ranging from +3 to +9 degrees and it rains on average 12 days per month. There is 50 hours of sunshine per month.

Check the weather forecast [here](#).





HOW TO APPLY?

Fill in the application form available:

<https://forms.gle/M5Mbr7mKy3HcbQKf9>

In order to apply for Make a Change project, you must be over 18 - 30 years old (unless you are a leader) and a citizen of one of the partner countries. Contact the partner organisation from the list below if you need any support.

Abroadship.org

Inovatyvi Karta

Associazione Ottolovante

Institute of Ukrainian Studies

UniGrowth

Diyarbakir Cevre ve Kalkinma Dernegi

New Faces

Youth With An International Vision

UK

Lithuania

Italy

Ukraine

Armenia

Turkey

Belarus

Georgia

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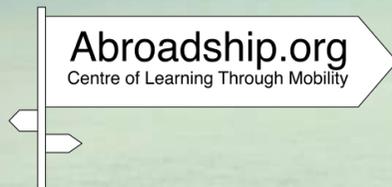
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endevelop@hotmail.com

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ywiv.georgia@gmail.com



Erasmus+

For information, clarification, logistics,
general questions, please contact us at:

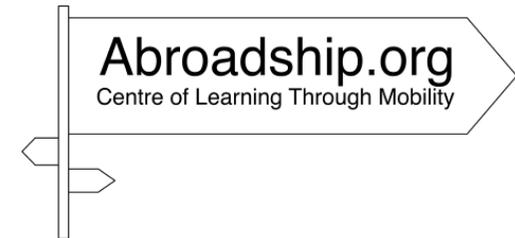
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Make a Change in United Kingdom!



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