



Τα τελευταία χρόνια η συμμέτοχη σε προγράμματα Erasmus+ ειναι ιδιαίτερα δημοφιλής μεταξύ των νέων. Η περιέργια, το κίνητρο και η ενσυναίσθηση αποτελούν μόνο λίγους από τους παράγοντες που συμβάλλουν στην κινητοποίηση των νέων να συμμετέχουν σε τέτοια προγράμματα.



Ο χρόνος εδώ πέρα είναι πολύτιμος, καθώς κανείς δεν καταλαβαίνει ποσό γρήγορα κυλάει. Κάθε δραστηριότητα έχει χρονικό περιορισμό, επομένως κάθε μια από αυτές είναι ξεχωριστή.



Η πιο συνταρακτική, όμως, ήταν όταν μας ζητήθηκε να πάρουμε μια σύντομη συνέντευξη από άτομα που έχουν εμπειρίες σχετικές με τη μετανάστευση. Κατα την διάρκεια αυτής της δραστηριότητας γνωρίσαμε τον Aarav, κατάγεται από την Ινδία και βρίσκεται στο Ashford από το 2006. Όταν ρωτήθηκε, λοιπόν, για την σύντομη εκδοχή της ιστορίας του, αρνήθηκε να μας απαντήσει. Μας εξήγησε πως σε καμιά περίπτωση δεν θα μπορούσε να χωρέσει την ιστορία της ζωής του σε ένα 3λεπτο βίντεο. Ακολούθησε 1 λεπτό αμήχανης σιωπής, μας φάνηκε σαν 1 ώρα.



Για εμάς ήταν απλά μια δραστηριότητα, για αυτόν, όμως, ήταν μια ουλή που ακόμα δεν έχει επουλωθεί.

Τη δεδομένη χρονική στιγμή δεν μπορούσαμε να κατανοήσουμε πόσο σοβαρό ήταν.

Τελικά, τα προγράμματα ανταλλαγής νέων δεν είναι μόνο ταξίδια, γνωριμίες και διασκέδαση.

Είναι η ζωή.

Εμπειρίες που σε σημαδεύουν για πάντα και κουβαλάς για την υπόλοιπη ζωή σου.





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



From the past years participating in Erasmus+ is getting more and more popular amongst youngsters. Curiosity, motivation and being sensitive are few of the factors that make these programs attractive to people. When joining youth exchanges, one realise that time flies and you have to appreciate every moment. Every activity is very interesting but the time is too little that makes each and every one of them really special.



Without a doubt the most fascinating activity was one in which we had to take a short interview of people sharing their migrating-related stories. During this task we met an immigrant named Arava, who was born in India and lives in Stanford since 2006.



When he was asked to describe his own migration story in a 3-minute video he refused. He explained he couldn't fit the story of his life into a short video. There was a long awkward silence.



For us it was only a simple task but for him was a scar that couldn't heal. At the moment we didnt realise how serious it was and made us to empathise.



In conclusion youth exchange is not only travelling, meeting new people and having fun. Its bigger than that. Its life. New experiences that stick with you and keep in you forever.



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

"Meglio che della migliore scoperta è tenere aperto un modo per scoprire il futuro".



Dal 13 al 21 dicembre si è svolto il progetto Erasmus+ "Migration Lab".

In questo progetto hanno partecipato 37 ragazzi provenienti da diversi stati europei: Italia, Grecia, Romania, Lituania, Regno Unito e Spagna.

Il progetto si è svolto ad Ashford, nella regione del Kent presso il Kingswood Campus.



Il progetto è definito Youth Exchange, e garantisce a tutti i ragazzi che vi partecipano di acquisire nuove conoscenze sulle esperienze di altri, anche grazie all'ottimo lavoro svolto dai facilitatori Löis e Ilias.

"Migration Lab" è stato un progetto che mi ha aiutato molto ad aprire la mia mente, a conoscere nuove esperienze e a confrontarmi con culture completamente diversa dalla mia.

Abbiamo trascorso le giornate conoscendoci, raccontando le nostre storie e le nostre esperienze tramite attività molto interessanti e inclusive.

L'attività che ho apprezzato di più è stata sicuramente quella in cui intervistammo persone di differenti provenienze e esperienze, ci hanno aiutato a capire quanto e come l'immigrazione è sviluppata in Uk.

La finalità di questo progetto era sicuramente favorire l'inclusione e la cooperazione di tutti i partecipanti di diversi stati dell'Unione Europea.

Personalmente è la prima volta che partecipo ad un esperienza di questo tipo. Prima di prendere il volo da Pisa per Londra ero molto teso, non sapevo chi avrei incontrato e che tipo di esperienza sarebbe stata. La cosa che più mi ha sorpreso è come subito dal primo giorno tutti siano stati amichevoli e affettivi con me.



È stata una settimana bellissima, Indipendentemente dalle bellissime attività svolte, le persone che ho conosciuto qui non le dimenticherò mai, le ringrazio per tutte le cose che mi hanno insegnato e per come hanno cambiato il mio modo di pensare





# - " Greater even that the greatest discovery is to keep open the way to the future discovery".



The Erasmus+ "Migration Lab" project took place from 13 to 21 December.

37 young people from different European countries participated in this project: Italy, Greece, Lithuania, Romania, the United Kingdom and Spain.

The project took place in Ashford, Kent at the Kingswood Campus.



The project is called Youth Exchange, and guarantees all the guys who participate in it to acquire new knowledge on the experiences of others, also thanks to the excellent work done by the facilitators Löis and Ilias.

"Migration Lab" was a project that helped me a lot to open my mind, to know new experiences and to confront cultures completely different from my own.

We spent the days getting to know each other, sharing our stories and experiences

through very interesting and inclusive activities.

The activity that I appreciated the most was certainly the one in which we interviewed people of different origins and experiences, they helped us understand how much and how immigration is developed in the UK.

The aim of this project was certainly to favor the inclusion and cooperation of all the participants from different states of the European Union.



Personally it is the first time that I participate in an experience of this type. Before taking the flight from Pisa to London I was very tense, I didn't know who I was going to meet and what kind of experience it would be. The thing that surprised me the most is how immediately from day one everyone has been friendly and affectionate with me.



It was a beautiful week, Regardless of the beautiful activities carried out, the people I met here I will never forget, I thank them for all the things they taught me and how they changed my way of thinking



In ciuda climatului britanic ostil si a sarbatorilor care bat la usa, 37 de tineri din Romania, Grecia, Italia, Lituania si Spania au invins orice obstacol si au "migrat" pana in Ashford, Anglia pentru schimbul de tineri "Migration Lab", marca Erasmus+.



Cu toate ca greva nationala feroviara a incercat sa ne puna bete in roate, intr-un final am ajuns la cazare. La marginea orasului se gasesc Kingswood camps, un complex de vara de vis, cu cantina, sali de conferinte, terenuri de sport interioare si exterioare, cinema si multe altele. Putini erau ei care realizau ca cel mai important lucru va fi relationarea dintre participanti, ce vor compune o familie mare si, de preferat, fericita, pentru 8 zile. Din fericire insa, inca din prima seara, cand am pasit in Chilling Room, am fost coplesiti de un val de voie buna si ne-am dat imediat seama ca va fi o experienta pe cinste.



Avand in vedere faptul ca motivul principal pentru care ne aflam aici se presupune ca este sa invatam ceva, este timpul sa vorbim despre activitati si despre cum ne-am extins orizonturile. Asa cum spune si titlul,

nucleul proiectului a fost migratia (a

oamenilor, nu passrilor calatoare). Cu toate ca acest subject poate parea greu de abordat, deoarece exista multe perspective din care poate fi privit, facilitatorii au reusit sa creeze tot felul de activitati ingenioase si inedite, care ne-au facut sa credem ca timpul zboara mai repede ca un avion cu reactie. De exemplu, simularile teatrale ne-au facut pe toti sa intram in pielea migrantilor din Europa si sa le intelegem mai bine nevoile si drepturile. In plus, inca un lucru pe care I-am adorat noi, romanii, fiinte sociabile din fabrica, a fost faptul ca fiecare activitate a implicat munca in echipa si astfel ne-am dezvoltat si alte aptitudini, cum ar fi leadership-ul si am distrus complet orice bariera culturala care ar fi existat intre noi.



Acum, cand scriu aceste versuri, in ultima zi a proiectului, ma gandesc cu drag la tot ce am trait aici, si cu tristete ca lucrurile au ajuns pana la urma la sfarsit. In orice caz, aceasta experienta va ramane inchegata multa vreme in inimile noastre!



Despite the hostile British climate and the holidays that are rapidly approaching, 37 youngsters from Romania, Greece, Italy, Spain, Lithuania and the UK defeated any obstacles and "migrated" to Ashford, England, to take part in the youth exchange "Migration Lab", "trademarked" by Erasmus+.



Although the National Rail Strike tried to mess up our plans, we have finally arrived at the accommodation, in Kingswood Camps, near Ashford. It's an amazing complex with a cafeteria, indoor and outdoor sports facilities, laser tag arena, cinema and conference rooms. Yet, only a few of was were aware that the most important thing is the relationship between the participants who were to form a big and hopefully, happy family for the next 8 days. Luckily, since the very first moment that we have stepped in the "chilling room", we've been overwhelmed by a wave pf good will and we figured out instantly that it was going to be an amazing experience.



Keeping into account that our main reason that we're here is to learn as much

as possible about migration, let's talk a bit about the activities and how we broadened our horizons. Although migration might sound as a daunting subject which can be easily interpreted, as it implies lots of perspectives, our lovely facilitators managed to create a plethora of unique activities that made time to pass at an inimaginable speed. To give you a glimpse, the theatre simulations put us all in the shoes of the migrants. Therefore, we got to feel their needs and rights. Moreover, one more thing that us, Romanians, social animals by definition, loved, was the fact that every session entailed team work, so we got to develop other soft skills, such as leadership and we have finally completely destroyed any cultural behaviour that might have existed.



Now, as I'm writing these words, in the project's last day, I think with love at all the things that took part here, and with grief that it finally came to an end. Anyways, this experience will live in our hearts rent free.



# *"Dime y lo olvido. Enséñame y lo recuerdo. Involucrarme y aprendo."*

#### -Benjamin Franklin

Justo antes de Navidad un grupo de personas decidió irse a kilómetros de casa para vivir una nueva experiencia. Casi 37 personas pasaron del 13 al 21 de diciembre en un recinto cercano a Londres. Este grupo de personas tenía algunas cosas en común, estaban dispuestos a aprender juntos y convertirse en una familia. Pero también había algunas diferencias, como el país de pertenencia (Rumania, Italia, Grecia, España, Lituania y el anfitrión Reino Unido), el idioma, la edad y, por supuesto, la personalidad de cada uno.

Desde el principio se podía notar cómo todo el mundo estaba interesado en conocer gente nueva. Y aunque aprender tantos nombres no es fácil, especialmente los nombres griegos, logramos comunicarnos entre nosotros. Todo esto fue posible gracias a la presencia de los facilitadores, que nos dieron la bienvenida y nos guiaron durante las actividades.

Cada día lo empezábamos haciendo un círculo, en este compartíamos cómo nos sentíamos V exponíamos al grupo cualquier problema logístico que pudiéramos tener. Después de eso, hacíamos un juego rápido para conseguir la energía necesaria para empezar el día y las actividades. De la misma manera que nuestros días empezaban compartiendo como nos sentíamos también lo hacían cuando acaban.

Una vez superado el primer día tocaba meterse de fondo en el tema. Esta vez la temática era migración, así que empezamos haciendo un brainstorm para situarnos. También tuvimos que debatir un dilema moral que nos dio la oportunidad de ir conociendo cómo era cada uno. Otras actividades que hicimos los siguientes días fueron role play o teatro del oprimido, ambos perfectos para poder expresarse de manera más artística y trabajar en el tema a través de la educación informal.



Todo iba sobre la marcha hasta que en el quinto día las actividades iban a ser dirigidas por nosotros, por dos días no iba a haber nadie facilitando el proceso, era nuestra responsabilidad. No todo fue perfecto desde el principio pero empezamos a aprender desde el segundo que nos vimos solos. Para algunos de nosotros fue más difícil, para otros más fácil, pero eso fue lo que lo hizo más interesante. El resultado fue chocante para todos, no necesitábamos a nadie que nos guiase para trabajar conjuntamente y conseguir realizar las tareas asignadas. Además, nos unió aún más.

A parte de las actividades, un buen momento para aprender es en las noches interculturales, donde cada país tiene la oportunidad de mostrar desde una perspectiva personal y directa aspectos interesantes sobre su país.

Como cierre, si tuviera que decir cuál es la parte más difícil diría que es la despedida. Después de tantos días, tanto tiempo, momentos y aprendizajes juntos. Cuesta decirle adiós a la gente.



#### "Tell me and I forget. Teach me and I remember. Involve me and I learn."

-Benjamin Franklin

Just before Christmas a group of people decided to go kilometers away from home to have a new experience. 37 people spent time from the 13th to the 21 of December in London. These group of people had some things in common, they were willing to learn together and become a family. But there were some differences too, like country of belonging (Romania, Italy, Greece, Spain, Lithuania and the host United Kingdom), language, age and of course each one's own personality.

From the beginning you could tell how everyone was interested in meeting new people. And although learning so many names is not easy, especially the Greek names, we managed to communicate with each other. All this was possible thanks to the presence of the facilitators, who welcomed us and guided us during the activities.

We started each day doing a circle, in which we shared how we felt and exposed to the group any logistical problems we might have. After that, we would play a quick game to get the energy needed to start the day and the activities. In the same way that our days began sharing how we felt, they also ended with us taking and sharing.

Once the first day was over, it was time to get deep into the topic. This time it was migration, so we started by doing a brainstorm. We also had to discuss a moral dilemma that gave us the opportunity to get to know each others opinions. In the following days we also did role play and theater of the oppressed, both perfect to be able to express ourselves in a more artistic way and work on the subject through informal education.



Everything was going smoothly until on the fifth day the activities were going to be directed by us, for two days there was going to be no one facilitating the process, it was our responsibility. Not everything was perfect from the beginning but we started learning from the second we found ourselves alone in the room. For some of us it was more difficult, for others easier, but that was what made it more interesting. The result was shocking for everyone, we did not need anyone to guide us to work together and achieve the assigned tasks. In addition, it brought us even closer.

Apart from the activities, a good time to learn was in the intercultural nights, where each country had the opportunity to show interesting aspects about their country from a personal and direct perspective.

As a closing, if I had to say what the most difficult part is, I would say that it is the farewell. After so many days, so much time, moments and things learned together. It is hard to say goodbye to people.



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

Find a group of people who challenge and inspires you. Spend a lot of time with them, and it will change your life.



Erasmus creates hundred of project opportunities for Youth, all around the world. This article is about one of them, titled "Migration Lab". Organizations from the United Kingdom, Spain, Italy, Greece, Lithuania and Romania, came together and send their representative participants to attend this Youth Exchange. The project was hosted by Abroadship in Kennington, London, United Kingdom, from the 13th to the 21st of December with 37 participants in total.

"Migration Lab" was designed to provide awareness to the youth from different parts of the world about immigrants. Participants in this project partook and created different activities and shared their experiences.

The 8-day project started with a basic introduction to the topic of migration, to build a solid base of the crucial topics and terms related to migration. The project then moved to the serious and more complex ways of learning including role plays, presentations and theatrical performances, attended by the facilitators. The next days were led by the participants and given the chance to explore their creative skills and work as a team. They improved their leadership and team-building skills during the activities, and also find different feelings of empathy and gratefulness as a bonus throughout the activities. The team appreciated each other's efforts and inventiveness.

Each day used, to begin with, the morning circle for sharing their thoughts about the day and a short recap. Reflection groups were made, that encourages each participant to share their communal thought of the day, collected and disseminated by the team leader, and later shared with the facilitators during a meeting.

Energizers were also introduced to keep the participants active and moving alongside the other helpful activities and chores that can make one responsible and organised in daily life.

Each evening was designated for an intercultural night that brought together the mixed culture of 6 countries in one program. Food, dances and Games were organised by each country team to represent their respective country.

Closing the project involved creating testimonials and memorable videos to keep all the fun intact in the camera. Yearbooks and articles in different languages came into the structure. Also, an Oscar night was organised to set the last goodbyes and close the project with good memories and joy.

Participants took part in all the activities enthusiastically and learned not only from the facilitator's constructed modules but also from each other, and left with a lot of joyful memories, friendships, skills and knowledge about immigrants with a very empathetic and soft cover of their heart.

"I have leared so much in a week that I would not have learned in a year" said one of the participant.



Σκέφτεσαι να δηλώσεις για ένα πρόγραμμα Erasmus+ αλλά δεν είσαι απολύτως σίγουρος; Αυτή τη στιγμή παίρνω μέρος στο 2° Erasmus πρόγραμμα μου, το Migration Lab 2.0 και έχω να πω τα εξής:

Είναι σημαντικό να γνωρίζεις ότι κάθε Erasmus+ πρόγραμμα αποτελεί μια εντελώς διαφορετική εμπειρία και έχει να κάνει με τα άτομα τα οποία θα συνεργαστείς, τις δραστηριότητες και το θέμα, τους διοργανωτές / βοηθούς και το στυλ του προγράμματος. Το προηγούμενο πρόγραμμα στο οποίο συμμετείχα, ακολουθούσε μια πιο , οπότε δεν υπάρχει ένα συγκεκριμένο που να καλύπτει το τι μπορείς να περιμένεις από ένα πρόγραμμα. Οπότε δεν νομίζω πως θα μπορούσα να γράψω ένα άρθρο το οποίο περιγράφει πλήρως τα πράγματα που θα συναντήσεις σε ένα Erasmus+ πρόγραμμα.

Αλλά παρακάτω αναφέρω περιληπτικά μερικά πράγματα που σίγουρα θα ζήσεις:

- Να εξασκήσεις τις ξένες γλώσσες σου. Καθώς όλα τα προγράμματα περιέχουν άτομα από πολλαπλές χώρες, σου δίνεται η ευκαιρία να δουλέψεις πάνω στις γνώσεις σου στις ξένες γλώσσες, να μάθεις νέες λέξεις και φράσεις.
- Θα δουλέψεις πάνω στα social skills σου. Αν και μπορεί να ακουστεί κάπως
  «πιεστικό», προγράμματα όπως και αυτά σε βάζουν σε ένα καινούργιο
  περιβάλλον με καινούργια άτομα και για να μπορέσεις να δουλέψεις μαζί τους,
  χρειάζεται να αλληλεπιδράσεις μαζί τους.
- Θα αποκτήσεις καινούργιους φίλους για μια ζωή. Καθώς μένεις μαζί με αυτά τα άτομα για μια εβδομάδα, έρχεστε πιο κοντά, μαθαίνετε πράγματα ο ένας για τον άλλον και σχεδόν πάντα συνεχίζετε να κρατάτε επαφή και μετά το πρόγραμμα.

Για αυτό το λόγο, προτείνω σε οποιονδήποτε θέλει να δηλώσει συμμετοχή, να το κάνει τώρα!

Thinking of applying for an Erasmus+ program but you're not quite sure? I am currently taking part in my 2nd Erasmus program, Migration Lab 2.0 and I have the following to say:

It is important to know that each Erasmus+ program is a completely different experience and it has to do with the people you will work with, the activities and the topic, the facilitators and the style of the program. The previous program I participated in followed a stricter learning program but this one is completely different, so there isn't a specific article that fully covers what you can expect from an Erasmus+ program.

But below I summarize a few things that you will definitely experience:

- Practice your foreign languages. As all programs contain people from multiple countries, you are given the opportunity to work on your foreign language skills, learn new words and idioms.

- You will work on your social skills. Although it may sound a bit pressuring, programs like these put you in a new environment with new people, and in order to work with them, you need to interact with them.

- You will make new friends for life. As you live with these people for a week, you grow closer, learn things about each other, and almost always keep in touch after the program.

For this reason, I recommend that anyone who wants to sign up, do so now!

Tutti dovrebbero partecipare a uno youth exchange nella propria vita: la breve durata di questo tipo di programma non deve trarre in inganno però, perché una settimana sembra durare come un mese. Ogni giornata è piena di nuove situazioni, nuove idee, nuovi scambi, nuove conversazioni profonde e nuovi scherzi, nuove canzoni e nuove ricette, ma soprattutto di nuove amicizie.

Se vi siete stancati della ripetitività e della noia, se vi sentite come a un punto morto della vostra vita o se semplicemente volete provare qualcosa di nuovo, questo tipo di esperienza breve ma intensa fa davvero al caso vostro.

Finanziati con Erasmus+, il programma europeo per l'istruzione, la formazione, la gioventù e lo sport, i costi di partecipazione ai programmi sono praticamente nulli: rimborso per le spese di trasferta fino all'80% e vitto e alloggio forniti gratuitamente. In certi casi ci si deve adattare a una dieta vegetariana o a camere strette, ma tutto questo fa parte dell'esperienza e contribuisce enormemente ad espandere la propria comfort zone.

Indipendentemente dalla tematica specifica di ogni youth exchange (dalla sostenibilità ambientale alla migrazione, dal self-improvement alle attività culturali, fino a temi come Harry Potter), l'aspetto che prevale è quello sociale: infatti si mira a creare una solida comunità Europa attraverso l'incontro di giovani di ogni nazionalità.

Il gruppo e la comunicazione all'interno di esso diventano fondamentali non solo per sé stessi, per conoscersi meglio e per imparare a gestirsi i propri tempi e spazi, ma anche per migliorare le proprie capacità linguistiche e comunicative. Viene inoltre richiesto a ogni partecipante al progetto di aiutare con le pulizie, la programmazione delle attività e la preparazione dei pasti.

Per le persone più creative o non convenzionali poi i workshop quotidiani sono un ulteriore incentivo, dal momento che si tratta di modalità alternative di apprendimento, basate sul contributo personale e collettivo e sull'impiego di tutta la creatività possibile.

Questo tipo di esperienza mira a coinvolgere giovani pronti all'avventura e motivati a fare nuove conoscenze dai 18 ai 30 anni.

Everyone should participate in a youth exchange at least once in their life: the short duration of the programs should not deceive you though, as one week feels like a whole month. Every single day is filled with new situations, new ideas, new exchanges, new deep conversations and new jokes, new songs and new dishes, but, most importantly, with new friends.

If you're tired of the boredom and the repetitiveness, if you feel like you've come to a dead point in life or if you simply want to try something exciting, this kind of brief but intense experience would be perfect for you.

Founded by Erasmus+, the European program for education, youth and sport, the participation costs are practically none: travel reimbursement up to 80%, plus board and lodging are provided without charges. In some cases it is requested to follow a vegetarian diet or to sleep in narrow rooms, but everything's part of the experience and it also greatly helps to extend one's comfort zone.

Regardless of the specific topic of every youth exchange (from environmental sustainability to migration, from self-improvement to cultural activities, up to things like *Harry Potter*), the prevailing aspect is the social one: the aim is to create a solid European community through the gathering of young people from every country.

The group, its dynamics and the communication among its members become essential not only for you, to get to know yourself and to learn to manage time and areas independently, but also to better your linguistic and communicative skills. Moreover, it is requested that every participant in the project helps with the cleaning, the scheduling of the activities and the meal prepping.

For those of you who are more creative or unconventional the daily workshops are even more of a stimulus, since the learning methods are alternative and very creative, and they rely a lot on the contribution of the individual but also of the group.

This kind of experience aims to engage young people ready for adventures and motivated to meet new people aged from 18 to 30 years old.

### Article

It's difficult to find words that could sum up a whole Erasmus experience.

Erasmus is about the people, Erasmus is about feelings, Erasmus is about communication, Erasmus is about you.

Kingswood Grosvenor Hall became a home with many wonders for 8 days: from sharing our time with the roomates, to finding solitude within nature. From experiencing a glimpse of the complexity of Migration, to learning to find comfort within each other. This project is so much more than meets the eye.

The first few days allowed us to get familiar with our surroundings. The chilly english mornings, savoured alongside a cup of hot coffee, gave us the perfect amount of cosiness for us to start our day. The conference room hosted many interactive activities, emotional sharing and much needed support. But, yet again, the people were the ones who (we would later on find out) helped us become better versions of ourselves.

Take a moment and think about how many different backgorunds, cultures, personalities, emotions, experiences each and every single one of us has gathered so far. How much you have loved and how much you have cried. Now multiply that with 30 and the result you will obtain is an encyclopedia of knowledge, that you have access to for a limited amount of time.

I would say: Make the most of it! Take a chance! And I can guarantee you will not be dissapointed.



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I would say: Make the most of it! Take a chance! And I can guarantee you will not be dissapointed.



This project started on March 9 and finished the 17th and it was about migration. During the 7 days we spent in Ashford, we discovered a lot. Both about the situation that many migrants are experiencing and feelings that we ourselves had and we opened our eyes to a world that lives within ours.

**MIGRATION LAB 2.0** 

Living and sharing with such different and diverse people, regardless of their flag, covers your heart with a layer of humility and empathy. Each of us plays a key role in this exchange and in its success in acquiring learning and memories.



The activities we love, even if we finished later than expected, we puton them all our enthusiasm ahead of everything to improve. Some activities were more fun and others more intense, such as one we did one of the days in which the activity tried to put us in the shoes of people who lose part or all of what they have because of catastrophes.

Every moment we had free time and we all went to have a coffee, even the moments when we were tired but we complemented each other so much that we loved being together, even those moments in the corridors singing at full volume.

We cannot choose a single moment of this experience. Each activity has been different, we have cried, we have laughed, we have given a part of our being. We can only thank the opportunity that Erasmus+ has given us and especially Loïs and Ilias for living this experience with us. In the end what we are left with is gratitude, new friendships and memories we will never forget.



# Migration Lab 2.0 - Article (English)

By Kruti Pabari, England

Are you considering signing up for an Erasmus+ programme, but not quite sure yet? I'm participating in my 4th Erasmus project, Migration Lab 2.0, and here's my perspective...

It's important to know that every Erasmus+ project is a completely different experience, based on the people you'll work with, the activities and topic, the facilitators and the style of the programme. I've been to Turkey, Slovakia, Romania and now I'm in my home country of the UK. Each was completely one of a kind, so there's no single article that can completely cover what you might expect from a project.

But here are some things that'll certainly be present in one way or another:

- Hands-on, interactive opportunities to hone your language skills; On this project alone, I've learned words and phrases in at least 5 new languages, and I've also enjoyed helping others practise their English,
- The chance to explore other countries and cultures in a really unique way; Instead of having to figure things out from a tourist-friendly guide book, Erasmus+ creates spaces for young people to share their own, honest insights about where they are from and what they experience by living or being from there,
- An enhancement of your soft skills; Through the sessions and also from your time outside of the activities, when organising your time and interacting with others in a shared space,
- Access to people and make friends who'll impact your life beyond the project; This, for me, is the very best part - words can't explain how much some of the people I've met have meant to me, and I've visited and stayed in touch with so many wonderful new friends from every programme I've been on!

The projects I've attended have been truly life changing, and I really feel that everyone who attends leaves with at least something to take home with them; skills, perspectives, friendships...

So, if your mouse is still hovering over the 'apply' button on an application, I encourage you to click and embrace your own Erasmus+ adventure!



Above: Two of the friendliest people I've ever met, who I didn't even know this time last week - and now they feel like brothers!