

Room 1

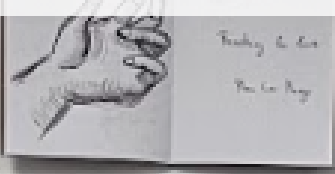
# NEUROSTORY

HUB

## TESTIMONIALS



Alessia



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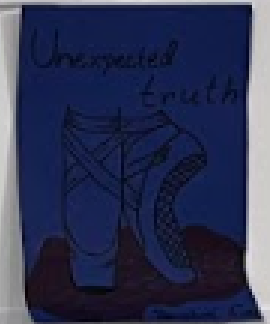
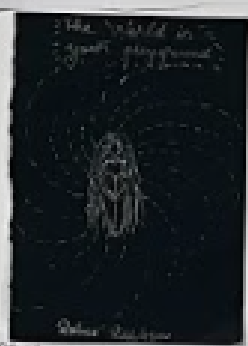
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1. SARA W.  
2. FEDE  
3. EM

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2. ALESSIA  
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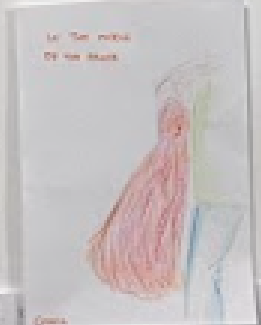
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2. *[illegible]*  
3. SARA W.

1. EM  
2. ALESSIA  
3. MIRA



1. SARA W.  
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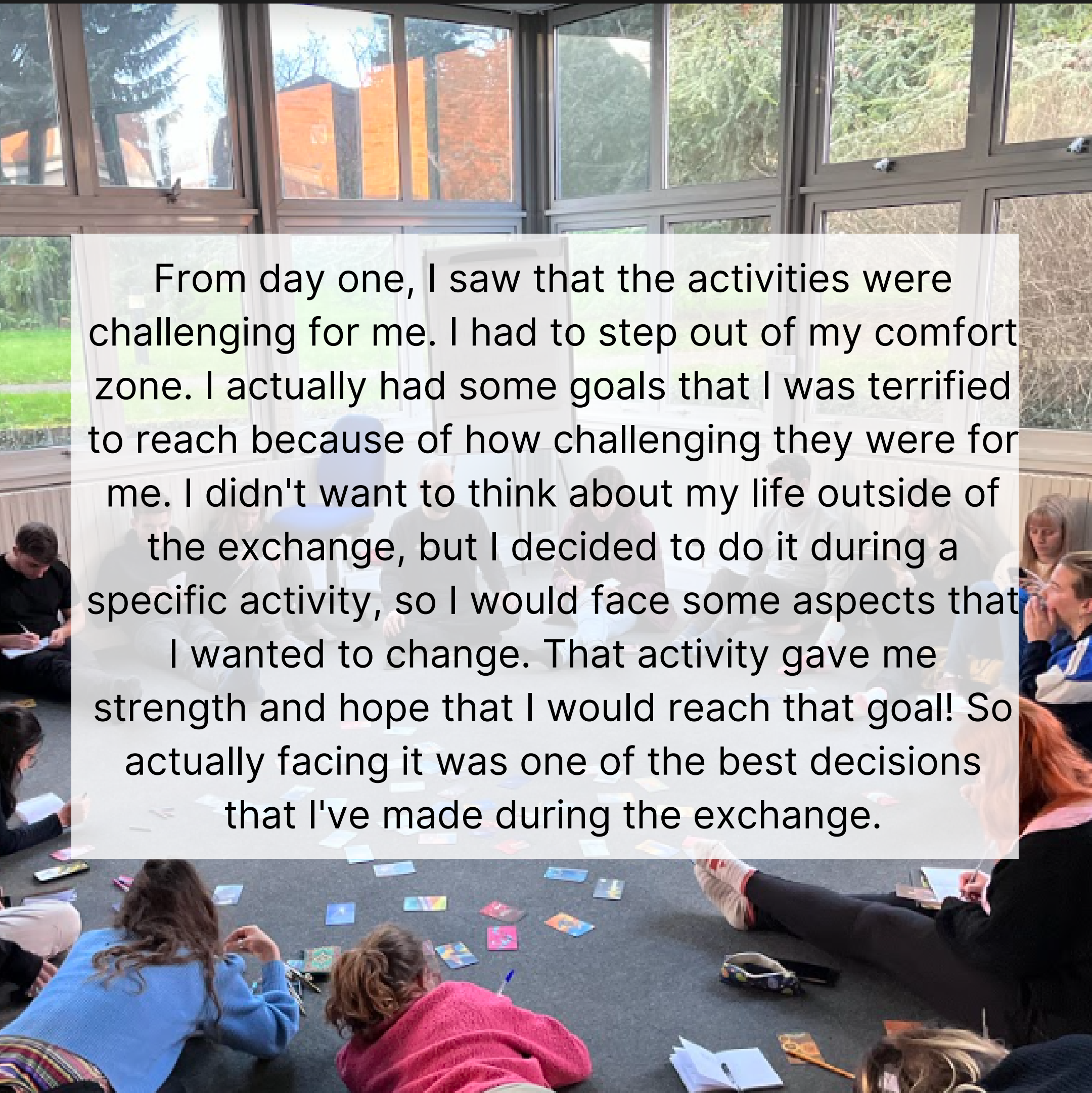
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# About

Neurostory was focused on empowering young people to create their own life narratives and be critical of information from social media and society. Tools were provided to enhance critical thinking, communication, and connection skills, and a secure and inclusive learning space was fostered to broaden cultural horizons and advance personal growth.

These are some of the testimonials from the participants from UK, Greece, Italy, Romania, Spain, Czechia, and Lithuania who took part in the Neurostory youth exchanges from the 12th till 22th of January & 28th till 7th of February in Ashford, UK.



From day one, I saw that the activities were challenging for me. I had to step out of my comfort zone. I actually had some goals that I was terrified to reach because of how challenging they were for me. I didn't want to think about my life outside of the exchange, but I decided to do it during a specific activity, so I would face some aspects that I wanted to change. That activity gave me strength and hope that I would reach that goal! So actually facing it was one of the best decisions that I've made during the exchange.

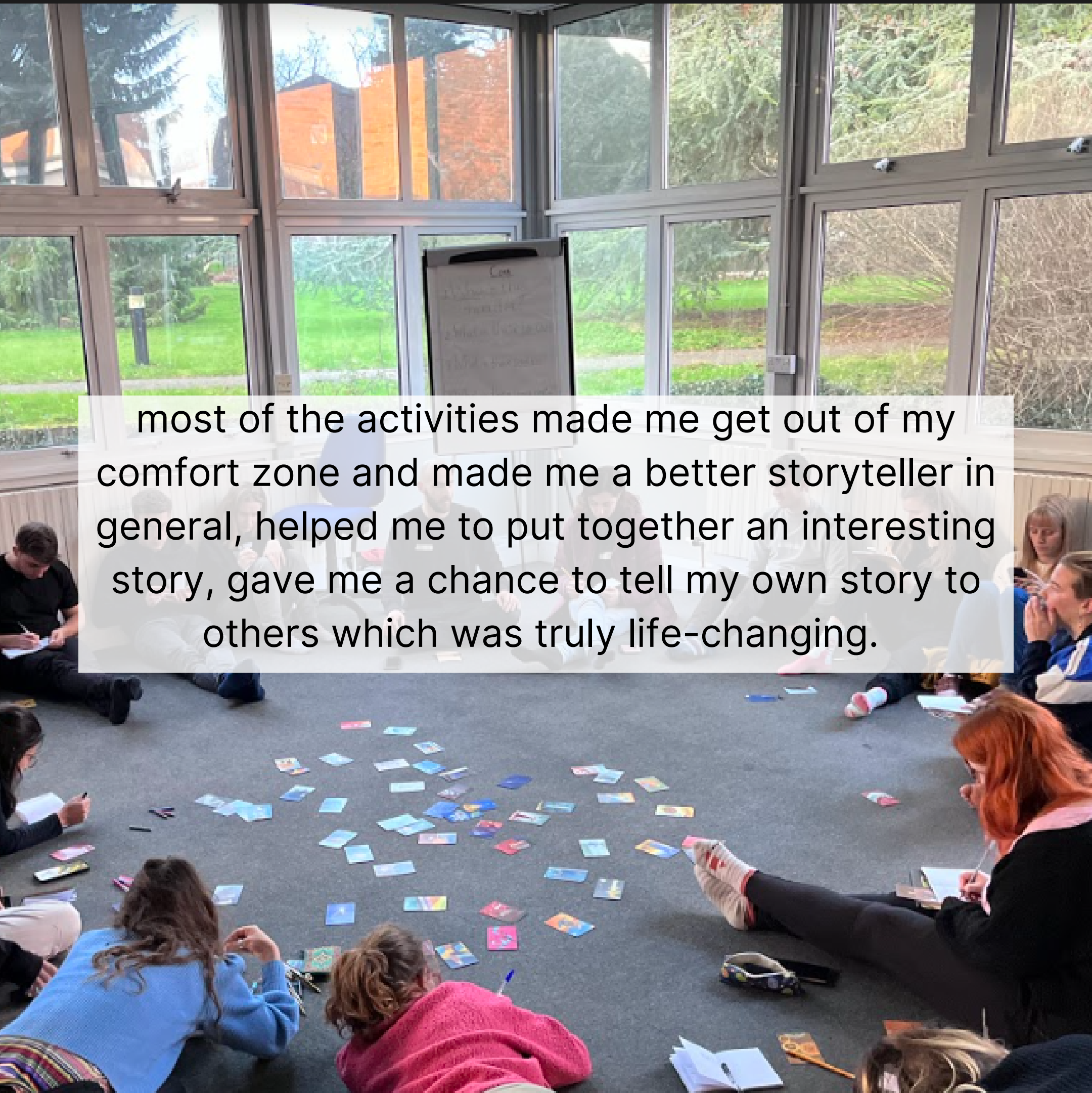


NEUROSTORY supported it by creating workshops related to expressing, making and sharing our own stories with the rest of our partners. For example, in one activity we had to be the villains of the story. This type of activity helped me to improve my imagination, my capacity to improvise in a limited time and my communication skills with all my partners . Moreover, it develop my empathy and also, I could understand another stories with my partner's perspective




## NEUROSTORY :

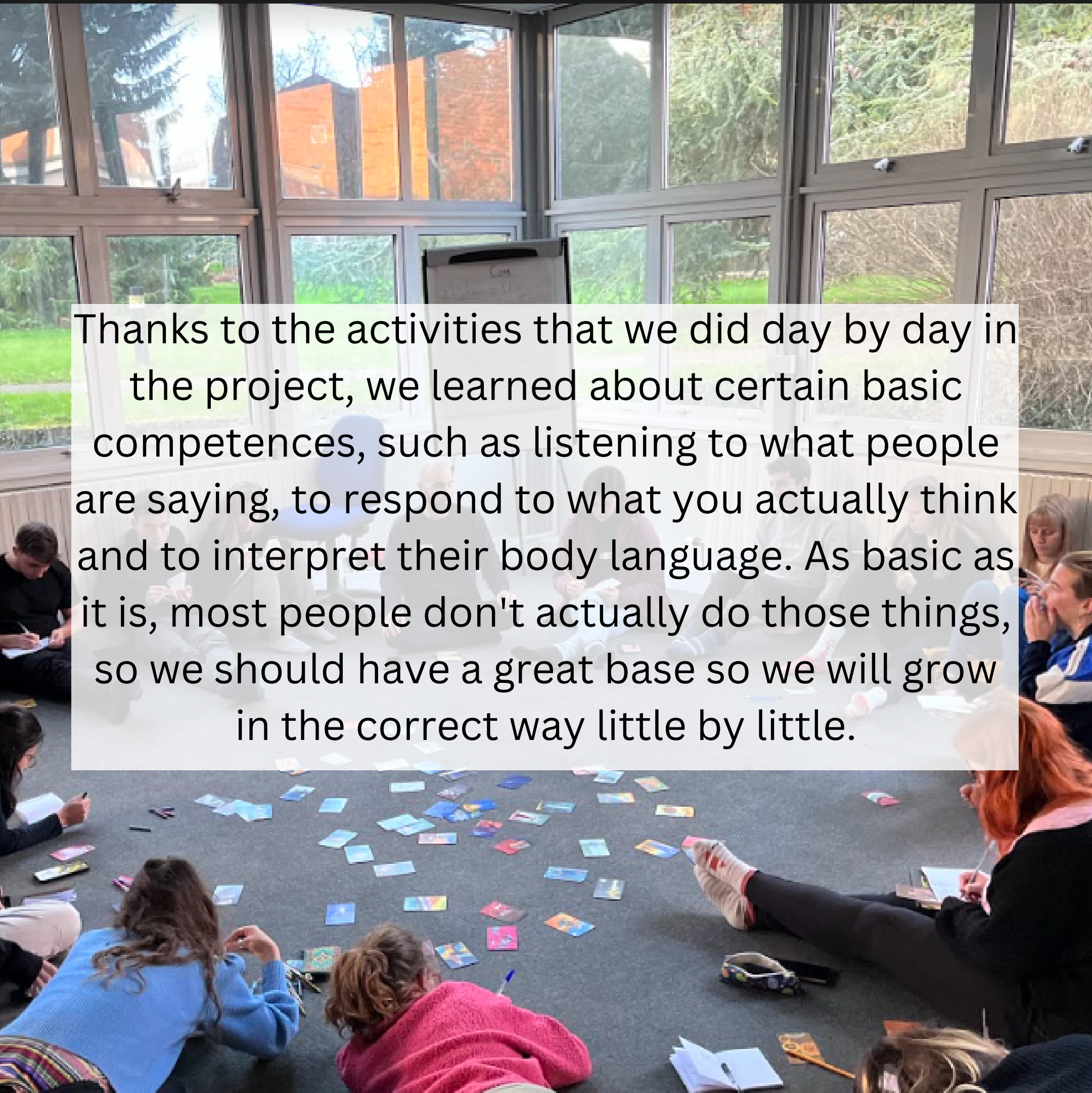
- made me focus on my visions, future short-term/long-term goals
- connected with people on a deeper level as I felt comfortable to express myself
- learnt how to work with my emotions, look at things from another perspective



most of the activities made me get out of my comfort zone and made me a better storyteller in general, helped me to put together an interesting story, gave me a chance to tell my own story to others which was truly life-changing.

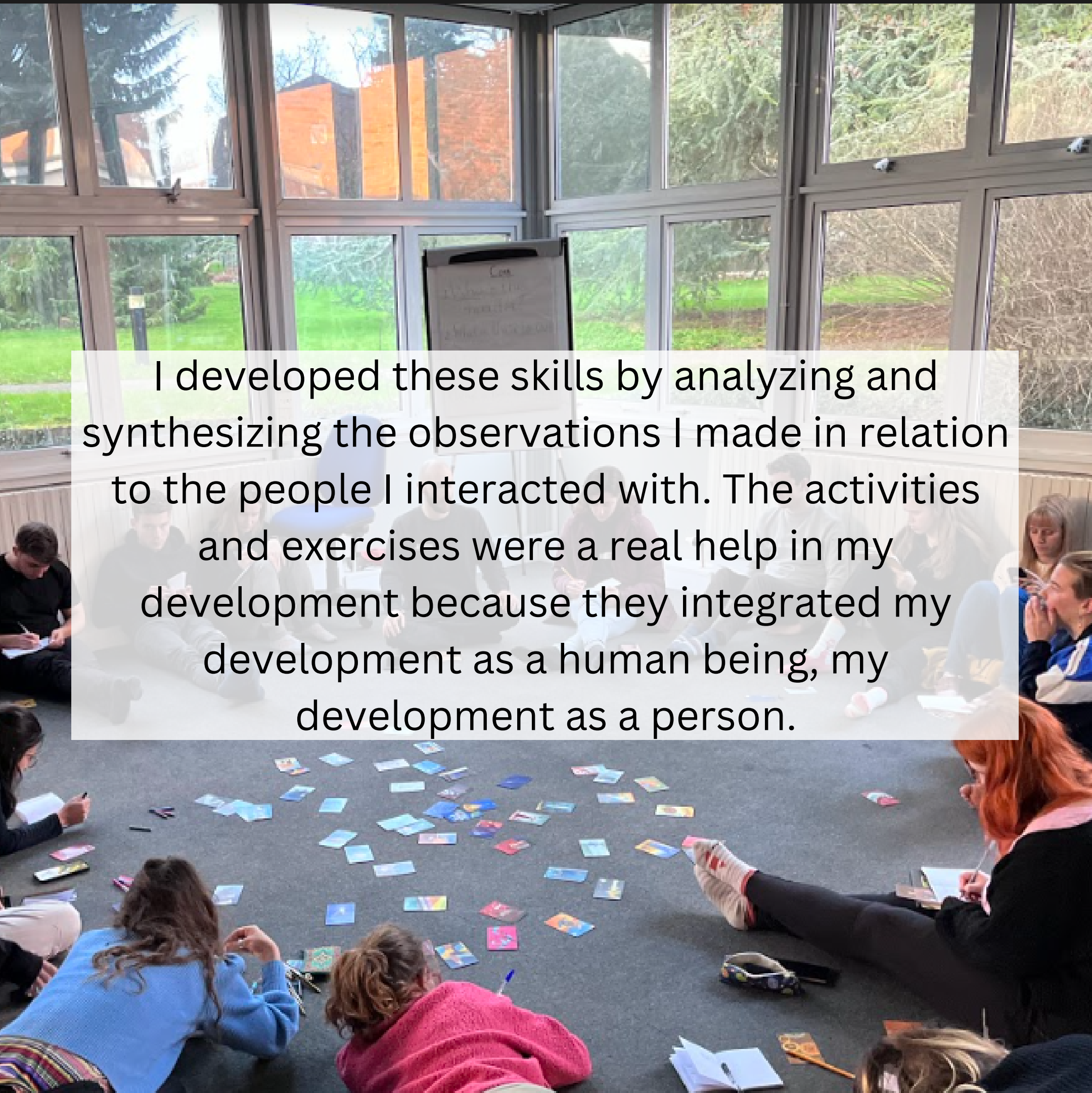
A group of people are sitting in a circle on a grey carpeted floor in a room with large windows. They are engaged in a workshop activity, with many colorful cards scattered on the floor in front of them. A flipchart stands in the background, displaying some text. The room has large windows that offer a view of a green landscape and a brick building. The people are dressed in casual attire, and some are looking at the cards while others are looking towards the center of the circle.

I set some goal but I can definitely say that I doubled, tripled my goals or even made them 10times more than I expected at the beginning

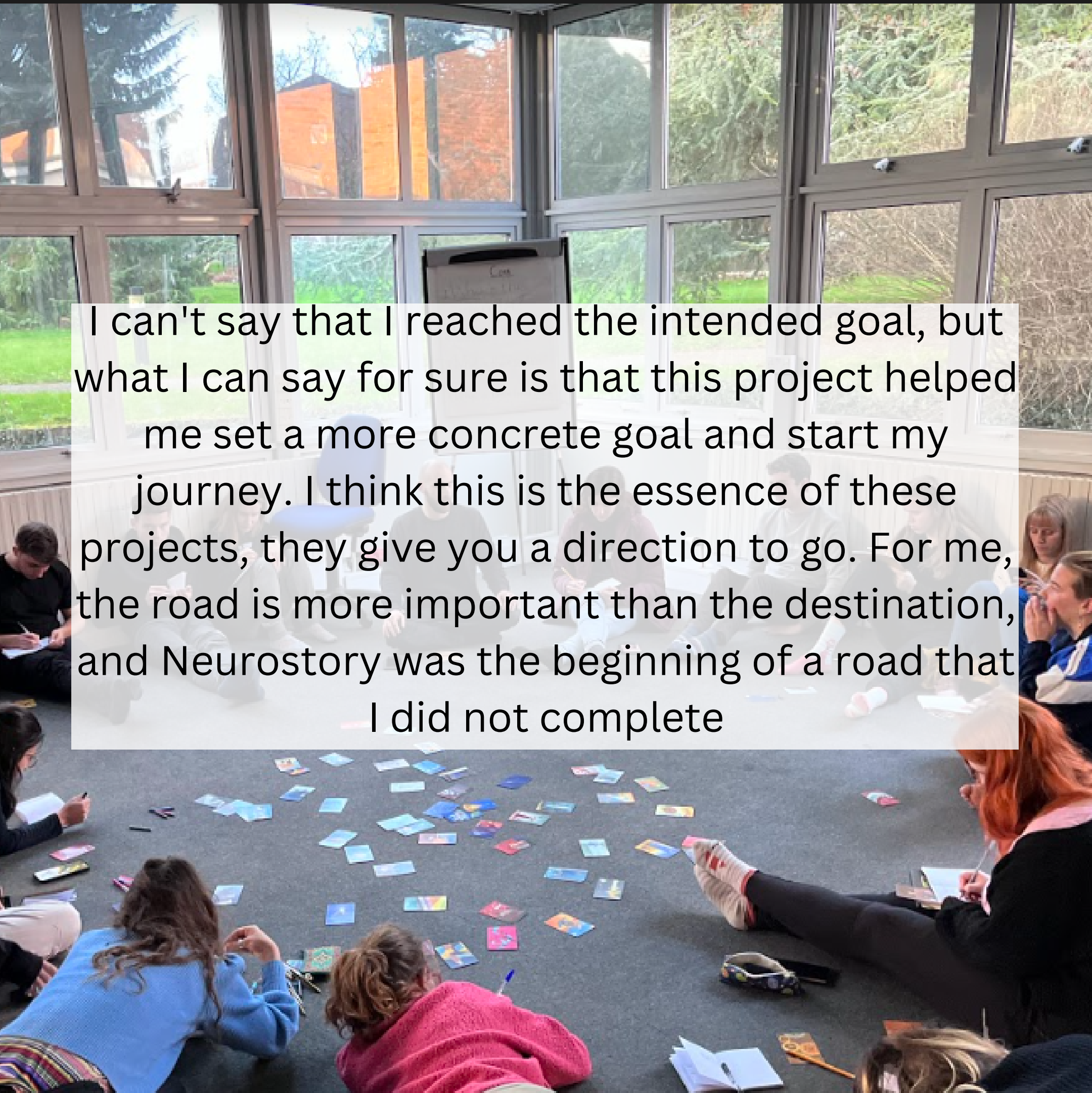
A group of people are sitting on a dark grey carpeted floor in a room with large windows. They are engaged in an activity involving many small, colorful cards scattered around them. Some people are looking at the cards, while others are writing on papers. The room has large windows that look out onto a green landscape and a building with orange walls. A whiteboard is visible in the background. The text is overlaid on a semi-transparent white box in the center of the image.

Thanks to the activities that we did day by day in the project, we learned about certain basic competences, such as listening to what people are saying, to respond to what you actually think and to interpret their body language. As basic as it is, most people don't actually do those things, so we should have a great base so we will grow in the correct way little by little.



A group of people are sitting on a dark carpeted floor in a room with large windows. They are engaged in an activity involving many small, colorful cards scattered on the floor. Some people are looking at the cards, while others are writing on papers. A whiteboard is visible in the background near the windows. The scene suggests a collaborative learning or workshop environment.

I developed these skills by analyzing and synthesizing the observations I made in relation to the people I interacted with. The activities and exercises were a real help in my development because they integrated my development as a human being, my development as a person.

A group of people are sitting on the floor in a room with large windows. They are surrounded by many colorful cards scattered on the floor. Some people are looking at the cards, while others are writing on papers. The room has large windows that look out onto a green landscape and a building with orange walls. A whiteboard is visible in the background.

I can't say that I reached the intended goal, but what I can say for sure is that this project helped me set a more concrete goal and start my journey. I think this is the essence of these projects, they give you a direction to go. For me, the road is more important than the destination, and Neurostory was the beginning of a road that I did not complete

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