Erasmus+

READY
FOR THE
NEW
REALITY

This brochure was developed and designed by the participants, during the multimedia and dissemination sessions.

PARTICIPATING
ORGANIZATIONS

North Macedonia:
Youth association Info front – Prilep

Czech Republic:
Cesta rozvoje, z.s.

Italy:
GNU – INTERNATIONAL APS

Turkey:
Karadeniz Egitim ve Genclik Dernegi

Greece:
KINONIKI SINETAIRISTIKI EPICHERISIELLINIKI SYMMETOCHI NEON

infofront

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GETTING TO KNOW EACH OTHER

MISSION IMPOSSIBLE

DAY 1

Today we had a team building activity called "Mission Impossible." In the nice weather, we had to solve 15 tasks during a short period of 30 minutes.

As part of the activity, we performed the Macarena dance, built a human pyramid, sang a song together (One of the participants played the piano for us), we also collected objects for every letter of the English alphabet, found out who has got the most siblings, we took a picture with the oldest and the youngest participant, and many more.

This session broke the ice between us and helped us to work better as a group, to communicate and listen to each other. We got to know each other better, and, last but not least, we had a lot of fun!

REALITY CHECK

ACTION BOUNDS

HOME ALONE

FAKE NEWS

DAY 2

Purposes of the activity...
1. Getting to know the city and the locals
2. Get info from locals about their experiences during Covid-19 (which also resulted in discussions about thisproject)
3. Cooperation with our team members

We were divided into multiple teams, and we were given the city's map with 5 tasks to complete.

What we did and asked people...
- How did Covid-19 affect their lives (studying difficulties, mental health issues, using face masks)
- Which mobile applications do they mostly use (Facebook, Instagram, TikTok, Viber)
- What is their knowledge about the Erasmus+ programme (the majority did not know about it, although some had attended a project before)
- To teach us some simple phrases from the local language (Hello. How are you? Thank you!) and a Macedonian song

- We sang Macedonian songs (Makedonsko devojce, Jovano Jovanke, ...)
- We shared our experience with the whole group and discussed issues about the pandemic and quarantine on deeper level.

This activity helped us to get in touch with people, exchange ideas and thoughts about the last 2 years' global situation. And, finally, improved our skills to work together.

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This activity focused on our experiences during the Covid-19 lockdowns. We did this activity mainly because young people were one of the most affected social groups by the crisis and iit was very important to be able to reflect on it, raise awareness, share personal experiences, because everyone had different approaches - collectivists, individualists, geographical location etc.

First we lined up and then we were asked questions, such as:

- "How did Covid affect my education?" - The common answer was that we weren't satisfied with the management of the online form of our countries' education. Many of us mentioned problems with keeping focus during the home studies. But there were also some opposite opinions - one mentioned that they really enjoyed being home, because they could freely eat, drink, and the distant learning suited their lifestyle.

- "How did Covid affect my social life?" - This one sparked a big discussion. Pretty much everyone agreed that it made big changes in their lives, for better but most often for worse. We mentioned our needs to come back to our family homes, home towns and it changed our friend groups. Many of us lost important contacts with our classmates - especially it was very bad for the ones who just started attending university and haven't had the chance to even meet the other classmates.
- "How did Covid affect my financial situation?" - Since most of us don't have big responsibilities, such as having kids on our own, we did lose some of our jobs, but we didn't struggle to make it through.

We ended this activity by saying that we have a lot of unspoken ideas to which came back during the coffee breaks. By sharing these personal issues, the ice melted between us and we left feeling that we could always turn to others if we needed any help.

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FAKE NEWS

DAY 2

During this activity, we–the participants– were invited to use a very self-explanatory website named "getbadnews.com." The purpose of this simulation was to learn more about credibility, how it grows when you have a lot of followers on social media and what are the strategies are used to make fake news seem like real ones.

We found this way of learning about the topic very interesting and innovative because it led us to choose our own options as if we were actually writing fake news.

At the end, we came out with a lot of impressive information and a big sense of awareness, thanks to the opportunity to be on the other side and be able to see the background. For instance: The mechanism of gaining followers not always matches with morality because we noticed how easy it is for a fake news writer to put "dirt" on innocent people.

We figured out that verifying information is mandatory if one wants to protect themself from fake news, and one has to search for further sources and always read beyond in order to develop critical thinking.
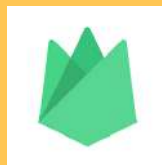
PRDUCTIVITY

MANAGE YOUR WALLET

LEARNING ONLINE

PEER MOTIVATION

ON THE CLOCK

DAY 3

The purpose of this activity was to learn how to use mobile applications to manage our money.

Together, we tried 5 different mobile money-management applications. We prepare 5 presentations about each of them, and afterwards reflected on the reasons for using them and their efficiency.

We concluded that not all applications are useful, but there are some of them that could really help us.

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DAY 3

For this activity, divided in multiple groups, we were asked to imagine that we want to become professionals in certain jobs, and to create realistic plans to try and succeed.

We were given 5 questions on which we based our plans: How would we educate ourselves to achieve the goal, How would we stand out from the others, How would we market ourselves, On which platforms would we work, and, How would we get the money?

Graphic designer wannabe

English teacher wannabe
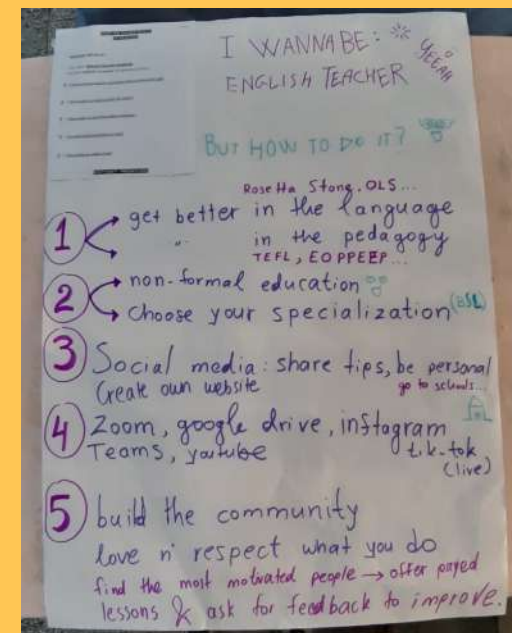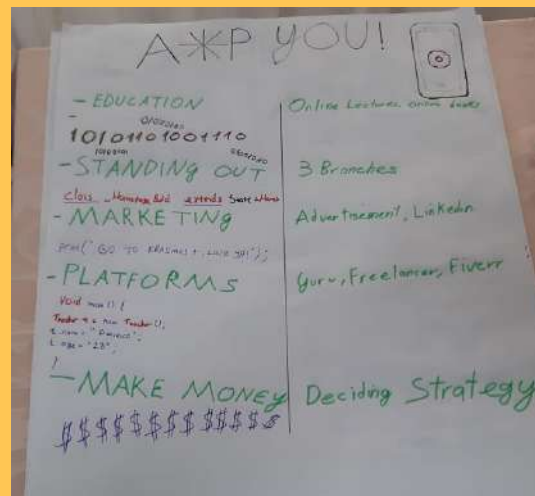
App developer wannabe

Youth worker wannabe

PRDUCTIVITY

MANAGE YOUR WALLET
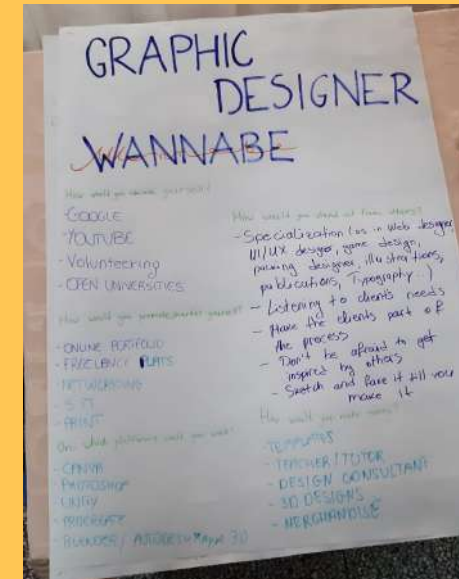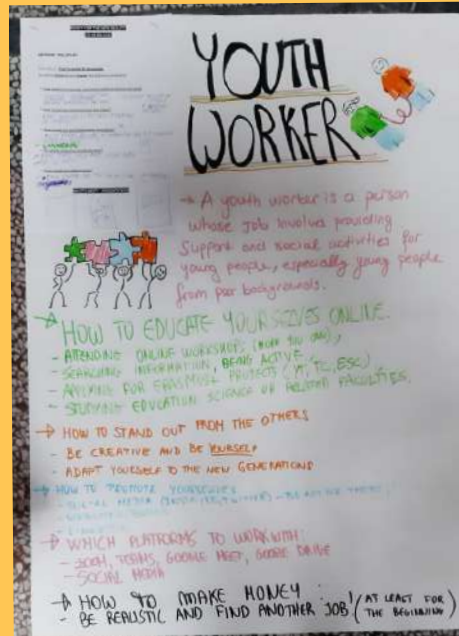
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During this activity we tried to come up with ideas of how to motivate our peers, since young people often lack motivation as a result of underestimating themselves. One of the main issues that came up from our discussions was the bad influence social media has on today's generation of youth. It's showing us every day a fake image of the world, societies, and it twists the reality.

Young people often get demotivated, even apathetic from the pressures they face. It's not only the social media, it's also families and how school systems work. Parents and teachers want only the best from the kids, having them decide their careers too soon etc.

But it's very important to look at the bright side of things in today's age. We have access to unlimited amounts of knowledge for free at any time through the Internet, we can learn languages easily by interacting online with foreigners instantly and so on. Erasmus+ is being one of the very best of opportunities we're able to enjoy. Not only can we go study abroad for free, spend one or two semesters in a different country, but we can also take part in many youth exchanges or training courses, for which we don't even have to be students.

One of the most general, yet effective methods to find motivation is to focus on the bright side, look for things that are making us feel good and pursue those. And if we lack happiness in our lives, it's always possible to make some changes - change study programme, find different job or a new hobby. We are living in an age full of opportunities and we might be able to get lost at first, but once we look just a little bit around, often outside of our comfort zone, we'll discover a whole new world which is really a nice place to be.

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When it comes to time management, with this activity each of us was given an empty timesheet and write down what our general day looks like, to the hour.

Afterwards, we started gathering in pairs, and larger groups, until we formed one big group with all of us. As the groups got larger and larger, we needed to make all our individual timesheets fit to the others.

At the end, we had formed one timesheet that was suitable for all of us. The aim of the activity was to teach us how to adapt to different people's schedules and make things work out as intended.

IDEA FACTORY

DAY 4

During this day we worked on local project actions, initiatives and campaigns. We were given the formula for successful local actions, and based on it we came up and elaborated three ideas:

Local campaign for online learning

Working online during times like Covid-19

Self-care and managing time

1. Type
2. Issues you want to tackle
3. Target group
4. Objectives
5. Activities
6. Participants
7. Timing
8. Results
9. Visibility
10. Dissemination

Ready for the new reality

We concentrated on the issue we wanted to tackle, what activities we would organise during the project action, who would be our target group, what results we should expect and much more.

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