

Youth Exchange

Free Your Mind

Zagreb, 18 June - 28 June 2019

About the Youth Exchange

The youth exchange will gather 48 participants from Croatia, Germany, Poland and Romania from **18 June to 28 June**, travel days included. In this project young people will explore how stereotypes and prejudices are being formed and the impact they have. **The activities will take place in various locations in Zagreb.**

The participants will be distributed by countries in the following way:

- Croatia - 10 young people + 2 youth leaders
- Poland - 10 young people + 2 youth leaders
- Germany - 10 young people + 2 youth leaders
- Romania - 10 young people + 2 youth leaders

The project coordinator is Postanska i telekomunikacijska škola (Post and Telecommunications School). The school is a vocational type of school with 3 departments-telecommunications, ICT and postal services. It has some 460 pupils and 55 teachers. Most of the pupils come from Zagreb or its vicinity, but there are also those coming from all parts of Croatia who live in a dorm right next to the school.

Aims and Objectives

Stereotypes and prejudices are common features of every society, and young people in partner countries are no exception. Stereotypes and prejudices are harmful because they ignore the fact that each individual has his or her own abilities, strengths, weaknesses, desires, thoughts and feelings. Even if a stereotype is correct in a specific situation, putting someone down or acting in a discriminatory way does not encourage that individual to succeed. But at the same time, stereotypes and prejudices harm people who hold them, because they narrow their worldview and prevent them from many positive experiences and learning opportunities they could have if they approach all people with an open mind. The mission of this project is to remove stereotypes and prejudices among young people and promote tolerance, acceptance and social inclusion.

Objectives of the project are:

1. raise awareness of the harmful effect of stereotypes and prejudices and reducing discrimination and violence among young people

Participants will learn what prejudices, stereotypes and discrimination is about. They will critically think about the prevalence of these phenomena in their society against different groups like women, Roma, LGBTI or refugees, as well as the causes to these prejudice and stereotypes. Through role play games they will learn how does it feel to be on the receiving end of prejudices and stereotypes. This will help them develop empathy towards marginalised groups that are often targets of prejudices and stereotypes. They will then focus on critically examining their own values and beliefs to see which prejudices and stereotypes do they face by taking an online test developed by Harvard University. By understanding the negative impact of prejudices and stereotypes on other people and then realising they also have many stereotypes will lead to the participants changing their values and beliefs to become more tolerant, accepting and inclusive towards other people. Participants will analyse how prejudices and discrimination can lead to the most serious forms of discrimination - violence. They will learn about how to control violence among young people.

2. learn about the impact of modern technology on the development of stereotypes and prejudices, as well as of creating self-worth among young people

Modern technology, above all internet and social media, have opened up new ways of fighting stereotypes, prejudices and discrimination, but also it has created new possibilities for violence and discrimination against vulnerable youth and groups. Participants will learn about how social media profiles and their "virtual identity" are part of their self-worth process. They will learn how mean comments and online hatred can create crisis of self-confidence and worse for young people suffering from online abuse and violence. They will also learn about the impact of fake news on creating fear, prejudices and discrimination against a group of people. They will learn how to protect themselves from threat in online world.

3. improve the abilities of partner organisations to implement non-formal education activities

Most of the partners are schools and many are still new in implementing activities and projects based on non-formal learning methods. Through this project they will share the working methods and experience of implementing these kind of projects. Partners will also expand their networks which they can use to implement new projects in the future. Finally, partners will learn to put young people in the driving seat of creating new projects and activities. At this YE young people will create projects and activities they want to implement and the partners will then support them in implementing these projects.

Youth Exchange Structure

Time	Day 1	Day 2		Day 3	Day 4
9:30-11:00	Introduction	Building the Bridge		Stereotypes and Prejudices	Theatre of Subcultures
11:30-13:00	Group Building 1	Youth Violence		My Stereotypes and Prejudices	Theatre of Subcultures
15:00-16:30	Group Building 2	City Run		Take a step Forward	Theatre of Subcultures
17:00-18:30	Youthpass	City Run		River of Privilege	Mid-term evaluation
Time	Day 5	Day 6	Day 7	Day 8	Day 9
9:30-11:00	Hate Speech	Virtual Identity	Online Threats	Preparing Final Outputs	Presenting final outputs
11:30-13:00	Bullying	Cyber Bullying	Meeting the Police	Preparing Final Outputs	Dissemination
15:00-16:30	Meeting the Refugees	Free afternoon	New Youth Exchange	Preparing Final Outputs	Writing Youthpass
17:00-18:30	Meeting the Refugees	Free afternoon	New Youth Exchange	Preparing Final Outputs	Final Evaluation

The methods used during the youth exchange will be in accordance with the type of learning and will be based on group work and peer learning, feedback and active participation. Among the methods we plan to use are:

- role play
- theatre
- take a step forward
- group work and discussions
- games with marginalised groups (refugees).

Preparation of participants

Every national group will be in charge of implementing few practical workshops. Also, groups will have to prepare the following topics before coming to the youth exchange:

- learn about bullying and youth violence in their local communities
- learn about marginalised and vulnerable groups in their communities
- learn about cultures of other partner countries
- prepare something for intercultural evening (snacks, traditional dances, presentation of the country and similar)
- prepare to implement workshops that will be assigned to their teams (assignments will be sent later).

Also, the participants are expected to participate in dissemination activities. Every national group must organise a minimum of one presentation for other kids about the project.

Other Useful information

Croatian currency is kuna (HRK) and it is semi-pegged to Euro and it is around 7.5 kunas for 1 euro.

Phone number for emergencies (police, ambulance, firefighters) is 112.

Emergency contact:

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