



**Global Youth Work.
The Stories of
GLOBALAB**

Global Youth Work. The Stories of



The publication "Global Youth Work. The Stories of GLOBALAB" was developed in the frame of the project "GLOBALAB – goes global" (project No.: 589577-EPP-1-2017-1-LT-EP- PKA2-CBY-ACPALA).

Editors:

Paulius Pakutinskas

Indrė Augutienė

*We want to thank all project partners and participants for their stories
and contributions to this publication!*

©Global Citizens' Academy, 2019

©Pro European Network, 2019

©Cazalla Intercultural, 2019

©Soul X-pressions Ltd., 2019

©Young People We Care, 2019

©Tanzania Youth Cultural Exchange Network, 2019



Erasmus+

Co-funded by the Erasmus+ programme of the European Union. The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

TABLE OF CONTENTS

Introduction	4
“GLOBALAB – goes global” in a nutshell	5
Sustainable Development Goals – the new agenda for action!	6
Global citizenship – the way of meeting SDGs	8
Bringing a global perspective to young people: the role of international mobility	9
Erasmus+ - the way of bringing a global perspective to young people	9
Job shadowing of youth workers: the stories from the GLOBALAB project	10
<i>Solutions towards equality and social inclusion: the stories from Bulgaria</i>	11
<i>Empowering youth, educating global citizens: the stories from Ghana</i>	13
<i>Providing quality education, promoting global citizenship: the stories from Lithuania</i>	15
<i>Empowering young people: the stories from Uganda</i>	17
<i>Promoting diversity, building a stronger community: the story from Spain</i>	20
<i>Raising the voice of young people: the story from Tanzania</i>	21
Young people in action	22
Why is #takeAction important in global citizenship activities?	22
GLOBALAB - global laboratories for change!	25
Get inspired by our GLOBALAB stories!	26

INTRODUCTION

Nowadays, every human being is affected by globalisation in one way or the other, more so young people. This causes the fact that we as individuals, local communities, nation states and continents are closely linked to each other, so the issues happening anywhere in this world strongly affects anyone in this global society.

How can young people benefit from being a part of this interconnected global community? How can they become aware of the major challenges the world is facing today? How can they contribute to achieving the targets of the Sustainable Development Goals both locally and globally?

First of all, young people need to start thinking beyond the borders of their countries. They need to start perceiving the world as one community, identify the positive effects of globalisation to their lives and be able to find their role in coping with major issues such as global poverty, inequality, climate change and many more. This can only happen when young people start perceiving themselves not only as citizens of their country but as citizens of the world.

What kind of ways and tools can we use to help young people grow as active and responsible global citizens? What possibilities can youth worker use in order to bring a global perspective to the lives of young people? This publication will help you to become aware of some of them.

This publication is the result of the Erasmus+ capacity building project „GLOBALAB – goes global“ which was meant for seeking functional links and synergies between youth work and the Sustainable Development Agenda. Six partners from Europe and Sub-Saharan Africa worked together towards improving the quality of youth work, its quality and recognition, and fostering new non-formal learning mobility schemes.

This publication presents some of the experiences gained by the project partners throughout the 2 years of cooperation. It is a collection of stories and case studies that:

- Illustrate the importance of international mobility for widening horizons of youth workers and bringing a global perspective to the activities with young people;
- Highlight the importance of global education processes that lead to action at the local level;
- Showcase some good practices of the project partners on delivering global education processes and taking action both locally and internationally.

Keep in mind that this is not a complete list of stories and good practices gained through the GLOBALAB project. We have a lot more to share! For this, visit our website – <http://www.globalab.org>.

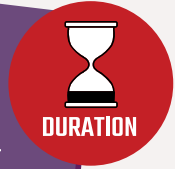
We hope that the publication will be useful for anyone willing to explore the outcomes of international mobility opportunities and looking for some inspiration for their future projects that aim to explore and bring a global perspective to their work with young people.

"GLOBALAB – GOES GLOBAL" IN A NUTSHELL



PARTNERS

Global Citizens' Academy (Lithuania)
 Pro European Network (Bulgaria)
 Cazalla Intercultural (Spain)
 Tanzania Youth Cultural Exchange
 Network (Tanzania)
 Soul X-pressions (Uganda)
 Young People We Care (Ghana)



DURATION

August 2017 -
 May 2019

The project aimed at developing the competences of youth workers in the area of facilitating the Global Learning that is free of a Eurocentric approach and is focused on real-life examples. This was achieved by:

- enhancing cooperation between youth organisations from different regions of the world engaging young people in global education processes and SDG agenda;
- improving the quality of youth work and non-formal education among engaged partners addressing global issues;
- providing mobility opportunities for youth workers and young people to foster their competences and increase their motivation to actively participate in their society, especially focusing on tackling global issues;
- piloting and disseminating good practices of global education through real case studies.



AIMS



EXPLORING



EXCHANGING GOOD PRACTICES



LOCALISING



SHARING



ACTIVITIES

- Job shadowing in partner organisations
- International seminar for youth workers in Tanzania
- Local GlobalLabs in partner countries
- GlobalLab Challenge contest
- International youth exchange in Spain



PARTICIPANTS

- 32 youth workers
- Over 200 young people

SUSTAINABLE DEVELOPMENT GOALS – THE NEW AGENDA FOR ACTION!

Human-kind faces many challenges to ensure that all people have the same development and well-being opportunities. In the year 2000, the United Nations adopted eight goals to meet the main needs of the poorest - the Millennium Development Goals:

- Eradicate extreme poverty and hunger;
- Achieve universal primary education;
- Promote gender equality;
- Reduce child mortality;
- Improve maternal health;
- Combat HIV/AIDS, malaria, and other diseases;
- Ensure environmental sustainability;
- Develop a global partnership for development.

Fifteen years later, in 2015, 193 countries adopted the 2030 Agenda, that sets out the Sustainable Development Goals, a new horizon with the most pressing challenges for humanity in the coming years. And these seventeen ambitious goals, disaggregated into 169 targets, require the collaboration of the civil society and the public and private sectors whose success means a more egalitarian and liveable world.

Another beautiful aspect of the SDGs is that these 17 objectives are interrelated, and often the key to one's success will involve the issues most frequently linked to another. It is like a super clever system where every piece and every part counts as an equal and solid screw. The whole system of the Sustainable Development Goals can be summarised into these following focal points:

- Eradicate poverty and hunger, guaranteeing a healthy life;
- Universalize access to basic services such as water, sanitation and sustainable energy;
- Support the generation of development opportunities through inclusive education and decent work;
- Foster innovation and resilient infrastructure, creating communities and cities able to produce and consume sustainably;
- Reduce inequality in the world, especially concerning gender;
- Care for the environment combating climate change and protecting the oceans and land ecosystems;
- Promote collaboration between different social agents to create an environment of peace and sustainable development.

Doesn't it sound like a promising and inspiring idea? Would you like to be a part of it?

Well, in fact, everything is in our hands and while you are reading this intro to the SDGs, people already take action for a better world! We own private sector, we initiate changes and set up movements, we stand for our rights and, most importantly, we make global changes. But before you go to set up your action plan, keep in mind that these goals are for everybody! You and me, your relatives and friends and for the rest of 7.7 billion people around the globe!

You can easily adapt the SDGs and create new habits because these 17 goals can be seen as an idea, a philosophy or a political conviction or school of thought, based on a set of defined basic principles. Sustainable development principles tend to assume various definitions, but their message is always similar: to ensure that all people have the same development and well-being opportunities. No matter when or with whom, at what time or in what place you start initiating positive change, the most important thing is your will for a better future. So read further, get inspired and plant the SDGs grain in your brain!



GLOBAL CITIZENSHIP – THE WAY OF MEETING SDGS

What characteristics do people need to take action and contribute to the meeting of the targets of the Sustainable Development Goals? We need the ones who can act as global citizens!

But what does the term *global citizenship* mean? Let's try to understand it better!

Citizenship is usually understood in the context of a specific country and represents the formal link between a country and a concrete person, its citizen. This link consists of rights and responsibilities. In the classic case, the country (the national governments) is supposed to secure my rights as a citizen, while I owe a set of obligations (the classical example – pay taxes). Furthermore, we could easily be sanctioned if we don't follow these obligations. Pretty easy, isn't it? However, when we talk about Global Citizenship, things are not that simple.

We are all global citizens already, citizens of the world, regardless of whether we realize it or not, because our behaviours influence people on the other side of the globe and we are dependent on different actors and communities across borders and oceans. As there is no 'global government' our global citizenship is a link between us and 'the world'. Again, this link consists of rights (privileges, benefits) and responsibilities. The first category includes stuff we take for granted, but which are easily accessible to us thanks to the globalized world we live in – like the Internet, cell phones, fruits and drinks from the other side of the world, etc. But what about responsibility? What is the set of rules we need to follow to pay our fair share to 'the world'? And who will sanction us if we don't?

To summarise it, the perfect global citizen would be the one that acknowledges their benefits from being part of a global community, but also recognizes their responsibility towards it and acts on it.

How can we help young people grow as active and responsible global citizens? If you carry out a message about recycling to your friends and they change their thinking or you see that going to work by bike is less harmful to the environment and way easier for you, or you do not walk away when you see a conflict going on the street – you already educate others!

Although global education allows every human being to acquire knowledge, skills, attitudes and values necessary to shape a sustainable future, it is not just about learning. Global education is at the same time a process of education of others. Even the smallest deed or action can be a valuable lesson to others. Global education is all about empowering yourself and others to change their behaviour and take action for sustainable development. And when we start acting locally, we make an effect globally!

BRINGING A GLOBAL PERSPECTIVE TO YOUNG PEOPLE: THE ROLE OF INTERNATIONAL MOBILITY

Erasmus+ - the way of bringing a global perspective to young people

Erasmus+ provides funding in the fields of education, training, youth and sport. The programme can make a major contribution to help tackle socio-economic changes, the key challenges that Europe will be facing until the end of the decade and to support the implementation of the European policy agenda for growth, jobs, equity and social inclusion. It supports young people's mobility in order to improve the level of their key competences, foster their active participation in democratic life, active citizenship, intercultural dialogue, social inclusion and solidarity. Erasmus+ programme in the field of youth also aims at enhancing the international dimension of youth activities and strengthening the capacity of youth workers and organisations in their support for young people in complementarity with the EU's external action, in particular through the promotion of mobility and cooperation between stakeholders from Programme and Partner Countries and international organisations.

The international experience gained through studying, volunteering or working abroad can give a huge boost to your self-confidence and your CV, helping you to stand out in the job market and succeed in an increasingly competitive international marketplace. The program, as it was mentioned above, helps to grow personally, professionally and academically. You gain new transferable skills and boost your employability, broaden your horizons – physically and mentally! Receive financial support, increase motivation to learn, develop cultural awareness and open-mindedness. Furthermore, you enhance self-confidence, gain knowledge in new subjects or in teaching methods, improve and gain language skills.

In the upcoming section, we will introduce you with an excellent opportunity created by the Erasmus+ programme. Job shadowing activities for students, teachers, trainers or professionals can lead you through invaluable experiences and crucial self-development points. Job shadowing activities help you to explore career options, expand your network to an international level or gain insights on work and training practices abroad. It is also a very effective way of learning and acquiring new abilities and skills. Such experience constitutes an added value to discover your inner ambitions to become a specialist in a working field you choose.

Job shadowing of youth workers: the stories from the GLOBALAB project

During the job-shadowing activities in Ghana, Lithuania, Uganda, Bulgaria, Spain and Tanzania, participants were seeking to identify a practice/case/approach through which their hosting organisation supports the implementation of a specific SDG or contributes to the development of global citizenship competences within the Globalab Competencies framework.

The main idea of the stories collected during the job shadowing activities was to present the ways how project partners contribute to meeting the targets of the Sustainable Development Goals or/and contribute to development of global citizenship competencies of young people through youth work, non-formal education, global citizenship education and/or any other related activities.

Globalab project has brought together six unique and beautiful cultures with their history, social habits and working environment.
Let's get to know the job shadowers and their hosting organizations!



SOLUTIONS TOWARDS EQUALITY AND SOCIAL INCLUSION: THE STORIES FROM BULGARIA

Dina Kyeremateng is a teacher of the governmental sector in a Senior High School in Kumasi, Ghana. Apart from that, she is also involved in most of the projects of Young People We Care and is about to start with her own one, which has its roots in her Master thesis about the effects and methods of counselling for deaf students in the Ashanti region. Together with Frank Mugisha who is a dance artist, coordinator and active member of Soul-Xpressions non-governmental organization in Uganda, they created a tandem for the job-shadowing activities in Bulgaria.

So, how was it, Frank?

While I was in Bulgaria, PEN was hosting a conference to plan for some of the summer camps that are among the activities of their project "New Generation". I gave my contributions as an artist with experience in youth camps and how to incorporate art in these summer camps. I think, organisations like Pro European Network and projects like "New Generation" will go a long way in creating a long-lasting social change specifically seeing Bulgaria as the country free from gender-based violence. It targets young people as the true future of the nation and therefore true global citizens. Gender-based violence is a sensitive topic in Bulgaria and by working to address it, Pro European Network has attracted a lot of controversy in the wider community.



It is true that many people don't recognize that they're being abused or abuse others just because some forms of abuse seem to be normal and are passively accepted. A lot of work is being done and still needs to be done to educate people about these issues.

Dina, the same question goes to you. How was it, what were your experiences?

I have come to know that people must take action in challenging situations. Long speeches won't solve the problems. Dedicating yourself to make someone a better person in a society is the best thing in the world. Listenup Foundation is a foundation that has dedicated its activities to standing for the deaf and hearing-impaired people in Bulgaria to make them also have important roles and positions in the country as equal citizens. It has already been working for 3 years with 25 children. The foundation seeks to create methodologies for teaching the deaf in schools and having a deaf training center. In Bulgaria, there are three schools for the deaf but pupils there are not taught in sign language. Action should be taken!

It is wonderful to fight for such a good course. Ashod Ashod Derandonyan, the coordinator of the foundation, is not deaf because he is privileged to use hearing aids. He has dedicated his life to fighting for the cause of the hearing impaired. What are you then doing to help your country grow? How close are you to the deaf in your country? Let's wake-up.



EMPOWERING YOUTH, EDUCATING GLOBAL CITIZENS: THE STORIES FROM GHANA

Paulius and Beatrice went for 14 day job-shadowing activities in Ghana. Paulius works as a project coordinator in Global Citizens' Academy based in Lithuania, meanwhile, Beatrice dedicates her time and energy working and coordinating projects in Spanish non-governmental organization Cazalla Intercultural.

Both youth workers are enormously thankful for the NGO *Young People We Care* (YPWC) and people who work there for their knowledge, shared stories and acceptance to the global family.

We are curious to hear! How was your job shadowing stay?

Very soon we understood how motivated were those people, and this fact really amazed us as much as the willingness (from both sides!) to bring the conversations on a very honest level. This permitted us to get a bit more (with the limits of a two weeks stay) of the idea of their everyday work, the challenges and dreams of the members. We could also talk about our own contradictions, our failures and successes as youth workers and global citizens. All of this (and a bit more, as we've done some research too) is compiled in these pages, we hope that our experience will be as useful for you as it was for us.

Young people and adults who get in touch with YPWC and are really motivated to take part, can become volunteers and participate in the volunteers' meetings. During those meet-ups, the group monitors the ongoing projects. Every volunteer can propose ideas for existing and upcoming projects. The ideas, once well shaped, can be evaluated from the peers, and more experienced members can give ideas and support on how to develop the project under many aspects, from funding to quality management, from project design to dissemination.

Many volunteers whom we were able to meet were developing their own projects with the support of the rest of the team. Savanna was conducting research on malaria prevention, aimed at finding new approaches to the prevention work to be done in small rural communities. Edward told us about the *Read Wide Project* which encourages young people to read more and use a more diverse and rich vocabulary, fights against ignorance, offers some mentoring to motivated students and new approaches for those who do not feel comfortable in every day's school life. Dina, who's a teacher, is working on establishing a different approach during her classes of political sciences (the name of the subject is *governance*) in senior high school, at the same time preparing her project about counselling young people with disabilities, as a follow-up of her master thesis on counselling of deaf youngsters. And this is not all we heard!



YPWC or Young People We Care is a youth-led and youth-focused organisation that is headquartered in Ghana. The organisation is operated by a group of young people (aged 10 to 35 years) and adult allies working on the issues related to youth and development worldwide. YPWC was founded in December 2005. Its vision is to provide a 'youthful voice' that represents the youth of our world. By effectively using young resourceful minds to influence the course of global policy formulation and development in a consistent and harmonized manner, YPWC seeks to address the numerous challenges faced by young people today. Herein lies the main strength of YPWC - it is an organisation led by young people, for young people.

We were so much inspired by the group of YPWC and the people from the local partner organisation who found some time to speak with us and tell us about their projects and everyday struggles. Definitely, a wonderful example of participation and entrepreneurship.

After trying to match the whole dots of the educational system and global approach, we can say that YPWC mission is important more than ever. Speaking of *Powerful and powerless* element in the system, there are too many separated or divided key players in the whole system of education. There are several discourses which overlap each other: the first one is a communal discourse and perspective of it, the second one is a wider one taking into consideration the whole country. In other words, global citizenship as a concept is differently perceived on these two different scales. The communal level has more tribal elements and has more inner qualities regarding the community, the governmental level tries to suggest and implement a unifying approach towards global citizenship and education. Usually, global citizenship values and principles are very interrelated with very citizenship values. In this case, it is more complicated due to the discussed dichotomy. And therefore, global education becomes a huge challenge in the context of Ghana.



PROVIDING QUALITY EDUCATION, PROMOTING GLOBAL CITIZENSHIP: THE STORIES FROM LITHUANIA

Let's move to the next destination for our job shadowers. Bless Mgongolwa from Tanzania and Davis Sebulime from Uganda had a great and productive time during their stay in Lithuania. According to the job shadowers, working with GCA could not be more mutually beneficial. Bless very easily became a short-term member of GCA and enrolled into the routines of the organization, while Davis found the best ways to share his talents and bring unfailing energy.



Globalcitizen.lt

Global Citizens' Academy (GCA) is a young and ambitious non-governmental organisation aiming to promote core values of active global citizenship and welfare among young people in Lithuania and abroad. It contributes to making a difference in global society by meeting the following objectives: development of national, civic and cultural identities; promoting respect for human dignity; support to building capacities of young people in order to become active and responsible global citizens; stimulating democratic dialogue among different actors in the society; building capacity of civil society organisations. Today Global Citizens' Academy is known as one of the ambassadors of global education in Lithuania. It actively works towards promoting the concept of global education in school, non-formal education and youth work environment all over the country.

Bless, share your thoughts about your job-shadowing time in Lithuania!

I learnt a lot of things during the two weeks of my job shadowing activities: from how the country is using technology to empower citizens, how they preserve modern buildings which were built during the world war, how they use museums to keep the history of Lithuania as well as famous people of Lithuania (E.g. Antanas Gustaitis, Mikalojus Konstantinas Čiurlionis, Steponas Darius and Stasys Girėnas) so that the future generations will have a lot to tell for the country. There are enough public schools and universities which can provide education to all pupils and students in Lithuania. Kaunas city is a great example of this.

When I was in Lithuania I had a chance to visit one basic school and one university. I discovered that they provide a quality education that helps pupils/students prepare for a better life after school hence they will decide to be employed or to employ themselves. This kind of education system helps schools and universities to discover different talents/skills from students by engaging them in extra-curricular activities. E.g. we visited one of school and pupils were having classes on how to craft different things from wood, glass and metal.

Advancement of technology has changed the way of how education is delivered in Lithuania. Schools and universities have projectors, Television, Internet, computer labs and other technologies which help pupils and students to interact well in classes and increase their understanding in a particular subject.

I was so impressed how pupils/students are involved in different projects (local and global) which help them to share their ideas, knowledge, thoughts regarding global issues. The school that I visited was involving pupils in projects like "GLOBALAB" and "Global Education Goes Local". I was amazed to hear how they have made changes in their society by using their skills and knowledge gained after participating in different seminars and activities organised by projects they were involved.

Davis, the stage is yours!

For two weeks in May 2018, I got a chance to experience the way the GCA works in their local community and beyond, and in words to follow, I will share what caught my attention, ignited a fire in me to go home and take some more action.

History: I was amazed at how knowledgeable my host was about the history of the country from centuries afar. It made me realize that authentic History is a great resource of non-formal education and brings about an understanding of the common things in all human history no matter what part of the World you are from. And this gives us something to build on as we promote solidarity, unity and global citizenship. Not forgetting identity as a process of our evolution.

Local Network: GCA is part of a platform that advocates for resources both financial and technical, know how to build the capacity of member organisations. I find this very vital in joining forces/skills/expertise together to identify what needs to be done both at the local and the global level. With this huge capacity, the impact can be greater than that of a sole organisation. This made me appreciate more the power of teamwork and collaboration.

Activities: While in Kaunas, I had a privilege to take part in the planning process and implementation of a training in the frame of the project “Global Education Goes Local”. There was a feeling of respect and understanding in the team as I was brought to speed to know what the training was about. Brainstorming and sharing ideas on how to get the best out of the time with participants using non-formal education. Tools such as agree/disagree, group discussions and presentations, games and energisers, encouraging creativity, critical thinking and team building were to support the exploration and learning on the topics of global issues.



EMPOWERING YOUNG PEOPLE: THE STORIES FROM UGANDA

Solveiga and Indrè from Lithuania, Vladi from Bulgaria and Aga from Spain went for job shadowing to Uganda, Kampala where they met a very talented team of Soul-Xpressions. During two weeks of job shadowing, they got the chance to know better the culture of Uganda, the dynamics of the organisation and had the floor for presentations and workshops. The stay there was full of new discoveries meaningful experiences.

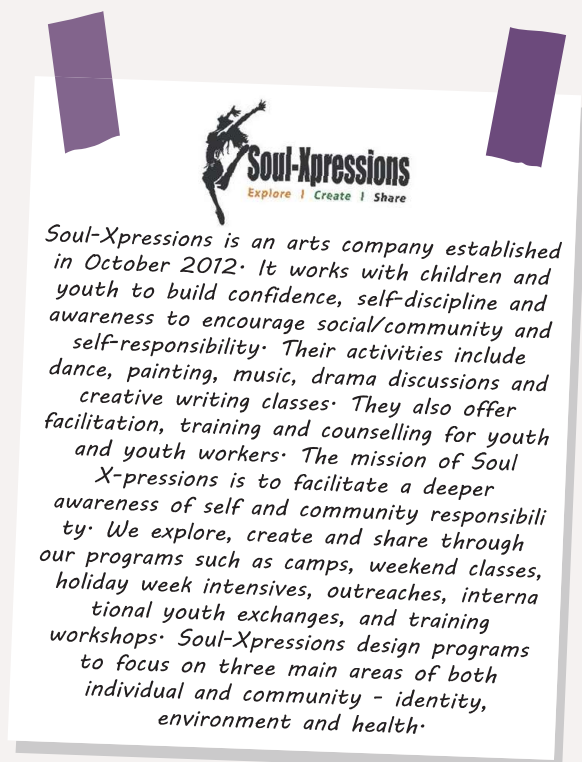
Solveiga, we are curious to know about job-shadowing in Uganda

“GLOBALAB – goes global” is an awesome project that gave us an opportunity to really visit places that are out of our European state of mind. I mean, we work with many NGOs and schools, talk with them about things that are happening in Asia, Africa and elsewhere. We learn and teach about other realities, stereotypes, fake news, media manipulation and so on. And there it was. A chance to actually see, feel, taste and smell a place that we could only read and talk about. So, one of the activities was a job shadowing in other partner countries. Like people from Ghana were going to Spain, Tanzania and Uganda were going to Bulgaria and Lithuania and so we were travelling to Uganda, Kampala. Our task was to see how our partner organisation is dealing with global citizenship and/or Sustainable Development Goals, observe their activities, meet their daily life and maybe participate together to better understand Ugandan reality and get valuable experience for ourselves. For me, it was a very interesting and challenging trip. As a person who spent 22 years in Europe, I had no idea what to expect, what kind of people will I meet and what will happen in general. My head, of course, was full of stereotypes but I tried to get rid of them and just see how it really is without a prejudice.

There’s no need to talk about what is the situation with global citizenship in Kampala. How would I even measure that? But what I saw were the people that do not care about your skin colour despite their history, they do not care about your gender or clothes. Every time and everyone will say: “Hello, how are you?”, like they really mean it. And will smile to you. I felt like people in Kampala smile for you 24/7. How is it even possible? So, I’d say that even if they do not know how the map of the world looks like or where that small country Lithuania is, they still care about you. Isn’t it a feature of a real global citizen?

“Soul X-pressions” is an amazing organisation that is our partner from Uganda in this project. When I first read about them, I was interested in how they work and who they are just because of their way of working that is so unusual for us.

They work with young kids and youngsters from schools and day care centers, teach them about active citizenship, teamwork, raise their motivation to dream big and reach for their goals. Sounds not so unusual? They do it through dance. BAM!



That's the interesting and the fun part of what they do. It's a young organisation full of positive and energetic people who do awesome possum stuff. You know when the trip is good or bad depends on people whom you're with? I felt like it could not be even better as they all made it with just creating a nice and stress-free environment around themselves. During the two weeks of job shadowing, together we visited schools, daycare centers. At first - observing and participating, later - facilitating some activities by ourselves which was also super useful. It let us understand how differently European and African kids are raised. Those differences are in problem-solving skills and in a general understanding of life. That's what I understood from spending my time there. But that is because organisations like Soul Xpressions work with it all the time with kids from their young age.

Indre, are there any vivid memories from Uganda?

"Africans are good dancers" – this was one of the statements for the discussion with our partners of the project "Global education Goes Local" and the members of Soul Xpressions about stereotypes and prejudices. And our colleague Davis who was doing his job shadowing in Lithuania at that time provided a very nice response to that: "Music and dance in Uganda were the ways to keep the history. It was the way to transfer the information from people to people, from generation to generation."

And here I am now in Uganda for my job shadowing in the frame of the GLOBALAB project hosted by our wonderful partner Soul-Xpressions. And this is a perfect opportunity for me to experience what music and dance really mean to the people here.

During the first week of our job shadowing me and my mates – Vladislav, Aga and Solveiga – had a lot of experiences related to music and dancing. To me, it was something helping to create the team spirit and unity within the groups of young people. While dancing, singing and hanging around together, you can really get the feelings of unity and being a part of a community. And I want to share good practice of how the team of Soul-Xpressions works on creating this spirit.

One day we visited Sosolya Undugu Dance Academy where the team of Soul-Xpressions run the workshop with the members of the academy.

There we saw a real example of how dancing, singing and storytelling can empower people. The group of participants was divided into two smaller groups. One group was preparing a dance, the other one had a storytelling workshop based on the traditional Ugandan song people usually sing here. We could see the youngsters enjoying the process while dancing, singing, acting out together and performing to each other.

What other things made the workshop a success? I would call them small rituals that helped to create the spirit of unity. First – community agreements. The participants came up with several key things to be appreciated during the workshop. They were confirmed by all the participants by saying "Yes, I can... Yes, I will..." to each of the things. Second, appreciating each other's work. For example, people click after the speech of their peer to thank and appreciate their thoughts and ideas. And finally, the ritual that was most fascinating to me came out at the end of the workshop.

The participants sang a Congolese song and danced at the same time thus bringing a huge emotional flow and the sense of belongingness. These are the tiny things which help to build the values of unity, respect, love and many more.



PROMOTING DIVERSITY, BUILDING A STRONGER COMMUNITY: THE STORY FROM SPAIN

Grace Kijo from Tanzania, went to sunny Lorca to visit Cazalla Intercultural and bring valuable insights about the management, activities, dynamics of the organisation. So let's hear some thoughts from Grace's stay in Cazalla Intercultural.

Grace, we can't wait to hear your thoughts!

As a first-time job shadower, I was open-minded to see and learn. The 2 weeks at Cazalla provided just that. Before I left Tanzania, Cazalla provided all preparatory information about the organisation, the program of my job shadowing activity, travel arrangements and a hands-on contact person who was ever ready to respond to any questions that arose. All these were important to ensure a smooth beginning of my learning journey.

Like anyone who arrives at Cazalla, I could not help but notice the center's youthful look and feel. Everything reflected their work and target group. It was interesting to find out later that the building was historically a prison and was given to Cazalla by the municipality. I thought to myself "What an organisation – turning prisons to a youth center". To me, the building served as an icon to their contribution to society.

The working atmosphere at Cazalla was warm and welcoming. This was not only towards me (the Job shadower) but also very clear among themselves. Everyone spoke to each other with genuine respect and tolerance regardless of their diverse nationalities. As much as the environment is inclusive and collaborative, everyone takes full accountability for their role. After a team brainstorm on future projects, each member works on their part to achieve the overall goal. This applied even to volunteers who were about to successfully complete their selected projects.

During my job shadowing, there was an ongoing project – "SIMPSON – The Other Way of Coaching". It was a capacity building activity of how to use coaching techniques in volunteering projects. I found it very useful and enriching.

Apart from that, the organisation works on a wide scale and has many on-going projects. For youth workers, trainers, teachers and volunteers, this is a perfect place to grow and build-up new skills. I dare to say that from the impression I have got, Cazalla Intercultural is one of the most active organisations in the region of Murcia. They are very successful in involving young refugees, Roma community, immigrants from the Global South, Muslim communities. It was a privilege to see how the organisation dedicates its time and makes a real difference in society.



Cazalla Intercultural is a local NGO located in Lorca, Murcia, in the South East of Spain, founded in 2007. The mission of the organisation is to promote active citizenship, social inclusion, youth mobility, voluntary service, sustainable development, stand up for human rights, integration, non-discrimination and against gender-based violence, through non-formal education, youth information and international cooperation.

RAISING THE VOICE OF YOUNG PEOPLE: THE STORY FROM TANZANIA

Indre from Lithuania and Emil from Bulgaria went to Dar es Salaam, Tanzania to explore the country realities and youth work approaches applied by the project partner TYCEN.

Indre, Emil, share your story from Tanzania!

We have a lot of great stories to share but let us tell you one that impressed us a lot. One day we went out from Dar es Salaam to the neighbouring area called Kibaha to meet young boys and girls from two schools. We went to a hostel called "Misu" which was built specifically for girls. The idea of the hostel is to provide accommodation for the girls in order to make it possible for them to go to school. The hostel is their home where they are safe and protected. And from there, they go to school every day by bus.

After our host Chris energised the group, we did a half-day workshop with the youngsters who came to meet us. It was meant to explain

to them the phenomena of global interconnectedness, explore their views on different global issues in their local context and look for the ways how the citizens could contribute to coping with them.

What a great group of youngsters! Shy but at the same time smart, curious, open-minded, motivated, passionate... We learned so much about what they care about in their country and their local communities – from issues related to quality education and its accessibility to pollution, from girl empowerment to lack of sufficient infrastructure, from health problems to the issues related with migrants and refugees here in Tanzania. We were also amazed at how articulated their presentations were.

But how to raise the voice of young people and make their voices heard? We did something for this at the end of our workshop! At the end of our meeting, we organized a photo statement project – every participant wrote their statement what they could do in order to change the situation they care about, and Emil made photos of all the participants. Upon the return to our home countries, we put the statements of each participant on their photos and published them. This will allow us to make the voice of the local youngsters heard.



Tanzania Youth Cultural Exchange Network (TYCEN) is a non-governmental youth development organization working on the promotion of youth empowerment by supporting their integration into the social, cultural and economic life of their societies through involvement in local and regional sustainable development projects. The organisation is devoted to improving local education, fostering environmental conservation efforts, and furthering sustainable development in communities throughout Tanzania.

YOUNG PEOPLE IN ACTION

Why is #takeAction important in global citizenship activities?

No matter where you are in life, taking action is crucial. It doesn't matter if you know where you want to go and what goals you want to reach or if you feel like you are just floating around trying to find something to hang onto. Taking action is going to help you get to where you want to go and benefit your life in so many ways that you will kick yourself for not doing it sooner. There are so many chances to say I CAN. And you can:

- spread the word about the Sustainable Development Goals so that more people can take action and contribute to meeting the Goals;
- join an organisation that actively contributes to meeting the Goals;
- reduce your general waste and your environmental footprint, avoid plastics, take the train instead of the airplane, bike instead of the car;
- make conscious choices in your consumption, buy local and try to make sure what you buy is produced in fair and sustainable ways;
- show compassion and stand up against racism, exclusion, discrimination and injustice.

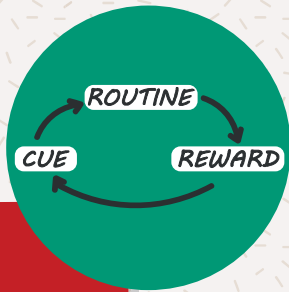
And these are just a few examples of how you can start initiating a positive and sustainable change around you. Everything is up to your imagination! And if you are still wondering why you should take action, here are some arguments to make up your mind!

ACTIONS ACTIVATE INFORMATION

No matter how many books you have read and tips you got, you will not magically escape from all your insecurities and boundaries. Only by applying information and theoretical knowledge, you will be able to experience and understand it better. The same philosophy applies to sustainable development: until you start reducing general waste or consume less you will not see things in full cope. We encourage you to try it!

ACTIONS ELIMINATE COMPLAINS AND MAKE YOU A MORE POSITIVE PERSON

You usually take action on things in life that you want, and when you do not take action, you complain about not having the things you want. Therefore, if you complain about anything, it is the best indicator that you do not take action! For example, if you complain that you do not have a clean house or surroundings of your neighbourhood, it means that you do not do things that help you have a clean house and neighbourhood!



ACTIONS CREATE HABITS WHICH LEAD TO SUCCESS

It's important to understand that change and success is an ongoing process. You cannot just take one action, make one attempt, and call it a day. New actions that initially require a lot of effort eventually turn into habitual patterns of behaviour. The hardest part about taking action towards change is actually getting started. The more you repeat a new action, the more natural it becomes. But if you never start, it will never become a habit. The most important thing is consistency. Repetitive actions can remarkably improve your daily life quality and reduce a big burden of our planet earth!

TAKING ACTION HELPS YOU OVERCOME FEAR.

Fear can take a hold of you and push you into a corner where you don't want to ever leave, which is commonly called your comfort zone. You become scared of life when you let fear take over, and it can be detrimental to your happiness, health, and success in life. In short, taking action gives you a boost to your self-confidence and makes you a stronger person.



YOU SERVE OTHERS THROUGH ACTION

Taking action results in affecting not just your life but other people's lives too. When you get into the habit of taking action, you do things that help other people in one way or the other. For instance, if you take action on your work, you likely serve people in some way by providing a service or creating a product that benefits them. Moreover, the more you do for yourself, the more you will naturally do for others. You will have moved out of a protective selfish ego state where you don't want to get hurt, experience setbacks or fail at something. That will encourage you to interact more with the world where you naturally serve others daily. As we mentioned before, there are so many opportunities how you can leave your social imprint for a society: stand against micro-racial or xenophobic situations, help your neighbour to clean the community's yard and etc.





DETERMINE WHAT YOU NEED TO TAKE ACTION ON

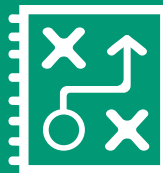
In what areas of your life do you need to make changes? Whether it's your daily routine that makes you less than productive or your consumption habits that make you passive throughout the whole day? You need to get crystal clear on specific challenges or issues before you can set any effective plans. Change is never easy, so expect setbacks and don't give up!

IDENTIFY THE NECESSARY STEPS OF ACTION

It is important to differentiate between impulsive actions without direction and well-determined and thought out actions that will bring you more success in life. Before you jump into taking aimless steps in the wrong direction, take a moment to identify which actions would have the intended results. Think about how your current actions contribute to the issue and make a note of how you are going to change/replace these actions in order to achieve success.

PREPARE YOURSELF TO ENSURE THE BEST POSSIBLE OUTCOMES

The more prepared you are to face a wide variety of eventualities, the more likely you are to be successful at making changes in your life. How can you tell whether you are prepared enough? Well, I guess there is just the only way to find out - take action!



We hope you have acknowledged how important taking action is. Beneath this text, we are leaving a short guideline how to get on track and become a more action-oriented person!



GLOBALAB - global laboratories for change!

During the years of the GLOBALAB project, a lot of initiatives and activities were taken. Young people and youth workers from all over the globe were exchanging knowledge and methods of how to tackle important global issues, exploring different cultures and learning systems, dealing with controversial issues and looking for solutions for a more sustainable future. Coordinators and youth workers, youth leaders and facilitators, active youngsters and volunteers joined their forces to establish a continuous and friendly on-going process of building new skills, raising awareness and tackling issues that are important at a global scale.

The sustainable development message was spread from a school in Uganda to a youth center in Spain. During the international seminar in Tanzania, youth workers and project coordinators from Lithuania, Bulgaria, Spain, Ghana, Tanzania and Uganda shared best practices of their countries regarding the role of youth work in tackling global issues and built networks of youth work practitioners from Europe and Africa for future cooperation. Furthermore, active and motivated youngsters from previously mentioned countries met for an international youth exchange to share their best ways to reach the Sustainable Development Goals, participated in #GlobalLabchallenge and spread the message by initiating small scale projects during the local GLOBALAB project activities.

Get inspired by our GLOBALAB stories!



Erasmus+

According to the American Heritage® Dictionary of the English Language, *laboratory experiment* is a test under controlled conditions that is made to demonstrate a known truth, examine the validity of a hypothesis, or determine the efficacy of something previously untried and/or the process of conducting such a test; experimentation.

Over the two years of the GLOBALAB project, a lot of experiments and tests have been made. We mixed up things and pushed away boundaries, we thought big and made the best positive global hypothesis, we looked for special mixtures dealing with the global issues and, most importantly, we got inspired to continue our global experiments!

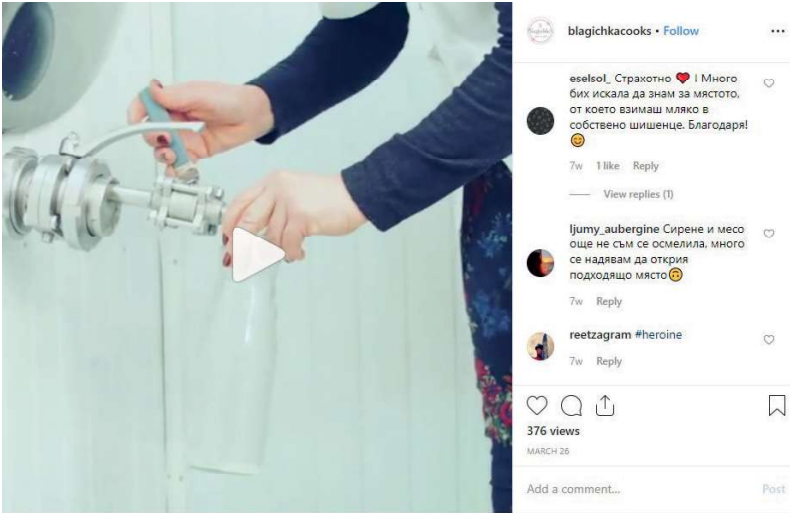
We challenged young people to choose a global issue related to one of these 17 goals, take action to respond to the chosen issue and participate in the GLOBALAB Challenge Contest. Participants were able to make a response to a chosen issue by making a video, writing an essay, blog post or an article, taking a picture or any other idea they have on their minds that would express concerns and awareness of how to solve it. Youngsters from Bulgaria, Spain, Lithuania, Uganda, Ghana and Tanzania were tackling problems and challenging themselves! Some projects came up to the daylight as Youtube videos supporting and realising the importance of the SDGs, others have spread an effective and short video message on Instagram about zero waste and daily routines which can extremely change our ways of consumption.



Stories of friendship / Другарски истории
39 views

2 0 SHARE SAVE ...

Stories of friendship.
#Globalabchallenge work



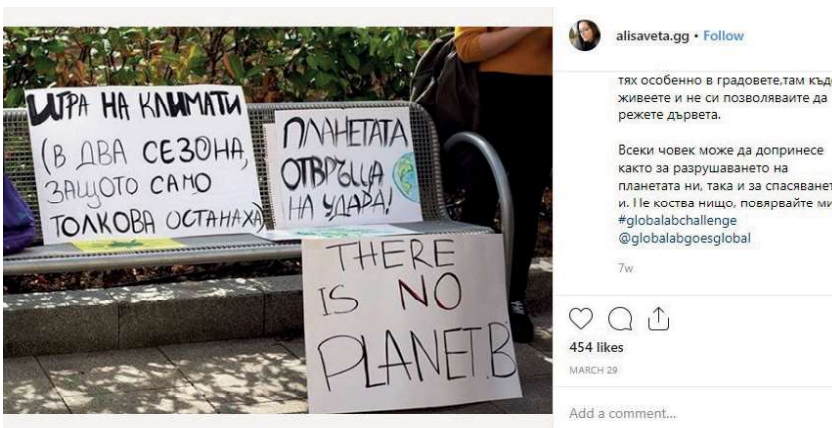
Zero waste campaign on Instagram. #Globalabchallenge work

The virus of the challenge was spread everywhere. Youngsters were challenging themselves by joining global movements and raising important questions, emphasizing global issues through different forms of art, establishing new ways of expressing themselves and bringing out all these ideas to the world.



What is quality Education? #Globalabchallenge work

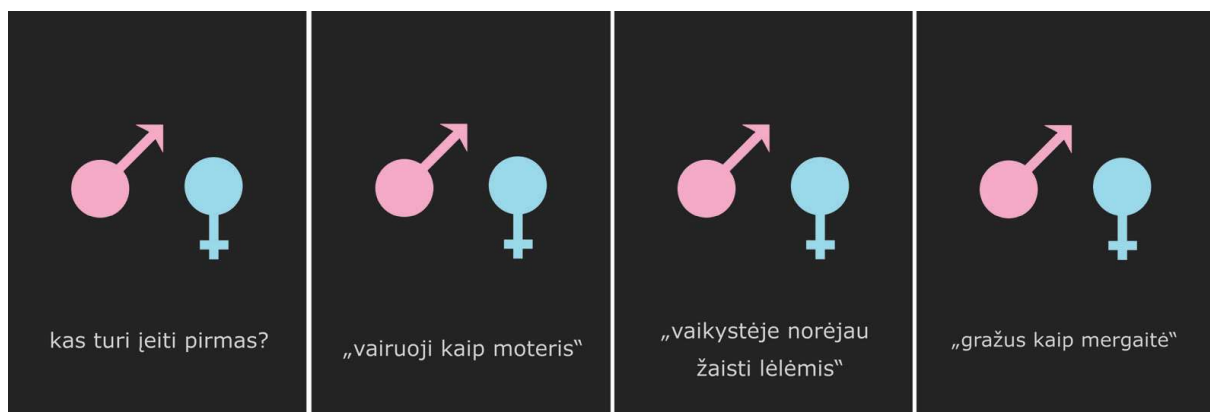
There were many topics that matter to the young generations: starting from equality and stereotypes, finishing with global warming and excessive pollution.



There is no Planet B. #Globalabchallenge work

But we didn't stop there! We kept on going with experiments! We embraced pop culture and all of its forms as an approach to transmit our messages and inspire others. Youngsters brainstormed and kept that positive and challenging vibe during local Globalab workshops. This idea of workshops was another positive practice to create awareness to youth on the concept of global citizenship, the Sustainable Development Goals and strengthen some networks among young students and activists in the realization of the concept of sustainable development. We worked for the ideas that would change our perception, that would force us to stop and think where we are going with this lifestyle and how even a small deed can sometimes break a huge mountain!

Youngsters from Lithuania were breaking the edges and questioning stereotypical quotes of daily life. Everybody was so surprised how simple and yet so innocent phrases can be the best source for gender stereotypes to prosper. "You are driving like a woman" – how many times this phrase has passed our ears and you vaguely reacted or realized that this could be offensive? These youngsters created a series of online/offline posters about these micro-expressions we hear on a daily basis. Check them out!



Stereotypical expressions of daily situations in Lithuania. Local Globalab workshop

Active youth from Tanzania were making charcoal out of the waste papers from offices, schools, shops and old newspapers in order to show that sustainability can be interpreted and found around us, we just need to look closely.



Making charcoal out of the waste papers in Tanzania. Local Globalab workshop



Charcoal balls. Local Globalab workshop

Others across the globe, for instance in Lithuania and Uganda, explored and raised important questions about identity, environment and health. They brought together young people who have fewer opportunities, activists, students, volunteers and tried to look for an answer to various disturbing and uncomfortable topics. Lithuanians invited citizens of Kaunas to test their knowledge of recycling and think where one or another thing belongs, meanwhile Ugandans were strengthening local youth communities through dance, art and open discussions.



Interactive quiz about recycling. A campaign in Lithuania. Local Globalab workshop

The global laboratories in all partner countries enabled young people to experiment and gave certain freedom to create a positive change in their societies. This global learning process helped to promote the fundamental values of humanity and enhanced the capacity of partners on all sides, directly addressing issues of alienation and putting them to the challenge of working and learning together towards similar goals.



And we shared a lot! In April 2019, participants from all six countries and activists who were initiating local actions during the local GLOBALAB workshops, met to share and exchange their experience in sunny Lorca (Spain) for 7 days. 30 talented and motivated youngsters remembered and practised what it is like to be a global citizen and what attitude you must develop in order to become one, what is the impact of technologies on the SDGs. But the practice is always more effective than a theory! Therefore, during our time in Spain, we planned an entertaining trash collecting action “PicNdance” to raise awareness of the local people about a huge issue around the world – trash. We flooded the streets of Lorca with happy faces, music and trash bags. We collected trash on the streets, delivered an important message and most importantly we worked together!



We are different, but yet, so similar! Do you remember what we told you at the beginning of the publication? That we are all dependent on each other and that we are in that super clever system where every piece and every part counts as an equal and solid screw. That's absolutely true! And GLOBALAB can prove it!



GLOBALAB helped young people from Lithuania, Bulgaria, Ghana, Spain, Tanzania and Uganda to remove mental and physical obstacles and to see that we all walk towards the same goals. We created a community where every idea is appreciated and everybody feels empathy towards inequalities. The global community where everybody stands against racism and for human rights. GLOBALAB was a successful global-scale experiment without scientists but with very passionate and motivated youngsters and youth workers from all the partner countries. We learned many great lessons and, most importantly, we got inspired to move on and keep on “writing” our global stories of changing the world!



Plaza Calderon | 06-04 - 2019 | 1800 hrs



Social action #PickNdance poster. Youth Exchange in Lorca. 2019

The partners of the GLOBALAB project:

Global Citizens' Academy (Lithuania) – project coordinator



Web: <http://www.globalcitizen.lt>
Facebook: <https://www.facebook.com/pasaulio.pilietis/>
Instagram: <https://www.instagram.com/globalcitizen.lt/>
Email: globalcitizen@globalcitizen.lt

Pro European Network (Bulgaria)



Web: <http://proeuropean.net/>
Facebook: <https://www.facebook.com/penetwork/>
Email: info@proeuropean.net

Cazalla Intercultural (Spain)



Web: www.cazalla-intercultural.org
Facebook: <https://www.facebook.com/cazalla.intercultural/>
Instagram: https://www.instagram.com/cazalla_intercultural/
Youtube: <https://www.youtube.com/user/cazallaintericultural>
Email: info@cazalla-intercultural.org

Soul X-pressions (Uganda)



Web: www.soul-xpressions.org
Facebook: <https://www.facebook.com/inspirationz.soul/>
Instagram: https://www.instagram.com/soul_xpressions/
Email: Xpressions1soul@gmail.com

Tanzania Youth Cultural Exchange Network (Tanzania)



Web: <http://www.tycentanzania.org/>
Facebook: <https://www.facebook.com/tycentz/>
Instagram: <https://www.instagram.com/tycentz/?hl=en>
Email: info@tycentanzania.org

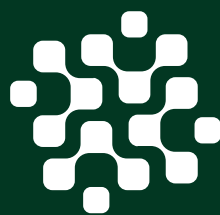
Young People We Care (Ghana)



Web: www.ypwc.org
Facebook: <https://www.facebook.com/ypwc.org/>
Email: info@ypwc.org

Photo credits:

Emil Metodiev, Bless Siyovelwa, Vladislav Petkov, Paulius Pakutinskas, Indrė Augutienė, Vasarė Gritenaitė – Bytautienė, Mirela Karadzova, Blazhka Trepetanova, Alex Galabova, Gerald Ochieng Juma, Jeff Kenneth Ssemaganda



GLOBALAB

Global Youth Work. The Stories of GLOBALAB
Edition - 300 copies