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Erasmus+ Programme
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NAZIONALE
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"THERE IS NO PLANET B"

19-27.09.2022 - MESSINA, ITALY

YOUTH EXCHANGE FUNDED BY ERASMUS+ PROGRAMME



*Be The
Change*

WWW.BETHECHANGEITALY.COM



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PARTNERS:

ITALY - Be The Change

POLAND - Stowarzyszenie IMPAKT


NORTH MACEDONIA - Youth Council Next Generation Skopje

TURKEY - Genclik Mevsimi Dernegi

ROMANIA - Asociatia D.G.T

SPAIN - Casal Intercultural d'Esparreguera

WHAT IS THE ERASMUS+ PROGRAMME

The top right corner of the page features a stylized graphic of the European Union flag, showing a blue field with twelve yellow stars arranged in a circle. The graphic is partially obscured by the large green text of the title.

Erasmus+ is a European Union (EU) program that aims to support education, training, youth, and sport in Europe. It provides funding for individuals and organizations to participate in exchange and mobility activities within the EU and beyond.

Erasmus+ offers a range of opportunities, including study and work placements, traineeships, and volunteering projects. It also supports cooperation and innovation in the education and training sectors, as well as in youth and sport.

MOBILITY PROJECTS FOR YOUNG PEOPLE

Erasmus supports non-formal learning mobility of young people in the form of **Youth Exchanges**, with the objective to engage and empower young people to become active citizens, connect them to the European project as well as help them acquire and develop competencies for life and their professional future.

More specifically, Youth Exchanges aim to:

- foster intercultural dialogue and learning and feeling of being European;
- develop skills and attitudes of young people;
- strengthen European values and break down prejudices and stereotypes;
- raise awareness about socially relevant topics and thus stimulate engagement in society and active participation.

The Action is open to all young people, with a special focus on those with fewer opportunities.

YOUTH EXCHANGES

OVERVIEW

A youth exchange allows a group of young people from different countries to meet, live together and work on shared projects for a short period.

Youth exchanges take place outside the school environment.

On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities and more. Participants' learning experiences are recognised through a Youthpass.

DURATION

Youth exchanges last between 5 and 21 days. This excludes travelling time.

CONDITIONS

Youth exchanges are open to people between the ages of 13 and 30 yo. To be a group leader in a youth exchange, you must be at least 18 yo.

FINANCIAL SUPPORT

The EU grant supports travel as well as practical and activity-related costs necessary for the exchange.



Erasmus+

EU programme for education, training, youth and sport

More info at <https://erasmus-plus.ec.europa.eu/>

SUSTAINABLE DEVELOPMENT GOALS



The Sustainable Development Goals (SDGs) are a set of 17 global goals adopted by the United Nations in 2015 as part of the 2030 Agenda for Sustainable Development. The SDGs are a universal call to action to end poverty, protect the planet, and ensure that all people have the opportunity to live peaceful and prosperous lives.

The SDGs cover a wide range of issues, including poverty, hunger, health, education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry, innovation and infrastructure, reduced inequalities, sustainable cities and communities, responsible consumption and production, climate action, life below water, and life on land. The SDGs are interrelated and aim to address the root causes of poverty and the universal need for development that leaves no one behind.

GREAT MEDIA TO TACKLE THE TOPIC SOURCES



In the midst of a pandemic radically transforming our world, Nations United tells the story of the world as it is, as it was, and as it could be. It focuses on the solutions and action we need to tackle poverty, inequality, injustice and climate change.



What are the SDGs? These videos particularly engaging for young audiences. provide a detailed overview of the SDGs: the first is an animation, while the second is a rap song.

<https://www.un.org/sustainabledevelopment/progress-report/>

<https://unstats.un.org/sdgs/dataportal>

RAISING AWARENESS VIDEOS

Steve Cutts - 'The Turning Point' explores the destruction of the environment, climate change and species extinction from different perspectives.

Steve Cutts - 'Man' animation looks at man's relationship with the natural world, exposing the need of a more Sustainable Development.



United Nations - 'Red Alert' highlights urgent actions for an equitable, inclusive and accelerated transition to sustainable development. It's a call to action for individuals, companies and governments for an international cooperation under the umbrella of the SDG to reach a more sustainable development and a better future.

United Nations - 'Seven Billion Dreams' - Human prosperity need not cost the earth. Living sustainably is about doing more and better with less. It is about knowing that rising rates of natural resource use and the environmental impacts that occur are not a necessary by-product of economic growth.



MORE ABOUT OUR PROJECT

"Be Sustainable for a Green Future" is aligned with the European strategy for 2030, which aims for a more inclusive, smart, and sustainable development. It also aligned with the objectives of the Erasmus+ program and the national policies of the partner countries.



On September 19-27, 2022, 42 young people from Italy, North Macedonia, Turkey, Poland, Romania, and Spain gathered in Messina, Italy for the Youth Exchange "Be Sustainable for a Green Future," funded by Erasmus+. This project brought together students, young professionals, NEETs (Not in Education, Employment, or Training), and young people with fewer opportunities, all aged 18-25 and with a strong interest in sustainability.



Project Postcard

<https://erasmus-plus.ec.europa.eu/projects/search/details/2022-1-IT03-KA152-YOU-000058101>

THE REASONS BEHIND THIS PROJECT

The main objective of "Be Sustainable for a Green Future" was to raise awareness and responsibility for the impact of our actions on the environment.



This Youth Exchange aimed to increase participants' knowledge about sustainability and to exchange good practices on how to live more sustainably.

It also sought to inspire participants to adopt more sustainable lifestyles and to support the development of new initiatives that encourage young people to live in a more environmentally-friendly way.

Additionally, the Youth Exchange aimed to strengthen the network among the participating organizations and to create opportunities for future partnerships.

Finally to promote the Erasmus Plus Programme as an enriching and unique opportunity among European Youth.

OUR ACTIVITIES

During the Youth Exchange, participants had the chance to develop their own ideas about ecology and sustainability and to engage actively in decision-making to create a greener future.



The youth exchange included a variety of activities based on non-formal education: Energizers, Team Building, Ice-Breakers, Brainstorming in various formats, Theatre performances, Outdoor Activities, Intercultural Nights and practical workshops with the aim to develop new content for the project like this booklet, videos, testimonials, suggestions for a more sustainable living and much more.

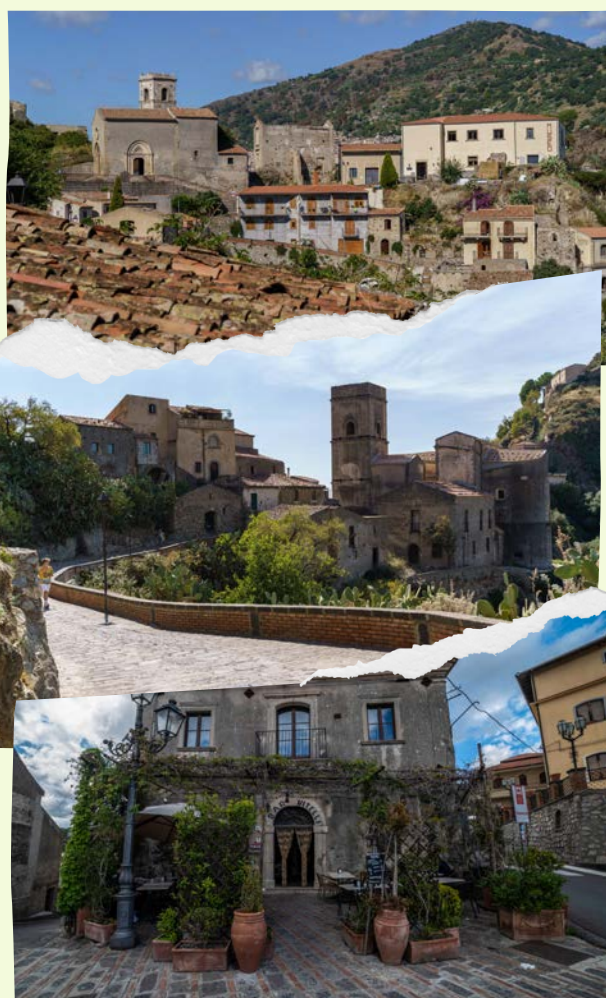
Moreover, this youth exchange stressed the element of "peer-to-peer" learning and creates a supportive environment where young people could learn from each other experiences.



SUSTAINABILITY & CULTURE

By using non-formal education methods, this project was able to create a more engaging and meaningful learning experience for the participants which received at the end of the week the Youthpass certificate.

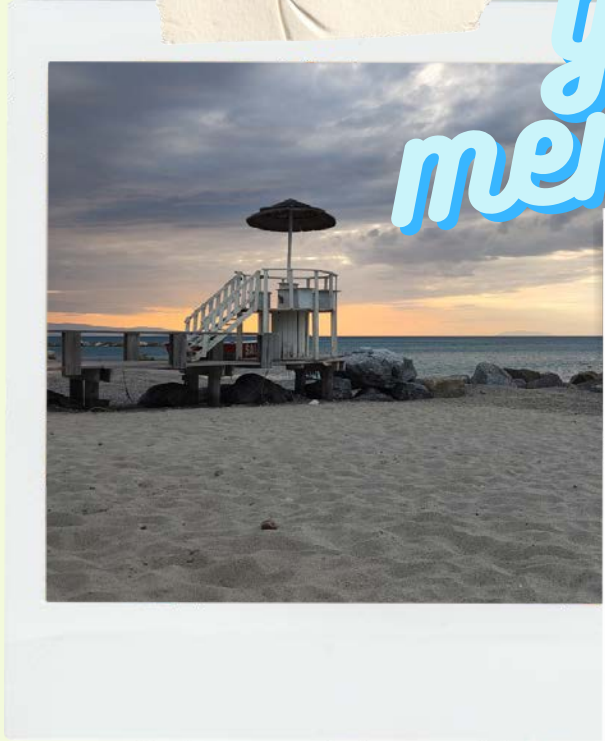
In addition to the main activities, the participants also enjoyed exploring the beautiful region of Sicily, learning about different cultures and traditions, making new friends from across Europe, and understanding the value of intercultural differences.



Overall, this Youth Exchange provided participants with a wide range of knowledge and skills related to sustainability, SDGs, and project management, as well as the opportunity to learn about the Erasmus+ Programme.



good memories





All the workshops were based on non-formal methods and creative activities led by the group leaders and the participants.



Debates, presentations, simulations, working in teams, exploring and researching, learning by doing, brainstorming, icebreakers, and many more.



We met every day in one of our activity rooms, ready to start with interesting and funny activities. Peer-to-peer learning was a crucial aspect of the experience.



Acting and improvising on the stage, discovering new cultures, breaking prejudices and stereotypes, raising awareness about sustainable development...

INTERCULTURAL NIGHTS



Participants had the opportunity to represent their country by cooking some traditional foods and performing national songs and dances. In addition, participants had the opportunity to learn more about other countries in an interactive way.

SDG IN OUR COUNTRIES?



ROMANIA



N. MACEDONIA



TURKEY



CHECK THE FULL PRESENTATION
"SDG & COUNTRIES (PDF)" - [HTTP://BIT.LY/3Y0UPPE](http://bit.ly/3Y0UPPE)

GOOD PRACTICES FOR A GREEN FUTURE



There are so many ways we can all make a positive impact and help create a better future for everyone. Let's do our part!". Here are a few examples:

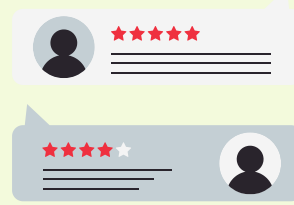
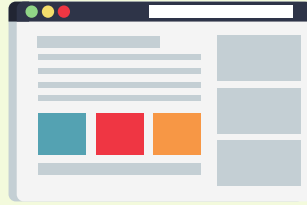
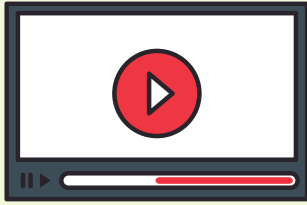
- Turn off lights and appliances when you're not using them to save energy.
- Fix any leaks you find around your home, and use low-flow showerheads and faucets to conserve water.
- Recycle, compost, and reuse materials whenever possible, and try to buy products with minimal packaging.
- Use public transportation, walk, or bike instead of driving to reduce air pollution and greenhouse gas emissions.
- Support local businesses and farmers by buying locally-grown and produced products.
- Protect biodiversity by supporting conservation efforts and reducing the use of pesticides and other chemicals.
- Eat more plant-based or sustainably-raised animal protein sources to reduce the environmental impact of the meat industry.
- Use eco-friendly products made from sustainable materials that are biodegradable or compostable.
- Support renewable energy by choosing it for your home or business, or investing in renewable energy projects.
- Donate time or money to organizations that work to achieve sustainable development goals.





DISSEMINATION MATERIAL

CREATED DURING
THE PROJECT



WEB PAGE

<https://www.bethechangeitaly.com/post/be-sustainable-for-a-green-future-it>

TESTIMONIALS (VIDEO)

<https://youtu.be/ITYsaEvCJ-E>

ACTIVITIES SHORT (VIDEO)

<https://youtu.be/Ma6GckcJ13I>

WHAT'S ERASMUS (VIDEO)

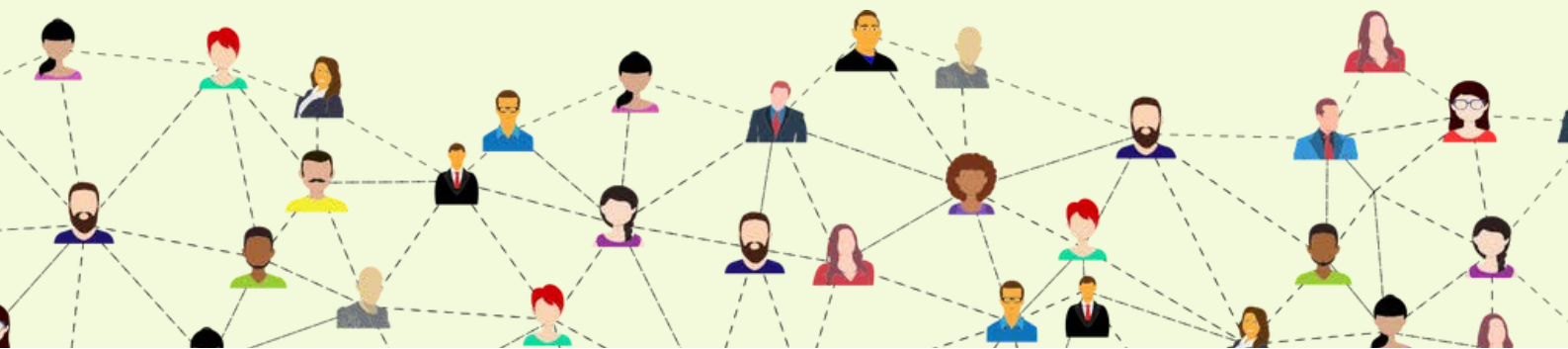
https://youtu.be/YPYQLWwVG_g

SDG NEWS (VIDEO)

<https://youtu.be/NtNuHi1SIWo>

RADIO RODZINA (PODCAST)

<http://bit.ly/3GkSLhH>





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BE THE CHANGE ITALY



DO GREAT THINGS ROMANIA



YOUTH COUNCIL NEXT GENERATION



STOWARZYSZENIE IMPAKT



CASAL INT. D'ESPARREGUERA



YOUTH SEASON ASSOCIATION



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