



Funded by
the European Union

ERASMUS+Testimonies

KA1 experiences



2024



INTRODUCTION

Erasmus+ KA1: A Journey That Transforms

Erasmus+ KA1 is much more than a European program — it's a gateway to life-changing experiences. At its heart, it's about people: the ones we meet, the stories we exchange, the growth we didn't expect, and the sense of belonging we find in places we never imagined.

How does Erasmus + KA1 work?

Erasmus+ KA1 uses two powerful formats to bring young people and youth workers from across Europe together to step outside their comfort zones and dive into real, hands-on learning.

- **Youth Exchanges** are for young participants (typically 13–30) and focus on intercultural learning, creativity, and personal development through non-formal education.
- **Training Courses** are designed for youth workers, educators, and NGO members, offering tools, methods, and new perspectives to support youth empowerment and social change.

These projects are more than educational — they are deeply human experiences. They're about late-night conversations under the stars, laughter during intercultural evenings, tears during final reflections, and friendships that go beyond borders. They give space for young people to build confidence, find their voices, and reflect on what it truly means to live and act as Europeans.



INTRODUCTION

What guides Erasmus+ KA1?

Every project is rooted in four core values:

1

Inclusion & Diversity – making sure everyone, regardless of background, feels seen and valued.

2

Participation in Democratic Life – encouraging active citizenship and youth engagement.

3

Environmental Sustainability – promoting conscious, green choices in everyday actions.

4

Digital Transformation – helping young people develop digital skills and awareness.

Why share these stories?

Because Erasmus changes lives — and we want more young people to know it's within reach. We believe in a Europe that is open, inclusive, and shaped by its youth. By sharing these testimonies, we hope to inspire others to say yes, to apply, to dare. Thanks to full financial support — including travel reimbursements, free accommodation, meals, and activity costs — KA1 projects are designed to be accessible to all. And at the end of the journey, every participant receives a Youthpass certificate, a tangible recognition of their learning and personal development. This experience is not reserved for the few. It's for you, too!



All our inspiring projects and testimonies during 2024

01. GreenComp Framework - Brussels, Belgium
02. In peace with the storm - Dobrinishte, Bulgaria
03. Forum Theatre - Dobrinishte, Bulgaria
04. Moving for Mental health - Šibenik, Croatia
05. Music for Mental health - Šibenik, Croatia
06. Communicate your soul, feel and listen - Troodos Mountain, Cyprus
07. Cyber Shadows - Empowering Youth Through Media Literacy - Tallinn, Estonia
08. Sexuality and Gender Library - Ojaäärse loodusmaja, Estonia
09. Alternative Crafts - Banyuls Sur Mer, France
10. Sexuality and gender library - Cornus, France
11. The City for E[U] - Turin, Italy
12. Be active - be European - Rezekne, Latvia
13. Social Crowdfunding For New Entrepreneurs - Kaunas, Lithuania
14. Breaking Free from Modern Addictions - Ommen, the Netherlands
15. Quest-On - Zakrzewo, Poland
16. (DEMO)CRACY - The Power is in You(r)th Hands - Tykocin, Poland
17. Youth Fights for All - Guimaraes, Portugal
18. Youth Well-being Education - Aguiar da Beira, Portugal
19. Alternative Crafts - Vila do Conde, Portugal
20. Youth in Balance - Aguiar da Beira, Portugal
21. Solidarity comp - Alqueva, Portel, Portugal
22. Go 4 Green - Aguiar da Beira, Portugal
23. Seeds 4 Youth Activism - Alqueva, Portel, Portugal
24. I'm Social, I'm Special - Sarata Monteoru & Bazau, Romania
25. Break gender roles - Murska Sobota, Slovenia
26. The Compass - Baena, Spain
27. Modernizeu, Bridging Traditional Modern Economies - Valencia, Spain
28. One step forward - Ribes de freser, Spain
29. Recover your power - Oviedo, Asturias, Spain
30. Road of Europe - Xativa, Spain
31. Digital Green Revolution - Butterfly Valley, Fethiye, Türkiye

EKO - Greece

Tap in and be inspired!





WHERE?

Discover all the countries EKO's Erasmus+ KA1 participants explored in 2024



GREENCOMP FRAMEWORK

Training Course

Brussels, Belgium



The project “Non-formal education activities to support the Greencomp framework” that hosted by the Belgian organization YouthProAktiv, and took place in Brussels, Belgium from 5 to 10 May 2024.

The aim of the training course “Non-formal education activities to support the Greencomp framework” was to raise young people’s awareness of the need for disadvantaged youngsters to be supported into green jobs since they are more likely than their peers to miss out on the opportunities presented by the global green transition.

Partner & hosting ngo

The project was organized by the Belgian organization **YouthProAktiv**.



Testimonies

My experience in the YouthProAktiv training course was wonderful. It was a great opportunity for me to learn about the European Union, the European Commission, the political system and how it works. I also developed my critical thinking and knowledge about sustainability, environmental issues and issues of concern to young people. The trainers were amazing! I learned so many things about other cultures and I made friendships that will definitely continue!

Chrysanthi, 30 y.o.
Greek youth worker



From the 5th until the 10th of May, we got the chance to represent "Eko Greece" in the project "GreenComp" in Brussels, Belgium. This Training Course was about the need of equipping youth workers with the skills and knowledge to promote sustainability among young people, across Europe and neighboring countries. Participants from Greece, Albania, Turkey, Slovenia, Latvia, Georgia and Egypt were all gathered together in order to enhance the capacity of youth workers through innovative non-formal education activities focused on the GreenComp framework. Thanks to the workshops that were extremely well-organized by our hosting organization "YouthProAktiv" we got the opportunity to strengthen our networking skills, collaborate with people from different backgrounds, exchange opinions and perspectives in sustainability and discuss the problems that each of us is facing in our countries in this field. All in all, we manage to foster a sense of community among us, which led to our professional development as youth workers and the acknowledging that raising awareness on sustainability is essential. Personally, I increased my understanding in the GreenComp framework and the way of promoting and disseminating the sustainable political agenda among the local youth. Taking this into consideration, having broadened my spiritual horizons and my critical thinking, I believe that I am more aware and capable of engaging young people to live, work and act in a sustainable manner. Undoubtedly, this whole experience has been a unique opportunity for me, socializing with people from all over the world, collaborating with one of the best organizations that I have ever been given the chance to, and becoming a better version of myself, both as a person and as a youth worker. Thank you for the opportunity!

Vasilis, 23 y.o.
Greek young participant

Testimonies

I recently traveled to Brussels for the training course entitled Non-formal education activities to support the GreenComp Framework. Having participated in several Erasmus + programs I almost never know what to expect. I believe that every program is a journey of knowledge, experiences, emotions and memories and this one confirmed it. The hostel we stayed in was in the center of Brussels, while the place where the sessions were held was just an hour away from the city center in a landscape of incredible beauty with a strong element of nature that made you forget you were in a capital city. The people in charge of the Belgian organization were all incredibly friendly and their wealth of knowledge led to the success of the project. The activities were all very creative and targeted towards the project topic and thus I believe that I received a lot of information that will help me in my work as a youth worker. At the same time, as part of the training course, we had the opportunity to visit the House of European history and the parliamentarium where we learned many things about the history of Europe and the European Union. I finally returned home with extra baggage full of knowledge, skills, memories, confidence and new friendships. All that we experienced will accompany me forever and I will remember them with love and a lot of nostalgia. Finally, I would also like to thank the Greek organization, Eko Greece where they gave me the opportunity to participate in such a beautiful experience and were by my side for support and guidance at every moment!

Maria, 23 y.o.
Greek young participant



IN PEACE WITH THE STORM

Training Course

Dobrinishte, Bulgaria



The project "In peace with the storm" united 20 young participants from Bulgaria, Greece, Italy, Spain, Armenia, Poland, Belgium, Netherlands, Romania, and Slovenia. It was organized by the Bulgarian organization VIA CIVIC Association and took place in Dobrinishte, Bulgaria from 30 May- 07 June 2024.

The aim of the training course "In Peace with the Storm" was to provoke participants to discover – what is the genesis of conflicts, where they are in them, and how they act – freeze, escape, or fight. And above all – how to master them so that they grow through them as individuals, to accept them as gifts of fate, sent not by chance. The project aims to improve youth workers' understanding of the genesis of conflicts and prepare them with practical tools for their role as mediators in conflict situations.

Partner & hosting ngo



The project was organized by the Bulgarian organization **Via Civic Association**.

EKO - Greece

Testimonies

I consider myself extremely fortunate for having been chosen to participate in the week-long program (from 30/05/2024 - 7/06/2024) called 'In Peace with the Storm,' which took place in Dobrinishte, Bulgaria. It focused on culture exchange among participants from diverse backgrounds, cultivating storytelling skills as well as learning how conflicts arise and how to resolve them.

Alongside individuals from multiple countries: Armenia, Poland, Netherlands, Spain, Slovenia, Greece, Bulgaria, Belgium, Italy, and Romania I engaged in activities such as hiking, story telling, public speaking, as well as self-reflection. Throughout this experience, I learned more about various cultures but also had meaningful discussions on our unique perspectives.

I would like to extend my heartfelt gratitude to the organising group Via Civic, the European Union, and Erasmus+ for funding such projects. Additionally, I would like to express my appreciation to EKO Greece for this opportunity.

I am extremely grateful for all the valuable lessons, wonderful memories and individuals that I met on this project. Thank you all for making this Erasmus+ Training Course truly exceptional!

Dimitris, 26 y.o
Youth worker



Testimonies



Participating in the European program organized by EKO was a truly transformative experience. Spending several days with young people from all over Europe was exciting and enriching. We shared stories, learned from each other, and formed friendships that I believe will last a lifetime. The sense of community and mutual support was overwhelming, and it made me feel more connected to the larger European family. We discussed important topics like non-violent communication and storytelling, which were both fascinating and practical. The beautiful Bulgarian landscape provided a perfect backdrop for our activities. The serene environment, combined with the comfortable accommodation and delicious food, made the experience even more enjoyable.

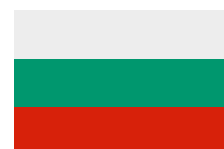
Overall, spending these days with other European youth showed me the power of cultural exchange and the importance of building connections across borders. I am grateful to EKO for this opportunity and would highly recommend it to other young people looking to broaden their horizons and make lasting memories. Thank you, EKO, for an unforgettable adventure!

Sonia, 40 y.o
Youth worker

FORUM THEATRE

Youth Exchange

Dobrinishte, Bulgaria



EKO is happy to announce that one more amazing youth exchange has been completed successfully. The project Forum Theatre – act for positive change united 21 young people from Bulgaria, Greece, Belgium, Spain, Poland, Portugal, Slovenia. It was organized by the Bulgarian organization “VIA CIVIC ASSOCIATION” and took place in Dobrinishte (Bulgaria) from 01 to 09 July 2024.

The aim of the youth exchange “Forum Theater” was to inspire and empower young people to develop skills for active participation, self-expression, assertion of rights, and transformation of a conflict situation into a positive solution.

Partner & hosting ngo



The project was organized by the Bulgarian organization **Via Civic Association**.

EKO - Greece

Testimonies

Erasmus+ has unlimited things to offer to those who seek to travel the world and at the same time to be part of unique projects with a great variety of interesting subjects. Personally speaking, I had the opportunity to spend 9 wonderful days in Dobriniste, Bulgaria and learn many things about Forum Theater, while we had the opportunity to interact with many people from different nationalities and cultures and create strong international bonds. I would like to express my gratitude towards the hosting organisation and the facilitators of the project, for fulfilling my wish to be part of a life-changing journey.

Eleonora, 34 y.o.
Team Leader



This experience for me has been an absolute blessing. Each and every one of the participants was unique and had so many things to share and so much love to give. We got attached and shared a lot from day one, which set the tone for the rest of the days. The organization and our trainers were also excellent and paid a lot of attention to our needs and our stories. The activities were full. We saw many beautiful places, we hiked, we cooked, we cried, we laughed, we hugged. I'm forever grateful for being able to take part in this, and I'll treasure these moments for a long time. Thank you to everyone else who made my experience even more unique with their love and affection. And thank you to EKO Greece for giving me the opportunity to travel to Dobrinishte and have the time of my life.

Gerasimos, 26 y.o.
Greek young participant

Testimonies



Participating in the project called FORUM THEATRE FOR A POSITIVE CHANGE was truly a blessing not only for me but also for everyone that participated. More analytical, I represented EKO GREECE as a participant and this experience is something that I will carry with me for a long time. I will always remember the personal stories that the participants shared since each one of them was really strong, emotional and life changing. Also, we had the opportunity to express ourselves, to meet new people and establish real connections that will last for a lifetime. I strongly recommend everyone to try this unique experience and to be part of Erasmus+ world.

Thodoris, 28 y.o.
Greek young participant



MOVING FOR MENTAL HEALTH

Youth Exchange

Šibenik, Croatia



The “Moving for mental health” project united 42 young participants from Spain, Portugal, Greece, Türkiye, North Macedonia and Croatia. It was organized by the Croatian organization ARGONAUTA and took place in Šibenik, (Croatia) from 01 to 10 April 2024.

The aim of the training course “Moving for mental health” was to bring young people to Croatia to work together in mental health through dancing and sports. Bringing 42 participants together helped inspire each other with methods for improving their well-being and sharing them in their local communities. Communities. The goal was to raise their awareness about the current state of mental health in their communities and boost their emotional and physical state through learning how to use their body more effectively and creatively. This will foster social engagement and active participation of the young people involved in this project.



Partner & hosting ngo

The project was organized by the Croatian organization
ARGONAUTA



EKO - Greece

Testimonies

My experience at the Moving for Mental Health exchange was really fulfilling and exciting. Firstly, the activities were really diverse and engaging, approaching the topic from many different interesting sides. Furthermore, this program gave me a unique chance to meet people from different cultures, sharing the same passion or interests with me, and collaborating and having fun with them during the program. Last but not least, the organisation of the exchange was perfect, including accommodation, delicious food and help at every step, by members of the organisations.

Giannis, 20 y.o.
Greek young participants



I really like traveling in Europe especially in erasmus projects since you always find people from different countries and you can share with them ideas, cultures, food etc. You might think that you can't learn anything new after a couple of erasmus projects but you always learn. It's like going for the first time. Hopefully I will have the opportunity to keep doing this in the future because it's something I love and enjoy.

Dimitris, 29 y.o.
Greek young participant

After many years of travelling and after 4 participations in Erasmus+ projects I can surely tell that this type of projects have changed my mindset and they have made me who I am today. These opportunities are unique experiences that every youngster should take. They give you the chance to meet wonderful people all over the world, exchange opinions and experiences about important topics and create memories and bondings that you will remember for ever.

Nektarios, 24 y.o.
Greek leader

Testimonies

Having completed my first project, in Croatia, I would like to say that it was an amazing experience. I had the opportunity to meet very friendly people from different countries and have many deep conversations with them. All days, we had many creative and fun activities that made us feel alive and productive. Through the workshops, we all collaborated together and shared moments of joy and laughter. I want to thank all the organizers who were by our side and helped us with everything we needed!

Tzeni, 23 y.o.
Greek young participant

During my YE "Moving for Mental health" project in Croatia, I made some of the best memories of my life in just 10 days! It was a great opportunity for me to take full advantage of the topic of the project, which I surely did, due to the great organisation and the amazing energy from all the participants. The places I visited, the things I learned and the friendships I made, will surely stay with me forever!

Nikos, 20 y.o.
Greek young participant



It's a very special experience to be part of a small diverse community for 10-12 days. You exchange cultures, points of views and so much love. One of the most beautiful parts of these programs, is that you get to know people and keep a lifetime friendships, around Europe. You can get influenced by someones light, affection and kindness and make it your behavior. In the end you get to see, that even though we all live in Europe, we are all so different but at the same time so similar. All people are united and loved. Cant wait for the next one! Thank you Eko for giving me the chance to meet all these people!

Nasia, 22 y.o.
Greek young participant

MUSIC FOR MENTAL HEALTH

Youth Exchange

Šibenik, Croatia



The project "Music for mental health" united 26 young participants from Greece, Spain, Portugal, Turkey, North Macedonia and Croatia. It was organized by the Croatian organization ARGONAUTA, and took place in Šibenik, Croatia from 03 October- 11 October 2024.

The aim of the youth exchange with the title "Music for Mental Health" brought young people to Croatia to work together on the topic of mental health through music. The main goal of this project was to bring 26 youngsters and 6 group leaders from 6 different countries to inspire each other with methods for improving their personal well-being and to share them in their local communities. The goal was to raise awareness about the current state of mental health in their communities and boost their emotional and physical state through creativity and activities including dances and sports.



Partner & hosting ngo



The project was organized by the Croatian organization **ARGONAUTA**

EKO - Greece

Testimonies

For me, the project was a wonderful experience, we met so many nice people and we had the chance to explore how they use music for mental health in their countries. Also, we share our culture, our habits and we had so much fun. By participating to Erasmus+ programmes, you have the opportunity to explore new cities and countries, as we travelled to Zadar and Šibenik in Croatia, thanks to the organization and Croatian participants who shared with us some informations about the places. In conclusion, meetings new people, share thoughts and opinions about the topic and extend your knowledge in combination with travelling, is a blessing experience and I would like to thank EKO Greece that gave me the chance to have such a great time.

Aikaterini 21 y.o.
.Greek young participant



Participating in the Erasmus Plus project on "music for mental health" was an incredible experience that enriched my personal life. I had the opportunity to meet people from different cultural backgrounds, each bringing unique perspectives on the role of music in emotional well-being. The workshops gave us the opportunity to participate in teams, learning about teamwork and collaboration. They helped me learn more about music that I didn't know before participating. Furthermore it was inspiring to see how music can serve as a useful tool for mental health, promoting emotional expression and connection with other people. The people I met there were very friendly and warm since the first moment I saw them. Working with people with similar opinions made me feel part of a supportive community. It was an experience that I would love to have again in my life.

Katerina 21 y.o.
Greek young participant

COMMUNICATE YOUR SOUL, FEEL AND LISTEN

Youth Exchange

Troodos Mountain, Cyprus



The project "COMMUNICATE YOUR SOUL, FEEL AND LISTEN" united 25 young people from Bulgaria, Cyprus, Italy, Greece, Lithuania, Poland, Spain and Portugal. It was organized by the Cypriot organization "Inspiration Path" and took place in Troodos Mountain, Cyprus from 15 to 22 September 2024.

The aim of the training course was to inspire and empower young people, to support youth workers in developing their communication skills and helping them become better prepared to face the challenges of modern reality. The project was designed to take communication skills to another level: a more natural and deeper one. In a reality where technology impacts every aspect of our life, participants had the opportunity to explore different communication skills and reconnect with nature and their inner self.



Partner & hosting ngo

The project was organized by the Cypriot organization
Inspiration Path.

EKO - Greece

Testimonies



Personally, I had an amazing experience being part of this Erasmus project. I feel like I learned how to communicate efficiently with other people and also reconnected with nature. Undoubtedly, I formed meaningful connections with other participants and I am happy that I had such a pleasant experience with my first project. I hope I will participate in more projects like this in the future!

Margarita, 20 y.o.
Greek young participant



EKO - Greece

CYBER SHADOWS - EMPOWERING YOUTH

THROUGH MEDIA LITERACY"

Youth Exchange

Tallinn, Estonia



The project Cyber Shadows "Empowering Youth Through Media Literacy" united 40 young people from Estonia, Latvia, Italy, Hungary, France, Romania, Czech Republic, and Greece. It was organized by the Estonian organization "TDM 2000 EESTI" and took place in Tallinn (Estonia) from 08 to 15 June 2024.

The aim of the youth exchange "Cyber Shadows" was to inspire and empower young people to learn about media literacy and fight cyberbullying, in their communities and make their voices heard, bringing to light the issues that most closely affect them and bringing them closer to those in which they feel less involved.

Partner & hosting ngo

The project was organized by the Estonian organization "TDM 2000 EESTI".



EKO - Greece

Testimonies

Travelling in Europe is the best way to learn new things about different cultures and about yourself! Meeting people from different countries makes you see things from a different perspective, but the best part is that you make new friends from every little corner of Europe!

Panagiota, 26 y.o.
Team Leader

During the Cyber Shadows program in Tallinn, Estonia, from June 8-15, 2024, I got to dive into Estonia's rich culture and meet people from all over. The program was all about tackling cyberbullying, which is a huge issue everywhere, including in my own country. We had some really engaging workshops and discussions where I learned about creative ways to fight cyberbullying, like using theater, comics, and podcasts. It was eye-opening to see how digital media can be a powerful tool for change. This experience really inspired me and gave me practical ideas to take action against cyberbullying in my community.

Christos, 23 y.o.
Greek young participant



SEXUALITY AND GENDER LIBRARY

Training Course

Ojaäärse loodumaja, Estonia



The project "Sexuality and Gender Library" united 30 young participants from Estonia, Greece, and France. It was organized by the French DU GRAIN À MOUDRE and took place in Ojaäärse loodumaja, Estonia, from 07 to 15 October 2024.

The aim of the training course "Sexuality and gender library" was to deepen participants' knowledge of sexual and affective education, exchange and refine tools they have already implemented in their work, introduce and experiment with the Human Library method, and foster collaboration among participants to create a network of European peers for future projects focused on inclusive sexual and gender education.



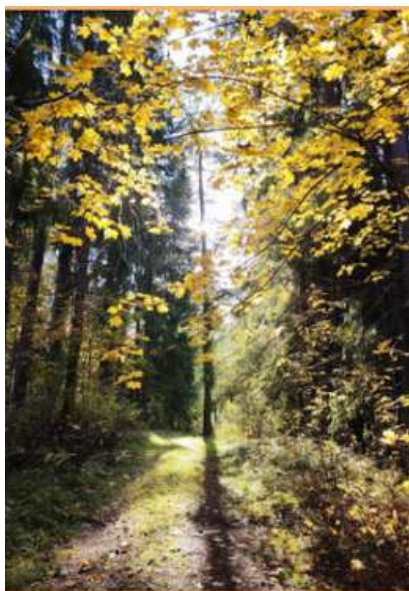
Partner & hosting ngo

The project was organized by the French organization **DU GRAIN À MOUDRE**.



EKO - Greece

Testimonies



This image beautifully captures the essence of diversity, similar to the message conveyed in the 'Sexuality and Gender Library' program. Just as the various shades of golden leaves contribute to the beauty of the forest, so too do different identities, preferences, and perspectives enrich our understanding of inclusivity and harmony. Each individual's unique presence, like each leaf, is essential in creating a vibrant, unified world where diversity is celebrated and embraced.

Stella 36 y.o.
Greek young participant



ALTERNATIVE CRAFTS

Training Course

Banyuls Sur Mer, France



The project "Alternative crafts" united 21 young participants from Portugal, Greece and France. It was organized by the Portuguese Municipality Vila do Conde, implemented this time by the french partner IFE Cote-Vermeille, and took place in Banyuls Sur Mer (France) from 03 – 09 of September 2024.

The aim of the third mobility was to conclude all the knowledge that participants had gained during the previous mobilities. In addition, the mobility aimed to introduce to participants the techniques that French people and companies used to or still use for ship building.



Partner & hosting ngo

The project was organized by the French organization **IFE Cote-Vermeille**.



EKO - Greece

Testimonies

My name is Athena, I'm 35 years old, and I had the incredible opportunity to participate in the youth exchange program *Alternative Craft* in Banyuls-sur-Mer, Southern France. As the leader of a team of eight amazing young people from Greece, I can honestly say this was an unforgettable experience! From the stunning landscapes to the warm, welcoming people, every moment was a joy. The French team, especially Carine, went above and beyond to make us feel at home, ensuring we had fantastic accommodation, delicious food, and a program packed with educational activities. We dove deep into the region's rich culture, learning about its maritime traditions and the local community's environmental efforts. The week was filled with exciting adventures—from hiking and snorkeling in a marine reserve to indulging in wine tasting and savoring the best of French and Catalan cuisine. I'm truly grateful for the chance to be part of this incredible journey!

Athena, 35 y.o.
Greek team leader

My participation in the EKO European program was an incredibly enriching experience. I had the opportunity to engage in a variety of activities that not only expanded my knowledge but also allowed me to interact with young people from different cultures and backgrounds. The program was excellently organized, with a perfect balance between educational sessions and social activities, ensuring that we learned and had fun simultaneously. From the warm hospitality to the engaging discussions, everything contributed to making this an unforgettable journey. I would highly recommend this experience to any young person looking to broaden their horizons and grow both personally and professionally.

Andreas, 23 y.o.
Greek young participant



Testimonies

I joined the trilateral experience program and got the chance to visit Portugal, Greece and France. I learned so much about alternative crafts and shipbuilding which I was never that much interested in but the things I learned really caught my attention! I was happily surprised by the friendships I formed during this program. Now whenever someone mentions Portugal or France I can say 'hey I have friends there' which is soooo cool :) I would definitely do it again! I want to thank all the organizers, facilitators and everyone who helped with the program. I will never forget this lovely experience

Panagiota, 21 y.o.
Greek young participant



I loved this program! Banyuls-sur-Mer is a beautiful town and I'm really happy I got the chance to get to know it. Exploring it with my Greek, French and Portuguese friends was an amazing experience. This whole trilateral exchange was unforgettable, and I will keep every moment and person in my heart for a long long time.

Agape, 21 y.o.
Greek young participant

SEXUALITY AND GENDER LIBRARY

Training Course

Cornus, France



The project "Sexuality and Gender Library" united 30 young participants from Estonia, Greece, and France. It was organized by the French DU GRAIN À MOUDRE and took place in Cornus, France, from 17 to 24 November 2024.

The aim of the training course "Sexuality and gender library" was to deepen participants' knowledge of sexual and affective education, exchange and refine tools they have already implemented in their work, introduce and experiment with the Human Library method, and foster collaboration among participants to create a network of European peers for future projects focused on inclusive sexual and gender education.

Partner & hosting ngo

The project was organized by the French organization **DU GRAIN À MOUDRE**.



EKO - Greece

Testimonies

I participated in the Erasmus+ project "Sexuality and gender library", in south France. It was an interesting subject and people there were so open-minded and open to talk about it. The trainers were there to discuss with us and share their knowledge. They were always available if one of us needed to talk about anything. I've met wonderful people there, we discussed about our lives, our opinions. We connected so deeply and I think each one of us left a piece of their heart there. I'm so glad that i had the chance to participate in this project, to enrich my knowledge and to connect with so many amazing people! I'm sure i will use this knowledge in my future!

Sofia 24 y.o.

Greek young participant



My experience with the program was amazing. I got to learn a lot and meet new people. The environment was really inviting and friendly and made me feel right at home. The location was also really nice with a lot of nature around. It would be my pleasure to participate again in a program with same organizers.

Ioannis 24 y.o.

Greek young participant

THE CITY FOR E[U]

Youth Exchange

Turin, Italy



The project "The City for E[U]" united 28 young participants from Italy, Greece, Portugal, and North Macedonia. It was organised by the Italian organization ACMOS and took place in Turin, Italy, from 12 June to 19 June 2024.

The youth exchange, "The City for E(U)," was to bring young people to Italy to work together on European dreams for a different world. The main goal of this project was to involve 28 young people between the ages of 21 and 26 from 4 different European countries to re-imagine our cities regarding sustainability, inclusiveness and accessibility. The project aims to re-establish a healthy balance between the well-being of citizens and the available environmental resources, providing the participating group with the necessary skills and knowledge at first and then being able to build proposals and share best practices with local institutions and the community to which they belong.



Partner & hosting ngo

The project was organized by the Italian organization **ACMOS**.



ACMOS

Testimonies

Participating in the "City for E(U)" project in Turin was an awesome experience. I learned a lot about urbanization and the problems modern cities face, which were totally new concepts for me. The best part was meeting new people from different countries, especially making friends from Greece. We had great discussions, explored the beautiful city, and shared lots of laughs. Overall, it was a fun and eye-opening experience that I'll always remember.

Aravella 23 y.o.

Greek young participant



Hello to everyone! As beginner of erasmus+, I have to say that it was such an amazing experience! Different kinds of people and cultures that make you feel glad about your tradition and your country. Erasmus+ made me more independent and realise the sense of responsibility. It's crazy how many things you have to handle when you are alone with yourself and of course with your team from your country. But as the first trip abroad, it was my chance to take the risk and look my abilities. When was the last day and I was solo in Milan, that was the time that actually realized what I did. I took my chance and I made a step further!

To conclude, big thanks to EKO that gave me that chance. I proved to myself once again what I can do if I want something so much!

Xara 20 y.o.

Greek young participant

BE ACTIVE - BE EUROPEAN

Training Course

Rezekne, Latvia



The project **“Be Active- Be European”** united 50 young workers from Latvia, Spain, Lithuania, Cyprus, Croatia, Greece, Italy, Poland, and Slovakia. It was organized by the Latvian organization **European Association “World-Our Home”** and took place in **Rezekne (Latvia)** from 08 to 14 April 2024. The project “Be active – Be European” is designed to empower youth workers in the mission of countering Euroscepticism and inspiring active involvement among young Europeans in the upcoming 2024 European Elections.

Partner & hosting ngo

The project was organized by the Latvian organization European Association “World-Our Home”.



EKO - Greece

Testimonies

Participating in this Erasmus+ project was one of my favorite experiences. I learned so much about the European Union and how to be an active citizen. Meeting amazing people and enjoying quality time together made it truly special.

It was a memorable journey that emphasised the importance of international connections and friendship.

Ouiliam, 22 y.o
Greek young participan



Meeting new people from different cultural backgrounds, thinking about important issues out loud and visiting foreign places might sound like stepping out of your comfort zone. And it is totally worth it. All that concludes my experience in this Erasmus+ project in Rezekne this spring, and I'll absolutely keep every memory.

Fedra, 24 y.o
Greek young participant

SOCIAL CROWDFUNDING FOR NEW ENTREPRENEURS

Youth Exchange

Kaunas, Lithuania



The project “**Social Crowdfunding for New Entrepreneurs**” united 30 young participants from Lithuania, Turkey, Italy, Greece, Portugal, and Romania. It was organized by the Lithuanian organization **Innovative Projects** and took place in **Kaunas (Lithuania)** from 16 to 24 March 2024.

The aim of the youth exchange “Social Crowdfunding for New Entrepreneurs” was to address youth unemployment in Europe by promoting entrepreneurship through social crowdfunding. The main target was the young people in countries with high unemployment rates, offering them the opportunity to fund their business ideas. The project focused on creating a diverse group of young entrepreneurs, enhancing their business concepts, presenting ideas to investors, and familiarizing them with European crowdfunding platforms. It aligned with European Youth Goals, emphasizing inclusion, gender equality, and quality employment. Activities included educational visits, workshops, and digital skill development, aiming to improve participants’ entrepreneurial, mathematical, and digital competencies. Additionally, This project addressed the challenges facing young Europeans and equipped them with the knowledge, skills, and financial insights required to launch their ventures through social crowdfunding. It was designed to foster a culture of entrepreneurship and innovation, thus creating new employment opportunities and contributing to the economic resilience of the continent.



Partner & hosting ngo

The project was organized by the Lithuanian organization **Innovative Projects**.

EKO - Greece

Testimonies

Undoubtedly, my experience from this project was unique, and I am glad that I had the opportunity to visit Lithuania with an Erasmus program.

More specifically, the accommodation was located in a monastery, which impressed me from the first moment. The facilities were satisfactory, and the facilitators did everything possible to accommodate our/my wishes. At the same time, the activities were understandable, and not at all exhausting, while the participants had excellent chemistry. Additionally, my favourite part was related to the basketball game we watched, and the tour in the city of Kaunas. Undoubtedly, Kaunas is one of my favorite destinations, because it has extremely variety of museums, special architecture of the buildings, and old history.

Moreover, I established very close relationships with most of the participants, and it is certain that we will maintain contacts in the future. From the first moment, both personally but also as a Greek team, we were outgoing, and we tried to make the environment familiar to everyone.

In summary, the overall experience I had was excellent, and I would I would recommend everyone to take part in European youth exchange programs.

Christos, 22 y.o.

Greek young participant

Experiential learning, knowledge and contact with different cultures offered me valuable tools for my personal development. I had the opportunity to create friendly bonds with people very different from me and to learn more about technology and marketing. Every day in the program, a new idea, a new collaboration, a new destination filled me and inspired me to give my best, resulting in useful information that will improve my daily life.

Georgia, 21 y.o

Greek young participant



Testimonies

It was an amazing experience at beautiful Lithuania. People from there was very helpful and kind with us. The project was Very interesting and the courses answered a lot of questions we had on entrepreneurship and I think that will help us a lot in the future, also the people we met There Will be friends forever.

Aggelos, 30 y.o
Greek youth worker



During my time in Kaunas, Lithuania, I had the opportunity to engage in various activities aimed at fostering cross-cultural cooperation, promoting innovation and creativity among young Europeans, and supporting crowdfunding campaigns for start-up ideas.

One of the highlights of my experience was participating in crowdfunding campaigns for start-up ideas. Through these campaigns, I witnessed firsthand the power of collective support and community engagement in bringing innovative projects to life. It was inspiring to see how potentially, young entrepreneurs from different European countries came together to support each other's ideas and contribute to the growth of the start-up ecosystem. Moreover, being part of a multicultural environment expanded my perspective beyond finance. Interacting with diverse individuals broadened my worldview, fostered creativity, and enriched my personal growth. Collaborating with people from different backgrounds encouraged critical thinking and empathy, fostering a sense of inclusivity and mutual respect. In addition to the professional growth opportunities, my time in Kaunas was enriched by the friendships I formed and the experiences I had exploring the city. From exploring historic landmarks to enjoying local cuisine, every moment spent in Kaunas was filled with excitement and discovery.

Overall, my European experience in Kaunas was incredibly rewarding. It not only broadened my horizons professionally but also allowed me to forge meaningful connections and create lasting memories in a vibrant and dynamic multicultural environment.

Vania. 30 y.o.
Greek leader

BREAKING FREE FROM MODERN ADDICTIONS

Youth Exchange

Ommen, the Netherlands

The project "Breaking Free from Modern Addictions", united 40 participants from Italy, Greece, Lithuania, Spain and the Netherlands. The youth exchange was organized by the Dutch organization Stichting yEuth and took place in Ommen, the Netherlands from 10 to 19 September 2024.

This project aimed to create a safe space for participants to share personal experiences and explore together the local realities regarding psychological addictions and in particular all aspects of internet addiction among young people in different countries. Moreover, the project wanted to try to identify the reasons why someone gets addicted to the internet, as any form of addiction is a mask behind which a different core problem is hidden.



Partner & hosting ngo

The project was organized by the Dutch organization **Stichting yEuth**



EKO - Greece

Testimonies

I am more than happy to have participated in the #BFMA. We expanded our knowledge on modern-day addictions in each country, we mentioned the mechanisms of how to control them and we shared in a safe space our personal addictions and how much they influence us. I am grateful to have met such wonderful and inspiring people from all around Europe and I can't wait to meet them again soon. I have to say that BFMA met my expectations and exceeded them.

Nikos 24 y.o.
Greek young participant



This initiative gave me valuable insights into how contemporary society faces growing challenges with issues like smartphone dependency, social media addiction, and the constant need for digital validation. Through interactive workshops and collaborative activities, I not only gained a deeper understanding of these modern addictions but also worked with peers from various cultures to explore strategies for raising awareness and promoting healthier habits in daily life. This experience enhanced my ability to address these issues both personally and within my community.

Nikos 25 y.o.
Greek young participant

Testimonies

The project was a rollercoaster of emotions for me. My expectations were really high because I used to compare it to my previous one, so this definitely worsened my experience at first. However, till we reached the end, the people and the food (huge credits to the 2 greek cooks) won my heart. Thank you, EKO, for this amazing and unforgettable opportunity and exceeded them.

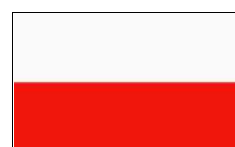
Dimitris 19 y.o.
Greek young participant



QUEST-ON

Training Course

Zakrzewo, Poland



The project "Quest – On" united 25 young participants from Romania, Italy, Greece, Spain, Ireland, Turkey, Slovakia, Slovenia, Poland, Cyprus. It was organized by the Polish organization KobieTY and took place in Zakrzewo (Poland) from 05 to 16 July 2024.

The project aimed to teach the youngsters specific, tangible, but also diverse coaching/mentoring tools to work on personal and professional development on a deeper level, as well as helping them question their assumptions and beliefs.



Partner & hosting ngo

The project was organized by the Polish organization **KobieTY**.

Testimonies



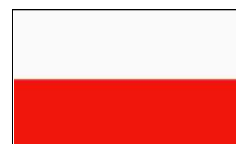
This European opportunity was one of my best experiences in an Erasmus+ project. Not only the topic of the project about coaching techniques spoke to my heart, but also the rest of the participants were the most beautiful people I have ever met. After 12 days together I feel like I'm having friends all over Europe and for sure a family with such a strong bond. I will miss them all.

Christina, 22 y.o.
Greek young participant

(DEMO)CRACY - THE POWER IS IN YOU(R)TH HANDS

Youth Exchange

Tykocin, Poland



The project “(DEMO)CRACY” united 30 youth workers from Poland, Georgia, Greece, Albania, Montenegro, and Portugal. The training was organized by the Polish organization Youth Human Impact and took place in Tykocin (Poland) from 13 to 20 June 2024.

The aim of the youth exchange “(DEMO)CRACY” was to renew faith in democracy by developing common results by young people who might lose hope in it during the Covid-19 pandemic where restrictions -were imposed by governments- have impacted personal and civil liberties.



Partner & hosting ngo

The project was organized by the Polish organization **Youth Human Impact**.



Testimonies



For me being able to travel and learn is the most fulfilling thing in my life. You learn so many things about yourself, about other cultures and gaining soft skills and tools that will accompany you for the rest of your life. Being a participant in any Erasmus + opportunity is a life changing experience and everyone should give it a try!

Kostas
Greek young participant

YOUTH FIGHTS FOR ALL

Youth Exchange

Guimaraes, Portugal



The project “Youth Fights for All – A generation informed about gender equality” united 42 young participants from Croatia, Sweden, Lithuania, Bulgaria, Greece and Portugal. It was organized by the Portuguese organization ADDHG, and took place in Guimaraes, Portugal from 21st to 27th of January 2024.

The aim of the Youth Exchange was to contribute to gender equality in Europe, in all spheres, using a participatory approach, relying on the direct and close involvement of young people.

Partner & hosting ngo

The project was organized by the Portuguese organization **ADDHG**.



Testimonies

My Erasmus+ journey in Guimaraes, Portugal, was an incredible experience centered on promoting gender equality. Beyond our meaningful discussions and actions, I had the chance to explore captivating cities across Portugal, immersing myself in their unique cultures. Along the way, I met inspiring individuals from diverse backgrounds, forging lasting friendships that transcended borders. Together, we engaged in thought-provoking activities and shared unforgettable moments. Whether it was exploring historic landmarks or simply enjoying each other's company, every moment was filled with laughter and camaraderie. My Erasmus+ adventure was an unforgettable experience and I am looking forward to more chances like this.

Emilio, 23 y.o

Greek young participant

I participated in programm youthfight4all in Guimaraes ,Portugal this January. My experience is full o positive memories.First of all because of the people and their positive vibes.As well the activities were very interesting about the topics.For sure that was my first Erasmus project but not the last.

Miltos, 26 y.o

Greek young participant



Testimonies

Regarding my European experience, I loved every second of it. It was amazing that I got to meet so many different people and get to know their stories and their way of life!! Everyone was so friendly and understanding!! I made many new friends that I actually plan to meet again and I think everyone can agree that we made amazing memories together! This week will definitely stay with me always! I genuinely thank you for providing me with this amazing opportunity!!

Anastasia, 20 y.o.
Greek young participant



Participating in the Erasmus+ program in Portugal was truly remarkable. Initially, I had reservations, being a first-timer in such a project, but as it unfolded, it turned into an amazing experience. Stepping out of my comfort zone, I formed connections with friends across Europe. This unforgettable week not only delved into gender equality (the project's focus) but also provided insights into participants' diverse perspectives. Learning about gender equality in their countries and understanding their concerns allowed me to broaden my horizons. In just one week, I not only gained knowledge but also grew as a person through this transformative project.

Xaris, 21 y.o.
Greek young participant

YOUTH WELL-BEING EDUCATION

Training Course

Aguiar da Beira, Portugal



The “Youth Well-being Education” project united 32 young participants from Portugal, Greece, Italy, Lithuania, North Macedonia, Romania, Spain, and Slovakia. It was organized by the Portuguese organization Agrupamento de Escolas de Aguiar da Beira and took place in Aguiar da Beira, (Portugal) from 09 to 13 May 2024.

The aim of the training course “Youth Well-Being Education” was to bring young people who are from rural areas to Portugal to address economic, educational, social, and cultural challenges. Bringing 32 participants together helped inspire each other with methods for improving their well-being and sharing them in their local communities. Research called Rural NEET Youth funded by the EU highlights a list of challenges for young people in rural areas. All this contributes to young people in rural areas being more exposed to multidimensional situations of vulnerability, which condition their well-being. Therefore, as a result of these challenges, these young people tend to face a problem that requires an urgent response: their low quality of life and mental health.

Partner & hosting ngo



The project was organized by the Portuguese organization **Agrupamento de Escolas de Aguiar da Beira.**



Testimonies

I participated in Erasmus+ programme with subject "Youth well being education". It was a training course in Porto. This project was a great experience for me. It offered me many opportunities for academic, personal and social growth. This programme was a great chance for me to develop greater independence and self-confidence by navigating a new environment. We have participated in local events and we learnt a lot of things about Portuguese culture.

Dionisia, 24 y.o
Greek young participant



I recently had the most incredible experience in Aguiar da Beira, Portugal. Nestled in the picturesque countryside, Aguiar da Beira welcomed me with its stunning landscapes, rich cultural heritage, and warm, hospitable people.

From the moment I arrived, I was captivated by the charm of this small town. The rolling hills, lush forests, and serene lakes provided a perfect backdrop for our activities. Each day was filled with exciting and enriching experiences, ranging from educational workshops to cultural excursions.

We engaged in various workshops that not only enhanced our knowledge but also fostered teamwork and cross-cultural understanding. One of the highlights of my stay was exploring the historical sites of Aguiar da Beira. We visited ancient castles, charming churches, and local museums, each narrating a unique story of the town's rich history.

Vaggelis, 24 y.o.
Greek young participant

ALTERNATIVE CRAFTS

Youth Exchange

Vila do Conde, Portugal



The project "Alternative crafts" united 21 young participants from Portugal, Greece and France. It was organized by the Portuguese Municipality Vila do Conde and took place in Vila Do Conde (Portugal) from 11 to 17 June 2024.

The aim of the youth exchange "Alternative Crafts" was to to develop essential skills to tackle evolving social challenges, particularly in the wake of heightened poverty and the impacts of the pandemic. It highlighted how educational and social disruptions have exacerbated difficulties for young people, especially those already facing significant barriers.



Partner & hosting ngo

The project was organized by the Portuguese **Municipality Vila do Conde**.



Testimonies

My first Erasmus experience could not have gone any better. I had the opportunity to meet so many new diverse people and to really get to know a new city and a new culture through exciting activities. The Villa do Conde hosts were so hospitable and willing to show us new things. I truly encourage everyone to give it a try. I only regret I did not try this sooner!

Christos, 28 y.o
Team leader

I loved this program! Vila do Conde was an amazing town and I'm really glad I got the chance to get to know it. Discovering it with my Greek and French peers, while our Portuguese friends guided us was an amazing experience. The cultural nights we shared were some of the most interesting and funny nights I've ever lived and I will surely remember them for a very long time.

Agapi, 21 y.o
Greek young participant



Joining an erasmus project should be something that everyone gets to experience at least once in their life! The places you get to see, the friends you get to make and the things you learn will shape unforgettable memories. Everyone in EKO works for your benefit and is eager to help with anything you need. Don't think about it too much, just join and have fun :)

Panagiota, 21 y.o
Greek young participant

YOUTH IN BALANCE

Youth Exchange

Aguiar da Beira, Portugal



The project “Youth in Balance- Strengthening Mental Health and increasing the quality of life” united 44 young people from Portugal, Republic of North Macedonia, Greece, Italy, Spain, Slovakia, Romania. It was organized by the Portuguese organization “Agrupamento de Escolas de Aguilar da Beira” and took place in Aguilar da Beira, (Portugal) from 30 June to 06 July 2024.

The aim of the youth exchange “YOUTH IN BALANCE” was to develop innovative intervention actions adjusted to the real needs and challenges of young people, helping them to build happier and more successful futures on a personal level, social, professional, etc., which will contribute in the medium and long term to an improvement in their quality of life and mental health.

Partner & hosting ngo

The project was organized by the Portuguese organization “Agrupamento de Escolas de Aguilar da Beira”



EKO - Greece

Testimonies

My erasmus trip to Portugal was an experience exactly as I was dreaming for it to be. As I hoped I had the opportunity to meet new interesting people while exploring a different country. I had the chance to have amazing time while learning about different cultures and participating in fun activities. Overall it was an amazing experience that I will do my best to replicate in the future

Konstantinos, 17 y.o.
Greek young participant

This program gave me the unique opportunity to learn more about the importance of mental health and improve my communication and collaboration skills. I had the great chance to get in touch with nature, interact and make friends with people from different countries and get out of my comfort zone by doing many things that I'm not used to in my everyday life . I made plenty of memories and i feel grateful that I got the opportunity to live this kind of experience.

Olga, 17 y.o.
Greek young participant



Testimonies



I recently returned from a 7-day trip to Portugal with the Erasmus program, and it was an incredible experience. The program provided a perfect blend of educational and cultural enrichment. We learned a lot about Portugal's culture and customs, and during those days we also met amazing people from different countries. We exchanged ideas and worked together on some activities. The activities were exciting because, in order to complete them successfully, we had to work as a team. Beyond the educational aspects, we immersed ourselves in the local culture. The warmth and hospitality of the Portuguese people made our stay even more memorable. We stayed in Aguiar da beira, but we also visited Porto, the capital of Portugal. Exploring the picturesque streets of Porto, with its colorful buildings and scenic Douro River, was another unforgettable experience. The Erasmus trip to Portugal was not just about learning, it was about experiencing a new culture, building friendships, and creating lasting memories. I am grateful for this opportunity and look forward to applying what I've learned in my future.

Haris, 17 y.o.
Greek young participant

SOLIDARITY COMP

Preparatory Visit

Alqueva, Portel, Portugal



The visit was an introduction to the project 'Solidarity comp: Promoting youth social participation through solidarity and volunteering competences' for the leader and one young participant from each organization. The participating countries were Portugal, Croatia, Italy, Greece, Poland and Romania. It was organized by the Portuguese organization Associacao Sementes de Esperanca and took place in Alqueva (Portel), (Portugal) from 30 May to 03 June 2024.

The aim of the preparatory visit was to prepare the participants and provide all the necessary information for the youth exchange that aims to motivate young Europeans to volunteer as an engine of inclusion and participation. Also, the group leaders had the opportunity to present their organizations and get to know the partners better.



Partner & hosting ngo

The project was organized by the Portuguese organization "**Associacao Sementes de Esperanca**"



EKO - Greece

Testimonies

I am filippos, i am 19 years old and I was a participant in summers 2024 EKO's Erasmus program to Portugal. It was my first experience with Erasmus programs in general so I didn't know what to expect and I was worried about how coherent would all those people from different countries be, would I get to meet them all? How well would I be to learn each person in this sort time span? And as an introverted person, would I feel comfortable? Would it be fun?.... After the second day all my worries had faded away. Every person willing to do a program like that is very open and determined to meet new people, and because of the circumstances(being somewhere no one knows you or doesn't affect your life) the people there where very true and all interactions felt genuine. It might have been very few days but you can understand and bond with people like that. There are always people with which you match better or worse but there was not one person there that I didn't like. I even keep in touch with some people...it was an amazing experience and I recommend it unconditionally.

Filippos 19 y.o.
Greek young participant



My experience as part of the Erasmus+ program for a week in Alqueva, Portugal was amazing! I met people from multiple countries, and we had great discussions about volunteering and life in general. It was really interesting to see different perspectives and learn about their cultures. Plus, I made some awesome new friends along the way. While some of the sessions were a bit too broad, the overall experience was super rewarding. I'd definitely recommend this to anyone looking to learn, connect, and explore Europe!

Panagiwta 25 y.o.
Greek young participant

GO 4 GREEN

Youth Exchange

Aguiar da Beira, Portugal



The mobility was part of the KA2 project “Go for Green” and united 27 young participants from Greece, Italy and Portugal. It was organized by the Portuguese organization Padre Jose Augusto da Fonseca School Group, and took place in Aguilar da Beira, Portugal from 03 September – 09 September 2024. The youth exchange aimed to prepare young people for effective work with the communities, after the previous training period. The project was held during the celebrations of the European Week of Sport, so it is intended to create a set of activities for young people to practice their transversal skills for active participation in society, as well as to develop skills related to social entrepreneurship.

Partner & hosting ngo

The project was organized by the Portuguese organization **Padre Jose Augusto da Fonseca School Group**.



EKO - Greece

Testimonies

My experience from Erasmus plus was very good. It was a great opportunity to meet new people and to learn more about other cultures. Aguiar da Beira was a fantastic destination. I would definitely do it again.

Thanasis 15 y.o.

Greek young participant

My experience in Europe was positive and enriching. Participating in various sports activities allowed me to meet people from different backgrounds and enjoy new experiences. The place where we stayed was beautiful , which made the whole experience more enjoyable. I look back on this journey with appreciation.

Kleoniki 15 y.o.

Greek young participant

My first experience in an Erasmus plus program was amazing! I loved everything in Aguiar da Beira. The people, the places, the activities... It was a great opportunity to get to know more cultures and broaden my horizons. I would definitely do it again and suggest it to every young person out there who is willing to have fun, meet new people and make some unforgettable memories.

Antonia, 15 y.o.

Greek young participant

The trip to Portugal was a beautiful experience given to me. Because of it, I traveled outside of Greece for the first time. I also got to know another way of life of young people

Euaggelia 14.y.o.

Greek young participant



SEEDS 4 YOUTH ACTIVISM

Training Course

Alqueva, Portel, Portugal



The project "SEEDS 4 YOUTH ACTIVISM" united 28 participants from Portugal, Italy, Croatia, Greece, Cyprus, Lithuania, Romania, Poland and Spain. It was organized by the Portuguese organization "ASSOCIAÇÃO SEMENTES DE ESPERANÇA" and took place in Alqueva (Portel), Portugal from 24 to 29 October 2024.

The aim of the training course "Seeds 4 youth activism" was to contribute to social inclusion and social and democratic participation of young Europeans.

Partner & hosting ngo

The project was organized by the Portuguese organization "ASSOCIAÇÃO SEMENTES DE ESPERANÇA"



Testimonies

I had an amazing experience attending an Erasmus training program focused on activism. It was truly the best program I've ever participated in! I had the chance to meet so many new people from diverse backgrounds, and I built beautiful and meaningful relationships with them.

Glykeria 25 y.o.
Greek young participant



I participated in this training course in alqueva, Portugal and it was an amazing experience. I got the chance to meet so many interesting people and learn about their cultures, exchange opinions and share our ideas and concerns. The vibe in the whole project was really good and the moments and memories will be forever with us.

Katerina 30 y.o.
Greek young participant



I'M SOCIAL, I'M SPECIAL

Training Course

Sarata Monteoru & Bazau, Romania



The project "I'm Social, I'm Special" united 40 young participants from Romania, Bulgaria, Italy, Greece, Spain, Portugal, Turkey, and Serbia. It was organized by the Romanian organization Fundatia Pentru Tineret and took place in Sarata Monteoru and Bazau (Romania) from 21 to 31 March 2024.

The project aimed to increase the entrepreneurial potential of unemployed young people and NEET for initiating and developing social businesses. Furthermore, it was designed to introduce the fundamentals and characteristics of social business through practical exercises. The project also aimed to share and exchange experiences, statistics, and support programs from the participating countries.



Partner & hosting ngo



fundația națională
pentru tineret

The project was organized by the Romanian organization **Fundatia Pentru Tineret**

Testimonies

This was my second Erasmus+ youth exchange and I'm happy to say that some of my favourite memories come from this program! I am very lucky and excited that I was selected to be part of the project! I had the chance to visit Romania for 2 weeks and it was amazing! Through the journey I managed to meet a variety of interesting individuals, see beautiful landscapes and have a spectacular experience. Furthermore, I managed to learn about useful information about the topic which was about social entrepreneurship, and truly believe that it will be helpful in the future.

Vaios, 23 y.o.
Greek leader

Unforgettable experience, memories that feel like years old but are only 10 days young. The youth exchange I participated in Romania was truly special, I collaborating with all participants, I delved deeper into the cultures of other countries. The daily workshops of non-formal learning nurtured my ideas and broadened my knowledge of social entrepreneurship. I wish everyone to live a similar experience and create unforgettable memories. I thank the organization that gave me the opportunity to be one of the participants of the Greek team. Perhaps we'll meet again in another exchange!

Nikos, 20 y.o.
Greek young participant

This opportunity from EU to the youth is more than important and absolutely necessary because there is no other way to experience this amazing project that gives you so much both on personal and social level . As far as these projects are provided I believe that no one should lose the chance to experience it at least one time . I also have understood that in Greece we are not as aware of it as the youth is in other countries. I hope this will change .

Marilia, 24 y.o.
Greek young participant



BREAK GENDER ROLES

Training Course

Murska Sobota, Slovenia



The project "Break gender roles" united 36 participants from Slovenia, Greece, Poland, Italy, Lithuania and Germany. It was organized by the Slovenian organization Movit and took place in Murska Sobota, Slovenia from 22 to 30 November 2024.

This project aims to raise awareness among young people about the ongoing issue of gender inequality and discrimination. While many think gender discrimination is a thing of the past, it still exists in subtle ways that we often overlook. Through this youth exchange, we want to empower participants to fight against gender-based discrimination and violence and strive for true gender equality.

Partner & hosting ngo

The project was organized by the Slovenian organization **Movit**.



Testimonies

This was my first Erasmus project and I had a great time! Being part of an Erasmus project is a unique opportunity to get out of your comfort zone and experience european solidarity. Through the program, I got in touch with young people all around Europe and shared our thoughts. It was an amazing experience, and I look forward to the next project !!!

Lena 24 y.o.
Greek young participant

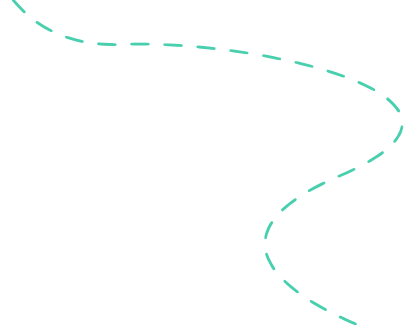
From 22/11 to 30/11 I had the amazing opportunity to travel to Murska Sobota, Slovenia and participate in a youth exchange focused on breaking gender roles. We managed to break stereotypes through activities, debates and workshops and change our way of thinking by sharing thoughts and experiences. In the meanwhile, I made new friends and created memories. I had much fun and also got to visit Ljubljana before and after the project. Im super grateful to EKOgreece for making this experince possible for me.

Dimitris 25 y.o.
Greek young participant

It was such a good experience, im looking forward to go in another one because I learned a lot about the theme of equality of the genders. I was amazed of how beautiful Ljubljana and Morska sobota. Also I came along really good with the people of different countries and learned a lot about their cultures from them

Iraklis 21 y.o.
Greek young participant





Testimonies

My experience with the Erasmus+ program was truly unforgettable! It was an incredible opportunity to meet people from different countries, work together, and explore diverse cultures. The activities and workshops were engaging and helped me develop new skills while learning from others. One of the highlights for me was the sense of connection we built during group activities and evening gatherings. Despite the challenges, such as the busy schedule and occasional language barriers, everything contributed to personal growth and a broader perspective. This experience gave me valuable memories, new friendships, and a deeper appreciation for European diversity. I would gladly participate in a similar program again!

Michail 21 y.o.
Greek young participant

The experience of an Erasmus plus project is an amazing opportunity. In my case I got to meet new people, share laughs, got to see Slovenia and interact with local people and I also learnt that their coffee isn't as good as ours. It was crazy that I stayed for 9 days in a peaceful accommodation with people from different countries. Learned about their culture, their way of lifestyle, their problems and thoughts. I would definitely go to another one.

Feuronia 23 y.o.
Greek young participant

I had the chance to participate in this youth exchange in Slovenia about gender roles, which was a very interesting topic. The project took place in a Rakican, a beautiful village in Slovenian. We exchanged views on gender roles topics and had interesting debates. We also had lovely cultural nights dancing traditional dances and learning about other countries. Last but not least we became a great company and had fun together.

Marios 26 y.o.
Greek young participant

Testimonies

I had the incredible opportunity to participate in an Erasmus+ program in Slovenia for 10 days. It was an amazing experience where I not only gained knowledge on gender equality, the main theme of the program, but also had the chance to meet wonderful people from different countries. I made lasting friendships and learned from various cultural perspectives. The program was both informative and fun, and I am grateful for the chance to grow personally and professionally through this experience

Marios 26 y.o.
Greek young participant

My experience of participating in this Erasmus+ project was wonderful and full of fun. I had the chance to interact with different people and cultures, and from only that, I earned a lot! It gave me the will to travel the world, meet new people, start new friendships, learn new languages and live under new circumstances and cultures. I really want to take part of another similar project, and go to countries that I've never imagined going by myself!

Marianna 22 y.o.
Greek young participant



Testimonies

Participating in the *"Break Gender Roles"* program in Slovenia was an unforgettable experience that allowed me to explore new perspectives, meet amazing people, and grow both personally and socially. Being part of a European youth exchange gave me the unique opportunity to engage in meaningful discussions about gender inequality and social roles, while also working collaboratively with individuals from different cultural and social backgrounds. The program was a perfect balance of learning and connection. Through interactive workshops, group activities, and discussions, we explored crucial topics while building strong bonds as a team. It was inspiring to see how our shared commitment to addressing gender-related issues brought us closer together, despite our diverse origins.

Beyond the workshops, the cultural exchange aspect of the program was equally enriching. I loved discovering Slovenia's culture, traditions, and beautiful surroundings. The multicultural environment fostered by the program helped me gain valuable insights not only into the topic at hand but also into how others perceive and address similar challenges in their own countries.

This experience reinforced my belief in the importance of youth programs as a tool for education, empowerment, and connection. It reminded me how essential it is for young people to step out of their comfort zones, embrace new experiences, and contribute to creating a more inclusive and equitable society.

I highly encourage anyone interested in European youth programs to take the leap and participate. It's a journey that will broaden your horizons, enrich your understanding, and leave you with memories and friendships that last a lifetime.

Andreas 22 y.o.

Greek young participant



THE COMPASS

Youth Exchange

Baena, Spain



The project "The Compass" united 24 young participants from Hungary, Portugal, Greece, Norway, Spain and Italy. It was organized by the Spanish organization Asociación El Sur de Europa and took place in Baena (Spain) from 20 to 29 April 2024.

The aim of the training course "The Compass" was to raise awareness on some issues such as xenophobia between countries, which in many cases makes the situation of these young people even more difficult when it comes to integrating.

Partner & hosting ngo



EL SUR DE EUROPA

The project was organized by the Spanish organization **Asociación El Sur de Europa**.

EKO - Greece



Testimonies

The program's holistic approach, which struck a perfect balance between providing information and offering cultural education, was something I truly appreciated. I also valued the program's solution-oriented focus, particularly the practical guides we developed for those considering moving to another country. Mostly though, I appreciate the people I met and the amazing time we had together in the magic scenery of Andalucia. We laughed a lot, we danced a lot, and learned a lot about immigration as well as each other!

Aretina, 24 y.o.

Greek young participant

The experience of the project was great. I met many new people from many different countries and we lived so many great experiences together, which was eye opening and made me realize that all people are the same. It was also very interesting to get to know other countries' cultures, foods and traditions. I had much fun in the program and saw many beautiful places. I would definitely do it again.

Thanos, 22 y.o

Greek young participant

Participating in the program was a very enriching opportunity for me. During my Erasmus+ experience, I had the chance to spend ten days full of exciting activities and workshops. Working cooperatively with the other participants gave me the privilege not only to have an amazing time, but also to create strong relationships with people from diverse and interesting backgrounds. As well, I had the opportunity to learn through non-formal education which gave me a different perspective and excitement regarding learning. Participating in the cultural nights and activities, I got the opportunity to learn a lot about different cultures and at the same time explore my own creativity. Lastly, through my experience, I had the chance to step out of my comfort zone, enhance my communication skills, boost my confidence, and get to know myself better. I am deeply grateful for the friendships formed, the lessons learned, and the memories created during this transformative chapter of my life.

Angeliki, 23 y.o

Greek young participant

MODERNIZEU, BRIDGING TRADITIONAL MODERN ECONOMIES

Youth Exchange

Valencia, Spain



The project **"Modernizeu"** united 24 young participants from Spain, Italy, Hungary, Netherlands, Greece and Poland. It was organized by the Spanish organization **Ayuntamiento de Planes** and took place in **Planes, Community of Valencia (Spain)** from 15 to 23 May 2024.

The aim of the youth exchange "Modernizeu" was to empower young participants with the knowledge, skills, and confidence to become active change agents in their rural mountain communities. Also, to transform participants into proactive contributors to sustainable economic development and cultural preservation in their regions.



Partner & hosting ngo

The project was organized by the Spanish organization **Ayuntamiento de Planes**.



Testimonies

It was a unique experience and I'm immensely grateful to be a part of it! The schedule was full of interesting activities everyday, which were really educational about modern and traditional economies as well as, challenging and inspiring for us academically. This experience helped me expand my cultural horizons and gain new perspectives that enriched my life in countless ways. The locals were amazing and very hospitable, helping us be a part of their society. The friendships and the memories that I've made will stay with me forever.

Marita, 21 y.o.

Greek young participant

Fantastic experience! Learned a lot and expanded my knowledge on economics. I also explored new landscapes and experienced unique cultural events from the hosting country. Most importantly though, I got to meet amazing people, learn about their cultures and create deep friendships with them. I feel very grateful to have been a part of this program.

Gorgina, 21 y.o.

Greek young participant



Definitely an unforgettable experience. As my first project I was a little anxious but everything turned out perfect. Meeting young people from the whole Europe was super fun. Made some true friends through the project. Lots of fun, didn't expect to learn so many new things in such a pleasant way. Communication with the organizers was easy and in an informal friendly way, they were there for us whenever we had a question or a small problem. Looking forward on participating in another project!

Vasilis, 20 y.o.

Greek young participant

ONE STEP FORWARD

Training Course

Ribes de freser, Spain



The project "One step forward" united 14 young participants from Bulgaria, Greece, Italy, Spain, Poland, Portugal and the Netherlands. It was organized by the Spanish organization KUNSTANT and took place in Ribes de freser, Girona, Spain from 23 August- 29 August 2024.

The project aimed to equip youth workers, particularly those from rural or peripheral areas, with embodied methodologies and diverse dance practices to utilize in their local work with young people and engage their communities. The training primarily focused on Biodanza, body awareness and expression, conscious movement, active meditations, afro dances, and Salsa. Through this training participants gained practical skills and knowledge but also embarked on a profound journey of self-discovery, connection, and empowerment.



Partner & hosting ngo

The project was organized by the Spanish organization **KUNSTANT**.



EKO - Greece

Testimonies



I believe that everyone should have such an experience. You learn new things that can open up new paths for you, meet people from different countries, and learn about their culture and traditions. It is a unique Experience!

Iro, 26 y.o.

Greek young participant



EKO - Greece

RECOVER YOUR POWER

Training Course

Oviedo, Asturias, Spain



The project "Recover your power" united 35 participants from Italy, Portugal, Greece, Spain and Estonia. It was organized by the Spanish organization Proactive future and took place in Oviedo, Asturias, Spain from 09 to 18 September 2024.

The aim of the youth exchange was to bring young participants closer to nature and help them to improve their mental health. The project aimed to give the participants a full experience in the mountains of Spain, while they took time to reflect, develop themselves, enrich their lives with new adventures and open themselves to new opportunities.



Partner & hosting ngo

The project was organized by the Spanish organization **Proactive future**.



Testimonies

My experience from the program recover your power in Spain was amazing. We had a lot of fun we met a lot of interesting people and we disconnected from our everyday routines. We learn to appreciate more the nature and find calmness in the nowadays chaos. It was one of the best experiences I had in my life so I encourage everyone to try it.

Chariklia, 22 y.o.
Greek young participant



During my Erasmus project focused on mental health, I had the unique opportunity to explore how different European countries approach mental well-being. Collaborating with students from diverse backgrounds, I gained valuable insights into mental health challenges and solutions across various cultures. We participated in workshops, discussions, and activities that not only deepened my understanding of mental health but also fostered a sense of community and support among participants. This experience broadened my perspective on mental health advocacy and equipped me with new strategies to promote awareness and well-being in my own community.

Chris, 22 y.o.
Greek young participant

Testimonies



I had an amazing experience participating in the program in the mountains of Spain. It was truly a unique program where all the participants connected effortlessly, creating a friendly and welcoming atmosphere. The organizers were cheerful and genuinely supportive, always ready to help and make sure we had the best experience. We engaged in a variety of interesting activities that kept things exciting and fresh every day. The highlight for me was definitely the hiking—it was incredible to explore such a beautiful mountain and take in the breathtaking scenery. It was an experience that left me with lasting memories and a deep appreciation for nature.

Rallou 24 y.o.
Greek young participant

ROAD OF EUROPE

Training Course

Xativa, Spain



The project "Road of Europe" united 20 participants from Norway, Greece, Croatia, Italy and Slovakia. It was organized by the Spanish organization Enredados Asociación and took place in Xativa (Spain) from 04 to 12 September 2024.

The primary objective of this project is to raise awareness among young people about these challenges through a youth exchange program. By fostering dialogue, sharing experiences, and generating empathy, the project seeks to highlight the complexities involved in being a young emigrant in a foreign country. Participants will explore ways to support better integration and inclusion, ultimately contributing to a more cohesive and accepting society. By empowering young people to understand and address the difficulties faced by their peers, the project aims to promote cultural understanding, reduce prejudice, and equip young emigrants with the tools and knowledge necessary to integrate successfully into their host communities.



Partner & hosting ngo

The project was organized by the Spanish organization **Enredados Asociación**.



ENREDADOS
asociación

EKO - Greece

Testimonies

My name is Alkis, I'm 20 years old, and I recently completed my first Erasmus+ program in Xativa, Spain. It was an unforgettable experience where I had the opportunity to meet people from all over Europe. We took part in numerous activities and collaborative projects, and we had the chance to significantly improve our English language skills. We exchanged ideas, gained new perspectives, and challenged many stereotypes. There was a lot of laughter, and we formed lasting friendships. In the end, it's an experience I would highly recommend to every young person.

Alkis, 22 y.o.

Greek young participant



My youth exchange experience with EKO was quite good! Our team leader was really helpful and by my side on a difficulty I had to deal with. The project I participated in was about refugees and it was a great first taste of this very interesting topic. All the participants became my new friends and we are already planning our next application!

Kalliopi, 25 y.o.

Greek team leader

DIGITAL GREEN REVOLUTION

Training Course

Butterfly Valley, Fethiye, Türkiye



The project “Digital Green Revolution” united 20 young participants from Turkey, Greece, Lithuania, Sweden, Romania, and Spain. It was organized by the Turkish organization Actio Türkiye and took place in Butterfly Valley, Fethiye (Türkiye) from 05 to 12 May 2024.

The aim of the youth exchange “Digital Green Revolution” was to leverage digital skills to enhance youth work and activism in a rapidly evolving world. Emphasizing critical thinking, digital presence, and communication, youth workers aim to maximize their impact, broaden audiences, and foster partnerships.

Partner & hosting ngo

The project was organized by the Turkish organization **Actio Türkiye**.

Testimonies

Just returned from an Erasmus+ training course which was held in Fethiye, Turkey. The project named "Digital Green Revolution" lasted 7 days (5-12th May) and 20 people from 5 different countries participated.

The project focused on leveraging digital skills to enhance youth work and activism. A key aspect was digital and social media marketing, as well as addressing the urgent need for climate action by creating campaigns promoting sustainable living in our society.

It was an unforgettable experience working with people from different countries and cultures, achieving things through teamwork and creating some friendships that will stay forever.

Also big thanks to [EKO Greece](#) for allowing me to take part in this project.

Fanis, 21 y.o.

Greek young participant

The whole event was a unique experience that I didn't expect from an Erasmus+ program. The organizers and the sending organization went above and beyond to accommodate our needs and make sure the program is successful. What really made this program stand out for me was the unique location that made us come closer with nature, as it was the program's topic, as well as the interactive culture nights, that went above a simple slideshow, and helped us get to know each countries culture and customs.

Kostas, 26 y.o.

Greek youth worker



Testimonies

During my Easter holidays I was lucky enough to get selected and live an experience like never before, in an outstanding location called Butterfly Valley in Turkey. Almost 20 participants from different parts of the world gathered in this beach glamping area to exchange our ideas and get informed about the green revolution. All together we worked hard, finishing our project with the results we wanted. We did some research, we made videos and even started our own "sustainable campaign". On our free afternoon, we traveled to Oludeniz beach, going for a hike that led us to an ancient Turkish village! We even had the opportunity to try traditional food and sweets. We spent our free night all together. As a Greek team, we were really close to each other. So glad that I was a part of this journey!

Irini, 27 y.o.
Team leader





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