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# ERASMUS+Testimonies

## KA1 experiences



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# INTRODUCTION

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## 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

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## 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!

# PARTNERS

EKO would like to thank the partners that collaborated with us this year:



**ABARKA** (Spain)  
<https://abarka.org/>



**Bokra Sawa** (France)  
<http://www.bokrasawa.org/>



**ADHG - Associação de Defesa dos Direitos Humanos de Guimarães** (Portugal)  
<https://www.addhg.org/>



**Green Muse** (Germany)  
<https://greenmuse.eu/>



**Aktyvistai** (Lithuania)  
<https://aktyvistai.lt/>



**Piispala** (Finland)  
<https://piispala.fi/en/>



**Argonauta** (Croatia)  
<https://argonauta.hr/en/>



**Via Civic** (Bulgaria)  
<https://viacivic.org/?lang=en>



**Asociata ODEN** (Romania)  
<https://www.facebook.com/Asociatia.ODEN/>



**yEUth** (the Netherlands)  
<https://stichting-yeuth.com/>



# All our inspiring projects and testimonies during 2025

- 01** **Re-Upcycle** - Grünheide, Germany
- 02** **Youth Advocates for Human Rights** - Guimarães, Portugal
- 03** **Small Communities, Great Innovators** - Buzao, Romania
- 04** **Cultural Storytelling Canvas** - Schaijk, the Netherlands
- 05** **Corageous Conversations** - Dobrinishte, Bulgaria
- 06** **Mindful Money Matters** - Kaunas, Lithuania
- 07** **Foody** - Šibenik, Croatia
- 08** **Active Living** - Kannonkoski, Finland
- 09** **Harmony in Chaos** - Dobrinishte, Bulgaria
- 10** **Green Motion** - Šibenik, Croatia
- 11** **Food Heritage in the Mediterranean** - Hammamet, Tunisia
- 12** **V.I.B.E.** - Dobrinishte, Bulgaria
- 13** **CHATPRO 3.0** - Orio, Spain
- 14** **It's a Fact!** - Schaijk, the Netherlands



EKO - Greece

Tap in and be  
inspired!



# WHERE?

Discover all the countries EKO's Erasmus+ KA1 participants explored in 2025



# RE-UPCYCLE

## Youth Exchange

GRÜNHEIDE (MARK), Germany



The project "Re-Upcycle" united 30 participants from Portugal, Bulgaria, Greece, Turkey and Germany. It was organised by the German organisation Green Muse and took place in Grünheide (Mark), Germany from 9 to 15 January 2025.

This project aimed to raise awareness among young people and local communities about recycling, upcycling, zero waste, repair, and effective waste management. While waste is often seen as garbage, this project highlighted its value as a resource for a sustainable future. This initiative empowered participants to explore opportunities within the growing recycling sector, develop entrepreneurial skills, and benefit from new employment prospects.

### Partner & hosting NGO

The project was organized by the German organisation **Green Muse**.



EKO - Greece

## Testimonies

The "Time to Re-Up Cycle" Youth Exchange project was a wonderful experience. We learnt stats about European countries, as well as ways, to stay sustainable, through interesting and engaging group activities. Moreover, we made great friends both in our national environment, as well as with the rest of the teams: Bulgaria, Turkey, Portugal and Germany. It's always a pleasure to get to know other cultures, and cooperate in an intercultural environment. Personally, I would suggest such a project to any young person.

**Chrysoula 23 y.o.**  
Greek young participant



I participated in an Erasmus+ Youth Exchange program in Germany focused on recycling. It was an amazing experience where I had the opportunity to learn about the recycling system of Germany, Turkey, Portugal and Bulgaria and how they manage waste. During the program, I met young people from different countries and we exchanged ideas on how to help the environment. We discussed ways to encourage more people to recycle and use fewer resources. This experience not only increased my knowledge of environmental issues but also allowed me to see how different cultures approach sustainability.

**Evangelia 25 y.o.**  
Greek young participant

## Testimonies

I participated in an Erasmus+ Youth Exchange program in Germany, which focused on recycling and sustainability. This incredible experience provided me with the opportunity to learn about the recycling systems and waste management practices of Germany, Turkey, Portugal, and Bulgaria. Each country showcased unique approaches when it comes to dealing with environmental challenges, and it was fascinating to compare their methods and outcomes, as well as their significant issues.

Throughout the program, I collaborated with young people from various countries, exchanging ideas and engaging in meaningful discussions on how to protect the environment. Together, we brainstormed creative ways to recycle more, reduce waste, and adopt sustainable practices that conserve resources. These conversations helped us not only explore practical solutions but also understand these problems and their solutions better. The program enriched my understanding of environmental issues and sustainability, broadening my perspective on global challenges. It also emphasized the importance of cross-cultural collaboration in addressing pressing concerns like climate change and waste management. Beyond gaining knowledge, this experience allowed me to develop strong communication and teamwork skills while fostering a deeper appreciation for the diversity of cultures and their commitment to sustainability.

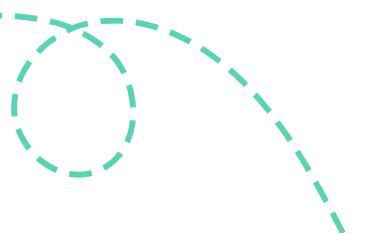
Dimitra 23 y.o.  
Greek young participant



# YOUTH ADVOCATES FOR HUMAN RIGHTS

## Youth Exchange

GUIMARÃES, Portugal



The project "Youth Advocates for Human Rights" united 18 participants from Portugal, Greece, Lithuania, Romania, Turkey and Bulgaria. It was organized by the Portuguese organization "ADDHG" and took place in Guimarães, Portugal from 02 to 08 February 2025.

The training course "Youth Advocates for Human Rights" aimed to contribute to social inclusion and the social and democratic participation of young Europeans.



### Partner & hosting NGO

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



## Testimonies

My experience with the Erasmus program for human rights was truly unique and enlightening. I faced many challenges, primarily due to the different perspectives and approaches to human rights from other participants. It was fascinating to see how cultures and social systems in various countries influence the perception and application of these rights.

What I liked the most was the opportunity to collaborate with people who share the same passion in advocating for human rights. The discussions, workshops, and actions we took part in made me feel like I was contributing to something significant and being part of positive change.

However, the varying perceptions of human rights in some countries made me question certain ideas and reflect on the real challenges we face in the field. All of these experiences, though, made me think differently and gave me a deeper understanding of the complexity of human rights on a global scale.

Vasilis 49 y.o.  
Greek participant



## Testimonies



My participation in the Erasmus program on human rights was a unique and educational experience. As a woman and a special education teacher, I had the opportunity to exchange views with participants from various European countries, coming from different fields and not just the educational sector.

This experience helped me expand my knowledge of human rights and their application in education, while also strengthening my understanding of the importance of equality and accessibility for all, especially for students with special needs.

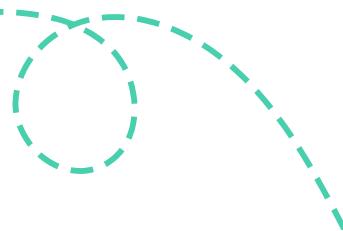
My involvement in the program was highly beneficial, providing me with new ideas and tools to support my students and promote human rights within the educational process.

Eirini 49 y.o.  
Greek participant

# SMALL COMMUNITIES, GREAT INNOVATORS

## Youth Exchange

BUZAU, Romania

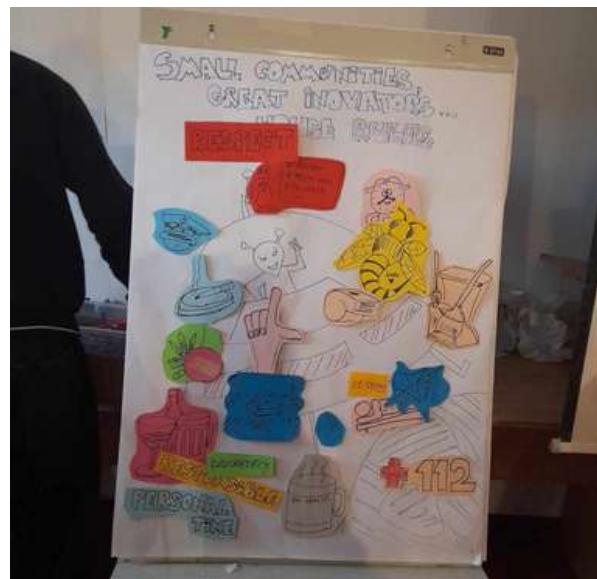


The project "Small Communities, Great Innovators" united 44 participants from Czechia, Italy, Latvia, Lithuania, Poland, Spain, Greece and Romania. It was organized by the Romanian organization Asociata Oden and took place in Buzau, Romania, from 14 to 24 February 2025.

This project aimed to increase the entrepreneurial potential of unemployed young people and NEETs by equipping them with the skills and knowledge to initiate and develop social businesses. While many young people face challenges in accessing employment opportunities, fostering entrepreneurship can provide sustainable solutions for economic independence.

### Partner & hosting NGO

The project was organized by the Romanian organization **Asociata ODEN**.



EKO - Greece



## Testimonies

I had a very nice time in this programme. I made new friends, discussed and exchanged views on multiple subjects and learned about different cultures and traditions. The facilitators Fabi and Bogdan made the activities fun and energetic and they were very helpful and likable. All in all it was an amazing experience.

Thanasis 23 y.o.

Greek young participant

The European experience was amazing. Just learning so many things from the whole process was unique. I'm glad that I was able to be part of this experience and I hope more people can participate because it is worth it.

Konstantinos 19 y.o.

Greek young participant



Before the program, the information provided by EKO was accurate and comprehensive. The manager was always available and willing to promptly answer any questions that arose, ensuring a smooth preparation for our participation in the program. Returning to Greece after the program in Romania, I feel deeply grateful for every moment I spent there. Each day was unique, filled with experiences that blended learning, fun, and entertainment. The daily workshops were excellently structured, providing us with new knowledge and skills, while the cultural evenings gave us the opportunity to explore different traditions in a warm and engaging atmosphere.

I feel incredibly lucky to have shared this experience with such an amazing group of people. Genuine human connections were formed, and I truly hope they will last, no matter how many miles separate us. These moments and the friendships we built are undoubtedly the most valuable part of this journey.

Athanasia 19 y.o.

Greek young participant

# CULTURAL STORYTELLING CANVAS

## Youth Exchange

SCHAJK, the Netherlands



The project "Cultural Storytelling Canvas" united 40 participants from Turkey, Slovakia, Spain, Greece and Netherlands. It was organised by the Dutch organisation yEUth, and took place in Schaijk, the Netherlands from 4 to 13 March 2025.

This youth exchange provided participants with the opportunity to explore various aspects of their culture, such as myths, legends, music, food, and customs, in an interactive and collaborative environment. By reflecting on their cultural identity and learning about others, participants gained a broader perspective on European diversity and the shared values that unite us.

### Partner & hosting NGO

The project was organized by the Dutch organisation yEUth.



EKO - Greece

## Testimonies

For my first Erasmus+ experience, Cultural Storytelling YE was an amazing one! Coming from Greece, I found it really helpful that I had a good level of English, as it allowed me to interact with people from other countries. I loved making international friends and learning a few words in their languages!

I also really appreciate that this experience helped me become more independent and more aware of the topics we discussed in the program—such as the environment, culture, and stereotypes. Additionally, throughout the program, I discovered many things about myself—both strengths and weaknesses—that I can now focus on improving.

It was a truly eye-opening experience, and I believe every young person in Europe should have the chance to experience it at least once in their lifetime!

Jenny 22 y.o.  
Greek young participant



Hey it's me Xenia, I am 22 years old student in National Technical University of Athens and I had the chance to participate in one Erasmus+ program that took place in Netherlands and specific in Schaijk. I want to thank EKO Greece for choosing me to be part in the project "Cultural Storytellers". For me opportunities like that are life time experiences because you have the chance to meet people, make friendships and connect with cultures with a magical way. It's amazing that you can feel that you know a country without never being there only because you are willing to know these people and things about their beautiful cultures. It was my first time in Netherlands and I can tell for sure that I am surprised about their sunsets, I can not describe the beauty that I saw in the countryside and how impressed I am about their bicycle culture in the cities. I want to thank everyone that it was part in this wonderful project. See you soon.

Xenia 22 y.o.  
Greek young participant

## Testimonies

My participation in this program left me with wonderful feelings. This is because I had the opportunity to gain knowledge in the fields of environmental awareness, active citizenship, and intercultural understanding. Furthermore, the program's activities encouraged participants to engage with each other, foster personal interactions, exchange meaningful views, and develop a spirit of collaboration.

The knowledge you gain, the friendships you build, the laughter, and the moments of relaxation are priceless values that sometimes cannot be fully expressed in words.

Last but not least, the group activities, the intercultural nights, and the cultural storytelling sessions undoubtedly create a unique and unforgettable experience worth living.

Filippos 23 y.o.

Greek young participant



Participating in this Erasmus+ project was an incredible experience that I will remember all my life. I had the opportunity to create a new life for 10 days away from the everyday routine and share the same experiences with people from different cultures. Through the workshops and the free time we all had together, I learned how things in different countries work, how people think, how they describe their stories, but also how similar we are. We all have the same sense of humour, even when we are not speaking our native language, we all want to communicate, make new friends and respect each other.

I think I improved my communication skills, I acquired new soft skills, I became more confident when speaking in front of many people and I created a family that will last forever. I highly recommend such programs to anyone looking to broaden their horizons and embrace cultural diversity.

Konstantinos 20 y.o.

Greek young participant

## Testimonies

Hello, my name is Kalomoira, I'm 22 years old and I'm studying psychology. I was selected by EKO Greece to participate in a youth exchange in Schaijk, Netherlands and I'm really grateful for this. It was a wonderful experience and a great opportunity at once because, except for the fact that I learnt useful things for my every day life and my educational career, I also met new people from different cultural backgrounds and perspectives. It was amazing to approach so serious topics, stereotypes and cultural barriers, by storytelling in this way it gave the opportunity to people to express themselves better and without hesitation. I can say that EKO Greece is the best organisation I ever participated with and I hope in the future to meet the same people again!

Kalomoira 22 y.o.  
Greek young participant



# COURAGEOUS CONVERSATIONS

## Training Course

DOBRINISHTE, Bulgaria



The project "Courageous Conversations, Exploring Pathways to Diversity and Inclusion in Youth Work" united 24 participants from Greece, Bulgaria, Romania, Slovenia, Turkey, Italy, Portugal, Armenia, Georgia, Belgium, Slovakia and Poland. It was organised by the Bulgarian organisation Via Civic and took place in Dobrinishte, Bulgaria, from 26 March to 3 April 2025.

This Erasmus+ training course aimed to help youth workers gain the skills and confidence they need to work with diversity, equity, inclusion, and belonging (DEIB). The ultimate goal was to teach participants how to understand differences, address biases, and create spaces where everyone feels valued and respected.

### Partner & hosting NGO

The project was organized by the Bulgarian organisation **Via Civic**.



EKO - Greece

## Testimonies

During this last Erasmus+ opportunity in Dobrinishte, Bulgaria, I had the chance to immerse myself in an inspiring and supportive exploration of various themes, such as social inequalities, introspection, freedom/submission, societal roles etc. These themes were explored by the team through innovative and fun activities, including of course plot twists and interesting turns. Games and knowledge were combined ideally, giving us the opportunity to learn all while bonding with the other members of the team. My personal favorite part of the project was the amazing landscape in the town that hosted us: the mountains and the forests offered us an amazing environment in which we could calm down, clear our heads, and be ready to absorb everything new.

Sylvia 25 y.o  
Greek young participant



This training course was truly one of a kind. In a mountainous Bulgarian village, people from 12 countries came together to explore inclusion, diversity and belonging in society. I felt as if I was among long-time friends. We all are extremely grateful for this wonderful experience, our amazing facilitators Nikola and Vesy and the delicious food!

Anastasia 25 y.o  
Greek young participant

# MINDFUL MONEY MATTERS

## Youth Exchange

KAUNAS, Lithuania



The “Mindful Money Matters” project united 44 participants from Lithuania, the Netherlands, Greece, Romania, Türkiye, Czechia, and Hungary. It was organised by the Lithuanian organisation Aktyvistai, and took place in Kaunas, Lithuania, from 7 to 17 April 2025.

This project aimed to help young people acquire the tools and knowledge necessary to navigate financial decisions while cultivating mindfulness, discipline, and sustainable practices. Financial literacy is not just about numbers; it's about creating empowered citizens who can actively participate in local and regional life, contributing to healthier societies and a more inclusive Europe.

### Partner & hosting NGO

The project was organized by the Lithuanian organisation **Aktyvistai**.



EKO - Greece

## Testimonies

This was my first ever youth exchange and I enjoyed it more than I could imagine! I had the opportunity to educate myself on money management skills, meet people from all around Europe and improve my English. For 10 full days, I spent my time in a beautiful venue in a historical location near Kaunas castle, with 40 other young people from various countries. I visited the two biggest cities of Lithuania, participated in fun activities and learned so many new things. I shared information about my culture and had the chance to learn more about others' cultures as well. This trip absolutely contributed to my personal development and helped me create unforgettable memories. I am more than grateful that I gained this experience which wouldn't be possible without the help of EKO Greece!

Sofia 23 y.o.  
Greek young participant



I'm really grateful for having the opportunity to participate in such a program. Lots of meaningful connections were made with people all over Europe. Everyone I met was interesting in their own way. The intercultural environment really helped me change my world perspective and embrace dialogue to solve problems. It fostered my critical thinking through active participation with people from different backgrounds, something I consider necessary in order to solve today's problems. I would definitely recommend such programs to European citizens, I think they really help in our personal development and in a way "open our eyes" to the diversity of our continent. I want to thank EKO for this experience!

Giannis 23 y.o.  
Greek young participant

# FOODY



## Youth Exchange

ŠIBENIK, Croatia



The project "Foody" united 30 participants from Turkey, Italy, Spain, Greece, Croatia and North Macedonia. It was organised by the Croatian organisation Argonauta, and took place in Šibenik, Croatia, from 8 to 16 April 2025.

The main goal of this project was to empower young people through cooking, fostering collaboration, skill development and healthy habits. This allowed a cultural exchange through local ingredients, recipes and personal experiences related to the food traditions, adding an emotional connection. Moreover, it raised awareness of the impact of participants' habits regarding food on the environment, highlighting the importance of consuming local products.

### Partner & hosting NGO

The project was organized by the Croatian organisation **Argonauta**.



EKO - Greece

## Testimonies

Taking part in this Erasmus+ project was a unique and unforgettable experience for me. I met amazing people from all over Europe, made new friends, and felt part of a big European team. The workshops and activities helped me improve my English and become more confident when speaking. I also learned a lot about other cultures and realized how similar we all are, despite our differences. What I loved most was the positive energy and the feeling that we were all learning and growing together. I would definitely join another project like this — and I encourage every young person in Greece to do the same!

George 23 y.o.  
Greek young participant



An amazing and unforgettable experience in a very beautiful place! Very interesting and creative activities from competing at cooking as Master Chefs to hiking in St. Anthony's Canal Trail, this youth exchange was very special! Having met and interacted with people from various countries with many different cultures makes me feel more than happy! I would definitely recommend participation at this project.

Dimitris 31 y.o.  
Greek leader

## Testimonies



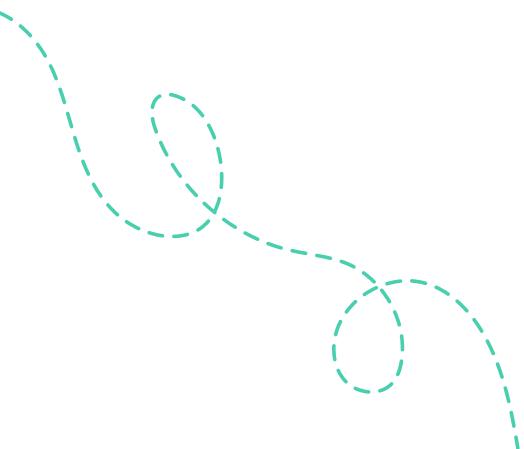
Taking part in the "FOODY" project organized by EKO was one of the most enriching experiences of my life. The main theme of the program, exploring the food traditions of different cultures and addressing the critical issue of food waste, was both highly educational and extremely relevant to today's global challenges. Throughout the project, I had the chance to interact with young people from many different countries, each bringing their unique perspectives and experiences. This multicultural environment allowed me to expand my understanding of global issues, improve my communication skills, and appreciate the importance of cultural diversity. Beyond the academic and thematic aspects, the social interactions were equally valuable. I formed strong friendships, participated in inspiring discussions, and felt a true sense of community and collaboration. The program was very well-organized, providing a perfect balance between learning activities, cultural exploration, and social events. Overall, this European experience has had a significant impact on me both personally and professionally. It helped me grow as a person, strengthened my commitment to promoting sustainability, and inspired me to stay actively involved in international projects and initiatives in the future. I am truly grateful to have had this opportunity, and I would encourage any young person to embrace such experiences wholeheartedly.

Alkis 23 y.o.  
Greek young participant



# ACTIVE LIVING

## Training Course



KANNONKOSKI, Finland

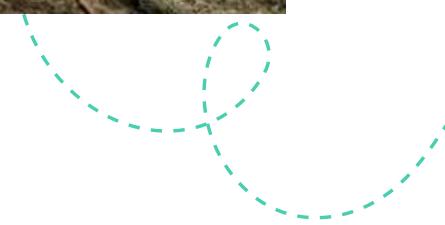


The “Active Living” project united 30 participants from Bulgaria, Greece, Spain, the Netherlands, and Finland. It was organised by the Finnish organisation Piispala and took place in Kannonkoski, Finland, from 13 to 17 April 2025.

This project for youth workers provided an opportunity to enhance their understanding of the connection between an active lifestyle, healthy living, and the holistic well-being of young people. The versatile project programme included hands-on activities and workshops that supported participants' non-formal learning while providing space for personal reflection.

### Partner & hosting NGO

The project was organized by the Finnish organisation **Piispala**.



EKO - Greece

## Testimonies

The Active Living seminar in Finland was one of the best Erasmus plus experiences I have had. It took place in a beautiful natural setting in a large youth center with great facilities. The activities were very interesting and combined learning, fun and exercise creating a positive and energetic atmosphere. The coordinators were well educated and inspiring, thus they managed to make everything enjoyable and easy to follow. What i loved the most was that most of the activities took part outdoor in nature with sunny weather that made the experience even more memorable. On top of these, we even got to see the Northern Lights and try traditional sauna following by cold plunge. Truly unique experience!

Ioanna 26 y.o  
Greek young participant



The program was excellent. Its concise and well-structured activities made it one of the most nice experiences I've participated in, and the dynamic group of participants made it even more memorable. On a broader level, the program expanded my horizons, improved my soft skills, and introduced me to a new country and culture very different from my own. Overall, it was an enriching and unforgettable experience.

Konstantinos 25 y.o  
Greek young participant

## Testimonies



For 3 days, Finland showed us its most warmly smiling face. The Erasmus+ program, in which we participated with EKO Greece, gave us the opportunity to enjoy the nature of Finland. Staying in the forest next to a beautiful lake, we tested our parkour skills and many other challenges. We learned about the benefits of sports activities in education and above all we felt happy like little kids. Some of the highlights were of course the sauna, the dives in the frozen lake and definitely the northern lights, which we had the unexpected opportunity to see in mid-April. I would highly recommend anyone who has the opportunity to participate in a similar program in order to broaden their horizons and meet interesting people.

Valentina 38 y.o  
Greek participant

# HARMONY IN CHAOS

## Training Course

DOBRINISHTA, Bulgaria



The project "Harmony in Chaos: Turning Conflict into Growth" united 24 participants from Greece, Bulgaria, Romania, Slovenia, Turkey, Italy, Portugal, Armenia, Georgia, Belgium, Slovakia and Poland. It was organised by the Bulgarian organisation Via Civic and took place in Dobrinishte, Bulgaria, from 2 to 10 June 2025.

This Erasmus+ training course aimed to improve youth workers' competences in understanding, applying tools, and gaining the confidence to navigate and mediate conflicts effectively. In response to increasing social disconnection, the project equipped participants with the skills needed to foster meaningful dialogue, build emotional awareness, and promote connection within diverse communities.

### Partner & hosting NGO

The project was organized by the Bulgarian organisation **Via Civic**.



EKO - Greece

## Testimonies



My experience in Dobrinishte, Bulgaria in the project Harmony in Chaos, was a really great one. With a lot of outdoor activities in beautiful untouched natural spots, we dived into the deep topics of empathy, mediation and conflict resolution. Coming with our own personal experiences and emotions, we learned together how to view conflict as an opportunity for growth. The intimacy we built while in this program in just one week, is something I have never experienced. Going back home, I am filled with beautiful memories of the smiles of the people I met, self-connection and a positive outlook on people.

Alexandros 25 y.o.  
Greek young participant

EKO - Greece



# GREEN MOTION

## Youth Exchange

ŠIBENIK, Croatia



The project “Green Motion” brought together 42 young people from 7 European countries: Croatia, Greece, North Macedonia, Slovenia, Turkey, Spain and Portugal. It was organised by the Croatian organisation Argonauta, and took place in Šibenik, Croatia, from 1 to 10 October 2025.

The main goal was to empower young people to become active ambassadors for environmental protection through nature sports and outdoor activities that promote environmental awareness. This enabled both intercultural cooperation at the group level and personal growth at the individual level. Participants returned home with stronger environmental values, improved physical fitness, new skills in teamwork, communication and creative problem solving.

### Partner & hosting NGO

The project was organized by the Croatian organisation **Argonauta**.



EKO - Greece

## Testimonies



My European program experience with EKO was truly rewarding. I had the chance to meet new people, explore different perspectives, and gain skills that helped me grow personally and socially. The activities were well-organized, and the environment encouraged teamwork and creativity. It was an inspiring opportunity and one I would happily participate in again.

Vaggelis 19 y.o.  
Greek young participant

Taking part in this European program with EKO was an experience I will always cherish. It gave me the chance to connect with young people from different countries, exchange ideas, and learn through meaningful non-formal activities. I truly enjoyed the positive atmosphere, the collaboration within the group, and the feeling that everyone's voice mattered.

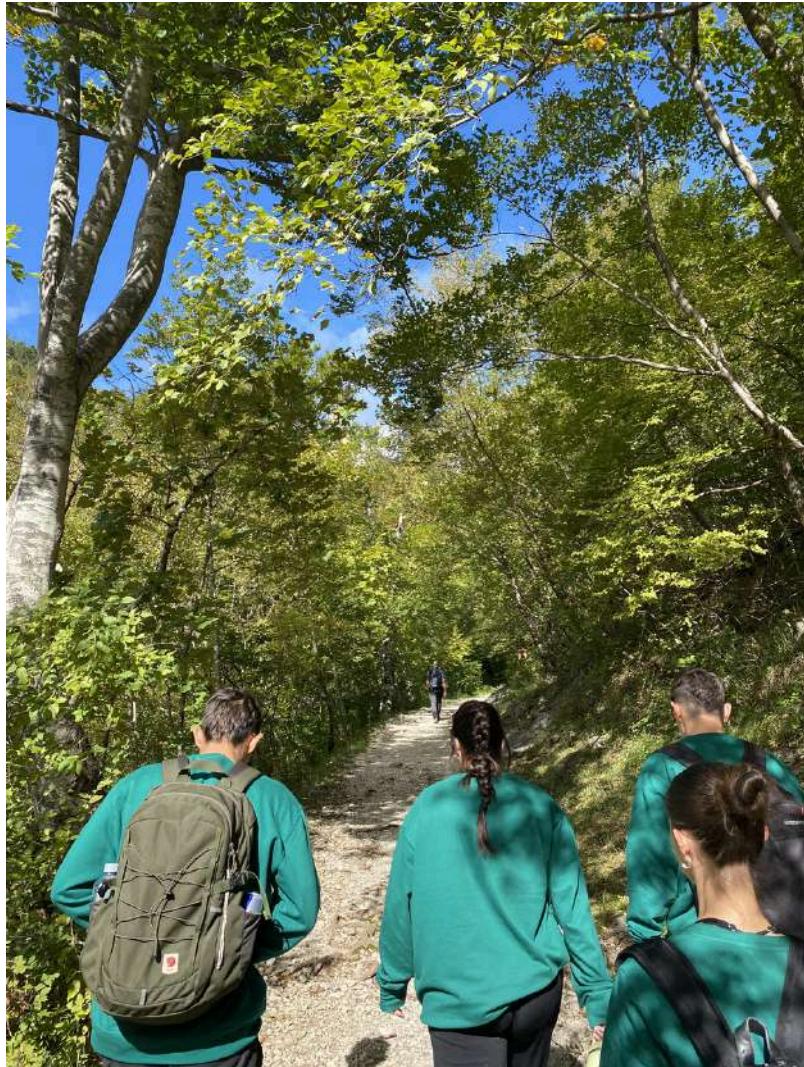
Giannis 25 y.o.  
Greek team leader

My European experience in Croatia through the Erasmus+ 'Green Motion' project gave me the chance to explore key environmental topics such as sustainability, recycling and active living. Working and learning in an international group helped me understand how environmental awareness is strengthened through cooperation and shared European values. This experience broadened my perspective and highlighted the importance of engaging with Europe beyond national borders. Also through the project I got the chance to meet a lot of wonderful people all around Europe and learn about other European countries.



Theodora 21 y.o.  
Greek young participant

## Testimonies



Participating in the Erasmus+ project Green Motion in Croatia was an unforgettable experience that combined sustainability, personal growth, and physical activity. During the ten days of the program, we explored topics related to sustainable development while also engaging in sports-based activities that helped us connect, collaborate, and challenge ourselves. The workshops were creative and interactive, encouraging teamwork and cultural exchange among participants from different countries. I really enjoyed how the program balanced learning with movement, making every day dynamic and engaging. Beyond the activities, being surrounded by an international group of young people made the experience even more meaningful. We shared ideas, learned from one another, and built a strong sense of community. I'm truly grateful for this opportunity and would happily participate in another EKO program in the future.

Christina 22 y.o.  
Greek young participant

# FOOD HERITAGE IN THE MEDITERRANEAN

## Youth Exchange

HAMMAMET, Tunisia



The project "Food Heritage in the Mediterranean" united 36 participants from Tunisia, Morocco, Greece, Germany, France and Italy. It was organised by the French organisation "Bokra Sawa" and took place in Hammamet, Tunisia, from 9 to 15 November 2025.

The project encouraged participants to discover cooking as a tool for intercultural dialogue and connection. They explored local food traditions and learned how culinary practices are deeply linked to history, identity and community values.

Throughout the exchange, participants shared stories, flavors and personal food traditions in a warm and welcoming environment, turning every meal into a space for learning, creativity and meaningful exchange.

### Partner & hosting NGO

The project was organized by the French organisation **Bokra Sawa**.



EKO - Greece

## Testimonies



Participating in a European program with EKO was an unforgettable experience. The idea of hosting the project in Tunisia and bringing together countries both inside and outside the EU was truly brilliant. It made the whole exchange uniquely multicultural! As we exchanged stories and explored our food heritage, it became so clear that deep down we are much more alike than we initially appear. This experience broadened my perspective and showed me how powerful cultural exchange can be, especially when it's done in the right way, through meaningful and well-designed project activities.

Chrysi 27 y.o.  
Greek young participant

It was a truly wonderful and unique experience, one I will never forget. We left Europe and traveled to Africa, where we discovered new cultures, new traditions, new foods, new flavors, and new religions, as well as the people who live and thrive in these countries. We collaborated, connected, and enjoyed every moment together. It was an experience I would definitely choose to live again. In the end, we had an amazing time.

George 21 y.o.  
Greek young participant

Taking part in this Erasmus+ project in Tunisia was a truly meaningful experience. Exploring food heritage helped me discover new flavours, connect with different cultures, and understand how traditions shape identity.

Meeting young people from across Europe and learning with the guidance of supportive trainers and facilitators made the program even more enriching. The meals were excellent and offered an authentic taste of Tunisian cuisine. I'm grateful to EKO Greece for this opportunity, which gave me new knowledge, new friendships, and a deeper appreciation for cultural diversity.

Vasia 28 y.o.  
Greek young participant

## Testimonies

The program in Tunisia was one of the most unique exchanges I have taken part in. We managed to connect with people from very different cultural backgrounds and discover the common points that brought us together. This happened not only through food, which was the main theme of the program, but also through activities designed to highlight multiculturalism, shared values, and cooperation.

Personally, I learned a lot throughout the exchange, even things about my own country that I had never considered before. I also believe it offered the most educational "free day" I have experienced, thanks to the excursion that allowed us to explore the local culture in depth. Aishek to everyone for this opportunity!

Ilias 26 y.o.  
Greek leader



My experience in Tunisia was unique and full of positive memories. I felt the great mentality and culture of the people, both inside the program and in our everyday interactions.

The facilitators were supportive, approachable, and always available when we needed something.

I really liked how the structure of the program connected with its food-related theme, and the meals themselves were rich, complex, and incredibly tasty. One of the highlights for me was visiting archaeological sites linked to both the Roman and the Carthagian past, where we got to see a real piece of Tunisia's history and cultural heritage up close.

Minas 29 y.o.  
Greek young participant

# V.I.B.E.

## Youth Exchange

DOBRINISHTE - Bulgaria



The project "Venture, Inspire, Bond, Evolve V.I.B.E." united 25 participants from Bulgaria, Slovenia, Greece, and Spain. It was organized by the Bulgarian organization "ViaCivic" and took place in Dobrinishte, Bulgaria, from 3 to 11 November 2025.

The project aimed to bring together people who wanted to explore the power of community and step outside their comfort zone by engaging in meaningful volunteer activities. It encouraged participants to learn from local traditions and use this wisdom as inspiration for their future choices. By the end of the experience, participants developed a deeper appreciation for community engagement, and gained confidence in contributing actively to the world around them.

### Partner & hosting NGO

The project was organized by the Bulgarian organisation **Via Civic**.



EKO - Greece

## Testimonies



The Erasmus program will change the way you see life.

You will experience different cultures and ways of thinking from people from other countries, which will break down any stereotypes you may have. Most importantly, you will also redefine yourself, you will understand your character better and perhaps discover aspects of yourself that you didn't know existed.

Panos 22 y.o.

**Greek young participant**



As far as my European experience is concerned, I must admit I had the best time being in a very diverse, multi-cultural environment which offered amazing opportunities for me to grow, linguistically, culturally and personally. I particularly enjoyed all the activities which gave me an insight in the lives of the locals and the community and I spent a lot of time with all the participants who were heartwarming and friendly.

Magda 27 y.o.

**Greek young participant**

My participation in the program gave me the opportunity to make friends from other countries abroad, to become a member of the local community, and to contribute through activities to the community of Dobrinishte. One of the things I learned is that all of us are interconnected.

George 29 y.o.

**Greek young participant**

The whole Erasmus project was very unique and beautiful. We hiked surrounded by amazing landscapes, we met beautiful and interesting people, we learned new recipes and we created unforgettable memories that last forever!

Meropi 26 y.o.

**Greek young participant**

# CHATPRO 3.0

## Youth Exchange

ORIO, Spain



The project "CHATPRO 3.0, Changing Attitudes Promoting Health" united 28 participants from Spain, France, Greece, Turkey, and Bulgaria. It was organized by the Spanish organisation "Abarka" and took place in Orio, Spain, from 10 to 18 November 2025.

The project focused on fostering the holistic well-being of young people through inclusion, digital transformation and challenge-based learning. Participants strengthened their digital and entrepreneurial skills, explored sustainability and social responsibility. They engaged in activities promoting environmental awareness, healthy habits and mental well-being. The project also created a safe and empowering space for marginalized youth, encouraging cultural understanding and equal participation.

### Partner & hosting NGO

The project was organized by the Spanish organisation **Abarka**.



EKO - Greece

## Testimonies

My experience with this project in Spain was a mix of challenges and valuable lessons. While the logistical organization and the approach of the host team left room for improvement, the core of the experience was rewarding. The true value for me lay in the interactions with the other participants. I connected with remarkable people, improved my digital skills, and truly pushed the boundaries of my comfort zone. Living in a Spanish town and experiencing the local vibe—rather than just visiting as a tourist—was a highlight.



Anastasia 28 y.o.  
Greek team leader

Taking part in the CHATPRO 3.0 program was one of the most enriching decisions I've made. The experience offered much more than just a typical trip. It was an opportunity to challenge my own perceptions and build a genuine European network. I particularly enjoyed the workshops on Digital skills, in which I learnt a lot about AI tools. I also really had fun at the activity 'Rice of the world', in which we prepared and also tasted meals from countries all around the world with main ingredient rice. Meeting people from countries like Spain, France, Bulgaria, Turkey broadened my understanding of different cultures and perspectives. We laughed, debated, and collaborated, overcoming language barriers and focusing on our shared goals. It was an unforgettable experience that I will remember for a long time."

Christos 21 y.o.  
Greek young participant

My name is Marianna and I participated in the Erasmus project Chatpro 3.0. I met people from many different countries and shared moments that helped me see the world differently. Every activity, trip, and workshop was full of energy and excitement. I learned to collaborate with people from diverse cultures, which opened my mind even more. Using different languages every day made me feel more confident. Erasmus helped me become more independent and mature. Overall, it was a journey of growth, learning, and connection. It's an experience I truly recommend to everyone.

Marianna 22 y.o.  
Greek young participant



# IT'S A FACT!

## Training Course

SCHAJK, the Netherlands



The project "It's a FACT: Fostering Awareness and Critical Thinking in Media Literacy to Combat Fake News!" united 39 participants from the Netherlands, Turkey, Italy, Greece, Finland, Slovakia, Latvia, Spain, and Romania.

The project empowered youth workers to effectively monitor and combat disinformation by using digital tools to identify fake information. Participants explored the motives behind fake news and examined the psychological impact disinformation has on EU citizens. They also recognized the role of social media and AI in spreading misinformation and developed a deeper understanding of how this phenomenon affects democratic life and European values. Throughout the experience, they reflected on practical ways to address these challenges in their daily work with young people.



### Partner & hosting NGO

The project was organized by the Dutch organisation yEUth.



EKO - Greece

## Testimonies

I believe that everyone should participate in an Erasmus+ project at some point in their lives, whether that is a Training Course or a long term ESC. Apart from the new things you learn through non-formal education and the new places you visit, the best thing about these projects is the people you meet, the connections and friendships you make with people from around the world. You get to know them, their cultures, their favourite foods from their country and this for me is invaluable. I really cannot wait for my next project!

Markos 27 y.o.  
Greek young participant



I really enjoyed this European training course! The sessions about fake news were super interesting and easy to follow. What I loved the most was meeting people from different countries and sharing our ideas and experiences. Overall it was a great experience that I'm really glad I took part in.

Natalia 26 y.o.  
Greek young participant



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