



# YOUTH EXCHANGE

By

  
**KOINÈ**  
cooperativa sociale onlus



# INTRODUCTION

According to psychotherapist Matteo Lancini (president of the Foundation Minotauro ), the secret to taking young people from adolescence to adulthood lies in setting up middle ground. Capacitating contexts of experience where emotional life can be played out and inscribed, where what is part of the inner world is symbolised, given a value and subsequently meaning in order to be part of the adult world in the making.

## YOUTH EXCHANGE TITLE

***Setting up middle earths to reach the realm of adulthood: artistic expressive experiences for the empowerment of young adults' soft skills***

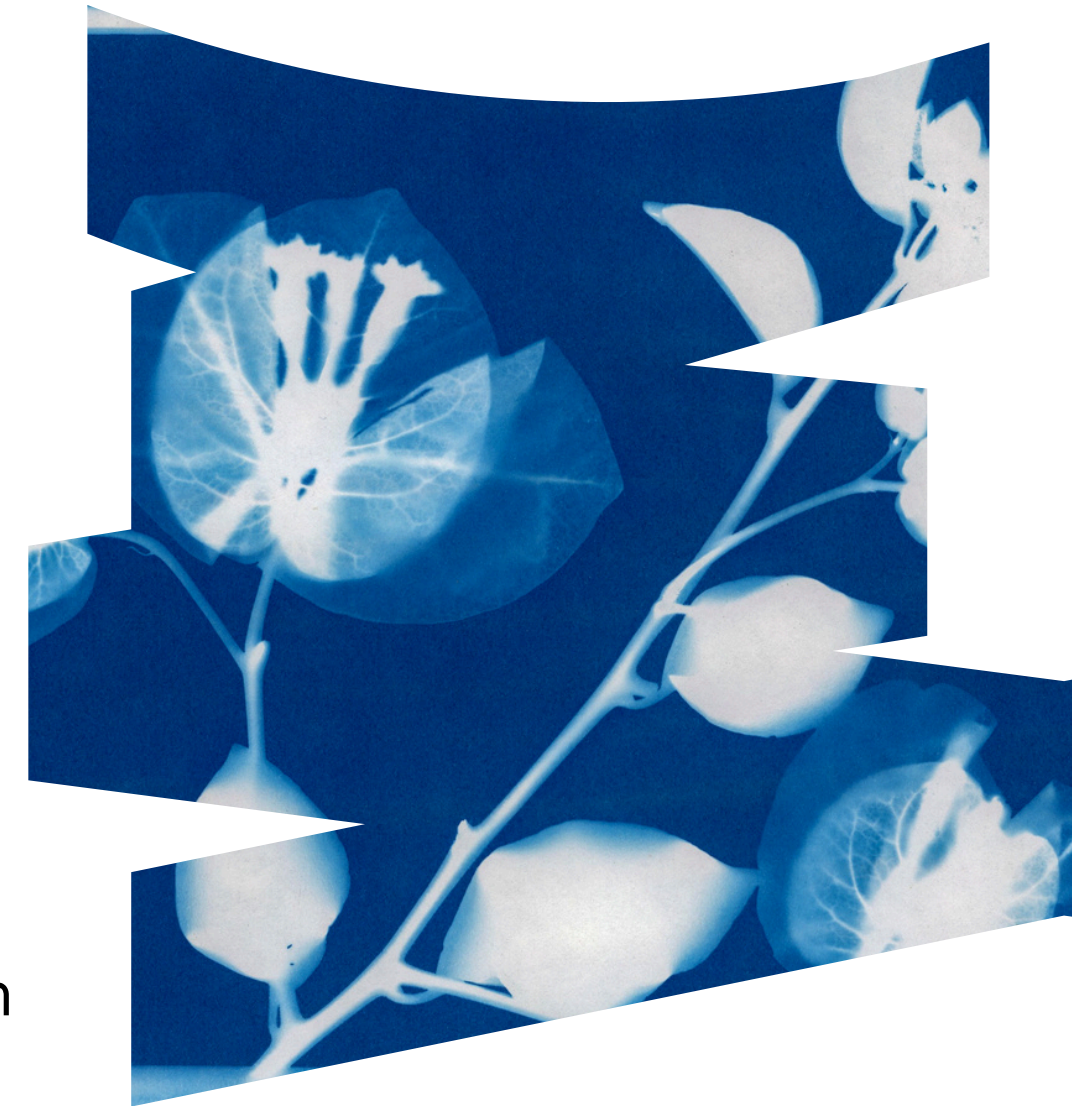


# OUR PROJECT

The project stems from the desire to make available and expand, the knowledge of the teams involved, so that it becomes useful tools for the participation of young Europeans in active life. In particular, therefore, the development of skills

- social,
- cultural,
- intercultural
- critical thinking.

We intend to create and experiment together capacitating contexts of experience in which emotional life can be inscribed in order to *educate the possible outside the performance perspective*.



# OBJECTIVES



In accordance with the specific objectives of the ERASMUS+ programme, we intend to create an informal learning opportunity that works through collaboration and creativity with the aim of providing the individual and the sending organisation with tools that may prove useful in the development and promotion of the person who is about to/just entered the adult world. Through the project programme, participants will be able to experience a pathway that, starting from strengthening self-knowledge, will lead them to

- increase their sense of self-efficacy;
- acquire skills in mediation techniques;
- create useful tools for leading groups;
- exercise their European citizenship through intercultural education;
- language learning;



# ACTIVITIES

An art techniques will be used in each activity, a medium that conveys inclusion, creativity and collaboration par excellence.

The types of activities that will take place are:

- Activities aimed at self-knowledge and self-representation;
- Activities aimed at group building;
- Activities aimed at confronting and leading groups on specific focuses;



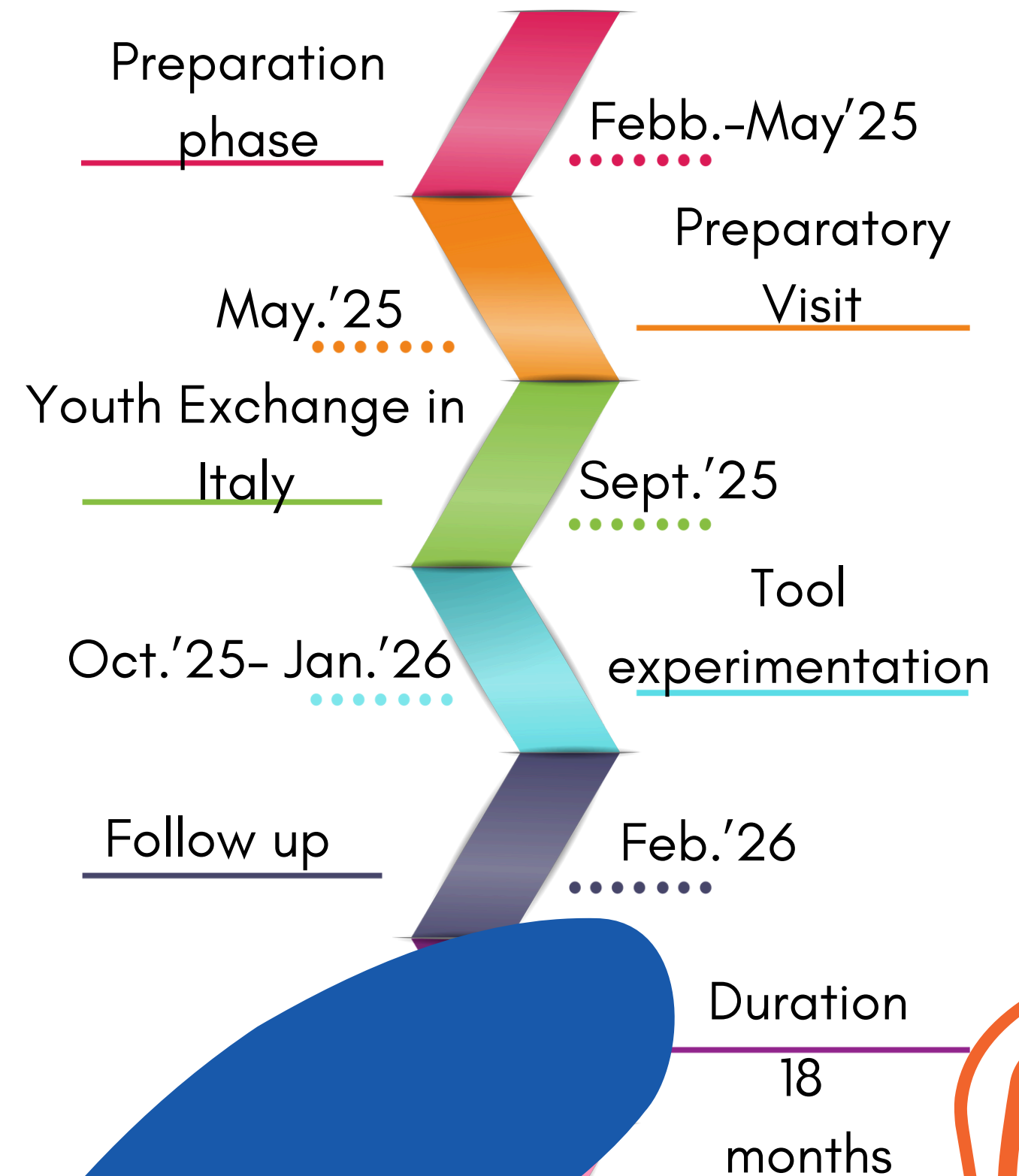
# TARGET

Young people\* 18-22 years old  
students\* or youth workers  
interested in social contribution  
and the use of creativity as a tool  
for knowledge, sharing and  
promoting their own and others'  
well-being.

# GOALS

Digital booklet with the tools  
used/activities tested;

# TIME LINE



# WHERE

At the Geko youth aggregation centre in Bussero (MI) a space for 11 to 25 year olds free of charge, which aims to accompany in their growth all the youngsters of the municipality who wish to do so. Activities are promoted within it:

- Cultural;
- Aggregative;
- Social;
- Active citizenship;
- Study support;
- Promotion of psychological well-being;
- Accompaniment to specific services;
- Inclusion of minors with specific fragilities;






# ABOUT VS

## ***Koiné cooperativa sociale onlus:***

We are a social cooperative with 30 years of experience operating in the areas of Childhood, Children and Families, Environment and Culture and Education, with a focus on sustainability, social inclusion and culture, in line with our vision 'Capable of the future. People, services and places for a social economy of happiness'.





# ABOUT VS

**Ludovica Pirillo:** educator, youth policy coordinator, project manager in the field of minors with specific expertise: in music, drug addiction, juvenile deviance and distress, special educational needs. President and founder 232APS.



**Giacomo Simone:** educator, graduate in psychology with specific expertise in: neuro-education and sensory stimulation in the presence of ADHD, DSA, BES; didactic garden, occupational activities, art-therapy and music therapy group co-leading techniques;

**Katya Marniga:** Professional educator, Family Mediator, Social and Health Worker with specific skills in: conflict management and mediation techniques, theatre techniques and improvisation, through specific training and ten years' practice as a Ward Clown, creating and leading a group, specific training and practice



# WE WANT YOU!

This is the project we would like to present for the KA1 dead line of 1 October 2024. Having got to know your work and seeing the mutual synergies, we would like to develop it together. Aware of the tight deadline, we ask you to let us know as soon as possible, by Monday 9 would be perfect, so that we can finalise the application.

**Ludovica**

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