

InclusiON: Empowering Minds, Bridging Gaps & Shaping a Gender Equal Future

GAL, 23

Slovenia

Amazing first impressions, learned a lot about the topic and had a really great time.

ANAEL, 27

France

I got amazed by the view from the hotel every day. I was proud to be adopted by Slovenians.

LU, 22

Spain

It has helped me to be more open minded and learn more about other countries.



YOUTH EXCHANGE IN KASTORIA: FOSTERING GENDER EQUALITY AND INCLUSION

Summary

Nestled in the picturesque town of Kastoria in northern Greece, a transformative youth exchange program was implemented. This initiative brought together young people from Spain, France, Slovenia, Romania, and Greece to explore critical issues

surrounding gender equality, LGBTQ+ rights, and social inclusion. The program's approach was both dynamic and immersive, combining educational activities with cultural exchange to create a vibrant and meaningful experience.



THE VIEW WAS STUNNING

We spent a lot of time outside in the nature, exploring the local environment.

"Be grateful everyday."



inclusivity in their communities. As bonds deepened, a unique “Erasmus family” started to form—a supportive team united by shared goals and newfound friendships.

Celebrating Diversity with Intercultural Nights

Each evening, the program shifted to a celebration of cultures with Intercultural Nights. During these festive gatherings, participants from each country presented their traditions through food, music, games, and dances. From the rhythm of Spanish flamenco to the rich flavors of Greek delicacies, every performance added to the colorful tapestry of the exchange. These moments not only fostered mutual understanding but also highlighted the beauty of cultural diversity.

Building Connections Through Activities

The day began with energizers, carefully designed activities that invigorated participants and set a positive tone for the day ahead. These warm-ups created a lively atmosphere, encouraging collaboration and enthusiasm. Cognitive activities followed, focusing on gender equality and

LGBTQ+ inclusivity. Through these tasks, participants engaged in thought-provoking discussions, debates, and team challenges that aimed to broaden their perspectives. Together, they exchanged ideas, shared personal experiences, and brainstormed solutions for fostering greater

“Diversity is being invited to the party; inclusion is being asked to dance.”



Energizers

Fun activities to get ready for a day full of new knowledge.



Outdoor activities

Learning about multitasking and gender stereotypes.



Empowering Conversations on Gender and Inclusion

Throughout the week, the group delved into complex and impactful topics related to gender equality and LGBTQ+ rights. These sessions encouraged open dialogue, allowing participants to share knowledge and challenge stereotypes. Debates and workshops provided a platform to

explore solutions for a more inclusive future, emphasizing respect and empathy. This youth exchange in Kastoria was more than just a project—it was a journey of self-discovery, collaboration, and empowerment. By addressing vital social issues in a supportive environment,

participants left not only with cherished memories but also with a deeper commitment to equality and inclusion in their everyday lives. This project stands as a beacon for meaningful change, proving that when young people unite with open hearts and minds, they can build a brighter, more inclusive future.



Sharing is caring.

Conversations about respect, gender equality, inclusion and helping others.



It's time to go home ...

Leaving behind all the doubts and taking in all the knowledge.



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"Be grateful everyday."

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