

LA STORIA NOSTRA YOUTH EXCHANGE COMMUN\I/DENTITY IN ACTION

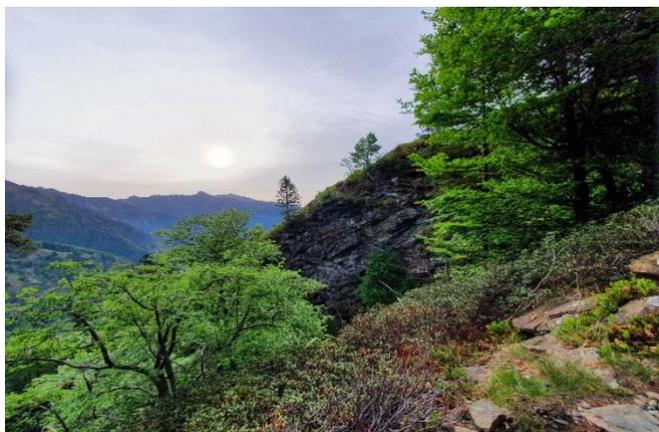
When: programme days: 2 to 14 July 2022 (1st & 15th of July are travel days)

Where: Piana di Forno, a village in the Italian Alps

Who: For motivated youth between 16-22 years, from Sweden, the Netherlands, Italy, Belgium & Poland

Costs: None (funds arranged by [Chaordica](#))

Aim: To support the (personal) development, (self)-awareness and (self) confidence of young people through nonformal learning methods such as experiential learning and interactive participatory education, in order to strengthen their ability to make a difference, and find their own unique answers to personal, social and environmental challenges.



The sunrise in the surroundings of Piana di Forno



The lodging where the participants will stay (including a pizza oven!)

The project will centre around 4 core values

1. Self-awareness and empowerment

We will come together with young people from five different countries, everyone naturally bringing their own story as well as different cultural backgrounds. Learning from each other and each other's story, culture, personal norms and values, and vision of the world helps to create awareness and places our own story in a larger context. In order to get to know yourself and each other, to *connect*, we will sometimes need to step out of our comfort zones and practice vulnerability. When this is done in a safe enough way, we enter into a learning or stretch zone, where we gain new experiences and skills, develop ourselves and our potential further, and increase our self-confidence. There will be many experiences where we will discover things in ourselves that we didn't know we had in us. But that starts by daring to step outside of our comfort zone. At the same time, steps that are too big or too far outside of the comfort zone at once can potentially feel unsafe or dangerous. There will be differences between everyone and the size of their own learning zone, and that is both normal and fine! Together we will make and keep this experience safe.

2. Inclusive community

A group of people together is not by definition a community. In order to create a safe living environment, a basis of trust is needed as well as common agreements that everyone involved can endorse. This requires commitment from everyone who participates in the community. Bridges will have to be built, so that a culture of safety and care for each other is created. Rather than rejection and exclusion we're building an inclusive society, where everyone can be themselves.. How to do that? There's many ways which we will discover, learn and practice together!

3. Learning from each other (reflection)

We will step into another world together, a small village far away from civilization. There will be no telephone range or WiFi connection (only a satellite connection with limited data; important to save for emergencies so we can only have it on for a maximum of one hour a day after dinner), no shops and above all a lot of beautiful lush nature. For two weeks we will live together in close quarters, with all our similarities and differences. We will eat vegetarian food (which we sometimes prepare together and there will be a great cook and kitchen team to facilitate that). We will discuss topics such as sustainability, inclusion and exclusion, community building, personal development and active citizenship in an informal way. We are going to explore, communicate and broaden horizons and boundaries. Above all, we will do and learn from each other's experiences. Five countries, many different cultures, +/- 25 young people, you will be amazed how much we differ, but especially how much we're alike! We are going to find order in the chaos, no worries. Or create chaos and restore order, just what is needed.. 😊

4. Developing skills to learn to organize (active citizenship)

The youth exchange is not only a nonformal learning lab, but also a workshop where we learn and directly apply our skills, and where we will learn to organize in order to participate and shape this project. We have already created the frameworks for this project. Together with you we shape the effort, atmosphere and lessons together. Every day we check in with each other and evaluate how the day went. We do this per country, in their national language. So that those participants together with their group leader will have a moment each day, in a language that feels easier to express yourself in, what you liked, didn't like, what your concerns are, whether you have an idea what you might like or might want to do differently, or would if you'd like to indicate something but do you need help with this?... etc. We shape this project together, because you form a community together. This is how we keep it safe for everyone and we strive to make decisions together as much as possible.



How will we do this?

The youth exchange programme will be two weeks long. During the first week we will focus on getting to know each other, jointly deciding what the rules will be (within the predefined safety frameworks) and nonformal education through experiential learning. The second week we will work on shaping a final harvest event. Concrete 'active learning workshops' will be given for this, these are more creative workshops (think of creative writing, music, sports, etc.). In addition, we will also go hiking for a day that week and spend a night in the mountains.

In sum, we will be busy with:

- Ice-breakers and cooperative games to get to know each other and each other's stories
- Learning to set boundaries and learn to respect each other's boundaries
- Learning about social inclusion through interactive workshops and group discussions
- Outdoor activities and exploring the beautiful Italian Alps
- Getting to know young people from other European countries and forming new friendships
- Teaching leadership skills by organizing the "final harvest event"
- Discovering nonformal education methods such as "Art of Hosting"; "Open Forum"; "World Café" to work towards the following objectives:
 - o Increase self-awareness by addressing issues such as identity and culture
 - o Building bridges between different cultures and creating a healthy inclusive community
 - o Gaining a deeper understanding of some current topics, such as the limits of capitalism, sustainable development, racism, etc.



Swimming in a waterfall?!

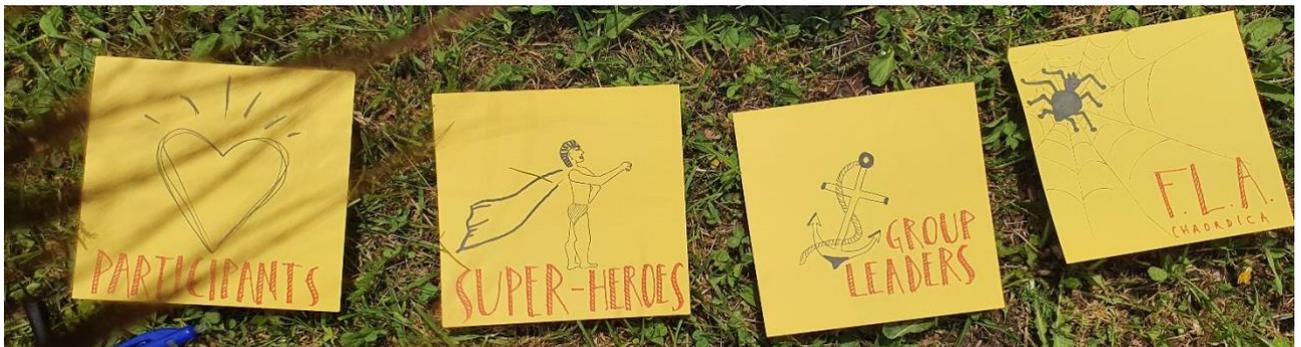


Hiking?!



Who will be there?

- **The participants:** about 4 to 5 per country, so a maximum of 25 people between 16-22 years.
- **The superheroes:** cooks, volunteers, friends of the project, artists who will give workshops in the 2nd week and help create safety.
- **The group leaders:** Each country has at least 1 group leader who goes along. Some group leaders are former participants of a previous project and are now trained as group leaders. The group leaders are the first point of contact for the participants (and possibly parents) and some will also give workshops.
- **The coordinators of Chaordica:** Fanny, Linda, Amber, spiders in the web who take care of core logistical, financial and legal responsibilities. They will also facilitate the workshops in the first week and support group leaders.



Leading up to the Youth Exchange:

- We meet before the project to get to know each other.
- The packing list with items to bring will be distributed before you travel. If certain supplies are difficult or an issue to get/have, let us know.
- Your exact travel times will be communicated to you when the selection of participants has been completed. You will travel with the rest of the group from your country.
- Language of the project is English. Fluency in English is not a requirement, daring to ask for translation is a strength. There are plenty of people who can help!

- *“questo posto sembra la mia casa”*

- (“This place feels like my home”)

- Statement of one of the former participants, now joining the project as a group leader-



There is a time to come, to create and there is a time to go. In between we hope to gain knowledge and build beautiful friendships and memories. And who knows, maybe a participant wants to join the next project in the role of group leader..!