

ERASMUS+ YOUTH EXCHANGE

YOUTH UPSKILLING PATHWAY



JANUARY 2022

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ABOUT THE PROJECT



Erasmus+, through the **Youth Upskilling Pathway** project is supporting people across Europe in gaining the skills and competencies needed for personal fulfillment, health, employability, and social inclusion. This helps to strengthen Europe's resilience in a time of rapid and profound change. In this point, the YUP project aims to foster the personal and professional development of young people by helping them to develop teamwork skills, entrepreneurial mindset, leadership, effective communication, and motivational skills within the international working environment.

PARTNER ORGANIZATIONS



LUXEMBOURG

Changemakers Luxembourg is a community aims to promote social inclusion and empower youth work, experienced in EU projects and non formal education for sustainable growth and ensuring equity, prosperity and social inclusion in Luxembourg and Europe.

CROATIA

Pozitiva Samobor is a non-profit organization that invests in a sustainable future through the development of personal and professional competencies of children and youth.



LITHUANIA

Enterprise Lithuania is a non-profit agency under Ministry of Economy and Innovation established to promote entrepreneurship, support business development and foster export. The team at Enterprise Lithuania is a reliable adviser and assistant for start, growth and export of national businesses with focus on SME's.

PARTNER ORGANIZATIONS

TURKEY

Youth Eurasia is a youth association established that carries out studies on adults and youth in the fields of environment, ecology, social-cultural issues, youth rights, active citizenship, social inclusion and soft skills development for establishing solidarity, cooperation and integration on societies. Target group has includes marginal groups, migrants, unemployed individuals, students and young people with fewer opportunities to ensure their active participation in civil society activities.



FRANCE

Young Lions of Lyon is an organization that promotes EU opportunities among young people in France.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Tugay Özkan

24

Graduated From Cinema, working as an freelance videographer.

Capricorn

Multifunctional



Jonathan Bartolozzi

26

Luxembourg

Virgo

Super positive



Awesome, amazing, unforgettable.



Meriç Tahan

30

Youthworker

Turkey

Aries

Entusiastic

Great project, lovely people, engaging with entrepreneurship activities which can potentially help people in the future so a good use of time and great for networking.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Mehdi Maudarbocus

24

Basketball

Luxembourg

Gemini

Gambler

The people are the best part of the projects.



Dennis Streff

26

Substitute teacher

Luxembourg

Libra



Marija Mežote

23

Filmmaking, music, teacher

Croatia

Cancer

Every day gets better and better. The best part are the beautiful connections with people that we make while collaborating and doing music.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Deniz Oskay

27

Studying in Istanbul Technical University, computational architecture

Turkey

Cancer

Astrology

Very interactive workshops, have learned a lot and met amazing people.



Tuğse Su Toğa

23

Studying New Media and communication management master

Turkey

Cancer

Super positive



I think this is one of the best project that I have ever been.



Gizem Kartufan

27

Working translation

Turkey

Cancer

Happy

I got a chance to find solutions to all kinds of tasks and workshops which helped me to improve my problem-solving skills.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Terézia Vavrovičová

21

Studying psychology, working as a customer assistant

France

Leo

Overcoming challenges

I met amazing people and we shared amazing moments. I especially appreciate upgrading my teamwork skills.



Gabrielius Eidintas

21

Cook

Lithuania

Pisces

Very active



I bonded with a lot of people around the bonfire and I loved cooking with friends.



Gabrielė Zaveckaitė

23

Studying in Vilnius University, working

Lithuania

Taurus

Max chill

It was super good to make new connections with people around the world.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Berkan Kiliç
21
Turkey
Ardahan
Pisces
Different

This is my first project. I am happy because i am meeting new person. I am learning new culture. SIIIIIIUUUUUU :)



Rishabh Kumar
22
Work (Atez Teknoloji) & Study (EU Business School, Munich)
France
Taurus
Extrovert



Great project, lovely people, engaging with entrepreneurship activities which can potentially help people in the future so a good use of time and great for networking.



Dias David
Luxembourg

I really enjoyed all entrepreneurial and leadership workshops. With little work experience, it really has given me a better look in the management world.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Marko Bakšić
28
Working programmer
Croatia
Libra
Friendly

An amazing experience. So many different and exceptional people.



Branka Bogolin
27
Finished economics studies. Financial analyst.
Croatia
Virgo
Creative



I really love that people are warm and willing to talk with everybody. Educational part is also very engaging and very well organized.



Ieva Stallīte
19
Customer service
Gap year
Croatia
Taurus
Human

I think the people are amazing. I haven't yet been in a project with this many creative minds and we all connected because we think alike.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Coşku Akyüz
22
Studying Mechatronics Engineering
France
Virgo
Crazy

This is my first project, I loved socializing with foreigners and discussing important topics.



Thomas Savvakis
24
Travel
France
Libra
Potato-tomato



Very creative workshops. I will never forget this amazing team.



Mislav Majnarić
30
Bio medicine
Croatia
Lion
Tennis player

The bonfire was amazing, I bonded with people and had lots of fun.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Helena Jerbić

19

Studying software engineering

Croatia

Pisces

Talented

I really love it, I think it is great, the atmosphere is awesome.



Helena Dejanović Škvarić

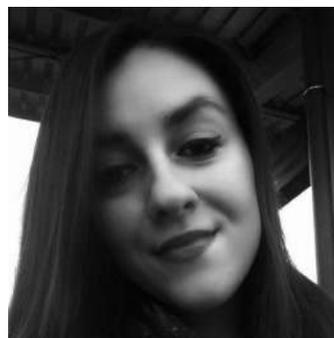
30

Finished – Faculty of Economics and Business. Consultant firm.

Croatia

Cancer

Curious



The way that the project developed gave me the opportunity to extend my horizons and develop a different perspective about entrepreneurship.



Faruk Cos

23

Director

Turkey

Aries

Abyssos

To feel young again, like the childhood times feels amazing. I love these people.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Mantas Milčius

25

IT

Lithuania

Virgo-Lion

Very funny

Incredible people. Incredible project.



Kamilė Stanevičiūtė

22

Working in Sales

Lithuania

Aquarius

Open-minded



Really special. I have met amazing people and learnt a lot about teamwork.



Kotryna Remeikaitė

19

Studying music production and new media arts

Lithuania

Aquarius

Badminton lover

It was a pretty cozy multicultural environment which made us close every single day.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Emilija Zadranovič
18
Studying in high school
Lithuania
Scorpio
Bookworm

I am glad I participated in this project, because I learned a lot and I had a good time.



Aldas Uzdila
19
Do nothing (bezdėlnik)
Lithuania
Libra
Camping lover



People are warm and open. It really helped me developing my communication skills.



Hasan Kūçūkyildirim
24
Turkey
Pisces
Technologist

This was perfect for me.

PARTICIPANTS

THE WONDERFUL PEOPLE WHO
MADE IT HAPPEN



Oya Osmanagaoglu

22

Studying interior architecture

Turkey

Pieces

Party monster

Loved the activity and people's engagement.

ACTIVITIES

Simulation: Job Interviews

During our project, participants carried out various projects. From the reactions of the participants, we picked the top three activities. One of our favorites is the interview activity. Interviews are a part of our life, and for many people they are scary. Therefore, practice and learning can relax people and help them get the job they desire. Briefly, in this activity, the goal was to practice interviews. The activity included two interviewers and one participant to be interviewed. These three people were picked from the group, and each round the participants were changed. The twist in this activity was that the person interviewed had to pick words from a box and use those words to get the job. So at the beginning of the game, we wrote words that described our good characteristics. While writing, participants were able to realize their strengths. Because the words were randomly picked, this activity showed people's talent to improvise. Interviewers had a list of questions to ask, but they had the chance to improve. Most participants preferred to improvise. Participants used many creative and smart answers. Overall, this activity was very good to practice improvising and observing smart answers.

Improveneruship: Words to Actions

Random words were shared with divided teams with the aim to create an improvised scene. This activity generated a lot of original thinking and improvisation in a small amount of pre-planning time. In addition, it was an effective way to improve collaboration, decision-making, leadership skills, and of course have fun.

Team Building: Protect the Egg

Participants have been divided into 6 groups of 4 people, and they tried to protect the egg by making a special "protector" from materials they got from facilitators: a piece of paper, rope, sticky tape, and several long march sticks. The jury was making their decision on who is the winner by looking into design, slogan, marketing, and if each of the 6 groups managed to actually protect the egg after throwing it from 5 meters height. It was a fun and collaborative experience where each of the teams made a great job but more importantly, got contacted with each other and built a wonderful team.



CAMPAIGNS



BE KIND TO YA MIND

Be kind to your mind – please remind that to yourself.

To help you with this, we ask you to post something that helps you ease your mind during times you feel overwhelmed.

Use the hashtag [#bekindtoyourmind](#) in your post in order feel more connected and inspired to be kind to your mind.

Team: Marija, Oya and Kami

**WE KNOW
WE SHARE
WE CARE**



WE KNOW, WE SHARE, WE CARE

One of our missions is inclusion of people with mental health issues into society. Other one is making this situation visible to everyone and try to engage, as well as encourage people to share their experience, ideas and lose the fear of taking the first step further

We want people to use social media in order to spread solidarity instead of hate speech/rude comments. Also, to let people know they are not the only ones, who struggle about their well-being and mental health. It is really important to take care after yourself and realise it at the right time, to be able to get the needed help. For those, who cannot afford it, we are here to help you!

[#weknow](#) [#weshare](#) [#wecare](#) [#wellbeing](#) [#howwelliam](#) [#mentalhealth](#) [#EUcares](#)

Team: Kotryna, Tugse, Helena

CAMPAIGNS



LET'S GO TRAINING!

Let's you experience life on the move and meet diverse cultures by utilizing green transportation. In this project activities will be taking place in trains, cities, towns and other interactive places. Lets you visit and compare whole Europe regions.

#ChooChoo #TrainZzz

Team: Mantas, Ieva, Deniz



A HEALTH MIND SIGNIFIES A HEALTHY BODY

- free time to relax
- listening music
- physical activity
- socialize

#eumentalhealth   

EU MENTAL HEALTH

Find people that wants to socialize! Play some games, sport or do some relaxing time with music.

Time: every Saturday 10 am

Location: closest park

Dress code: yellow band or/and yellow socks!

#eumentalhealth

Team: Coşku, Mislav, Branka

CAMPAIGNS



EUROPE LOVES YOU

Erasmus+ is powered by young people, being kind and helping each other.

Come and open up, share and grow together. Participate in workshops focused on self-love and mindfulness.

#mentalhealthawareness #bekindtoyourmind #youfirst

<https://erasmus-plus.ec.europa.eu/>

We are here for you.

Team: Aldas, Berkan, Rish, Marko



KNOW YOUR LIMIT

Mission:

-educate people on how to drink responsibly - you should limit your intake to 14 units of alcohol in a week — this is equal to six standard glasses of wine or six pints of lager. Be sure to spread those drinks out evenly over the week and have drink-free days in between

-how alcohol affects mental health in short term everything is great, and even can help with anxiety and depression but long term it can worsen symptoms and cause post-alcohol anxiety and/or depression

Slogan & Hashtag:

#KnowYourLimit

Description :

-free anonymous calls, text → give advice and support

-let people know that alcohol can help you have fun, relax, but too much can be dangerous and bad

Team: Gizem, Thomas, Helena

CAMPAIGNS

IT'S OKAY NOT TO BE NOT TO BE NOT TO BE OKAY OKAY

Team: Emilia, Faruk, Gabriellus

“

**IT'S OKAY
NOT TO BE
NOT TO BE
NOT TO BE
OKAY OKAY**



NO ONE UNDERSTANDS ME,
I'M ALL ALONE IN THIS
UNIVERSE AND NO ONE
COULD EVER HELP ME.
SAID 17 MILLION PEOPLE
FEEL THE NATURE
LISTEN TO SOMETHING PINK
FLOYD OPEN YOUR FUCKING
MOUTH GIVE THE OTHERS A
CHANCE STAND STRAIGHT
HIT YOURSELF IN
THE FACE
GO YOUR
COMFORTEBLE
ZONE BROADEN
YOUR HORIZONS MAKE SOME
ART WRITE YOUR THOUGHTS
DOWN OPEN YOUR EYES GET

#BREAKTHESILENCE

DO SOME SPORT SPEAK UP DRINK SOME COFFEE LOVE FEEL EVERY EMOTIONS JUST HANGOUT BRO YES GO TO SAUNA LIKE A ALDO LET THEM KNOW LIKE SOMEONE LOOKING HERE NOW BUT WE DON'T CARE WHAT THEY ARE THINKING ABOUT YOU JUST FOCUS YOURSELF GO TO THE NATURE FIND HARMONY OF THE MUSIC CUT THE FAST FOOD UNHEALTHY I MEAN YOU ARE DOING GREAT GAB I LIKE TO HANGOUT WITH YOU GO TRAVEL FEEL THE NATURE LISTEN TO SOMETHING PINK FLOYD OPEN YOUR FUCKING MOUTH GIVE THE OTHERS A CHANCE STAND STRAIGHT HIT YOURSELF IN THE FACE GO YOUR COMFORTEBLE ZONE BROADEN YOUR HORIZONS MAKE SOME ART WRITE YOUR THOUGHTS DOWN OPEN YOUR EYES GET DONT GIVE UP FIGHT AND FIGHT JUST FUCK THEM	FEEL THE NATURE LISTEN TO SOMETHING PINK FLOYD OPEN YOUR FUCKING MOUTH GIVE THE OTHERS A CHANCE STAND STRAIGHT HIT YOURSELF IN THE FACE GO YOUR COMFORTEBLE ZONE BROADEN YOUR HORIZONS MAKE SOME ART WRITE YOUR THOUGHTS DOWN OPEN YOUR EYES GET DRINK SOME COFFEE LOVE FEEL EVERY EMOTIONS JUST HANGOUT BRO YES GO TO SAUNA LIKE A ALDO LET THEM KNOW LIKE SOMEONE LOOKING HERE NOW BUT WE DON'T CARE WHAT THEY ARE THINKING ABOUT YOU JUST FOCUS YOURSELF GO TO THE NATURE FIND HARMONY OF THE MUSIC CUT THE FAST FOOD UNHEALTHY I MEAN YOU ARE DOING GREAT GAB I LIKE TO HANGOUT WITH YOU GO TRAVEL
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IF YOU WILL SKIP THESE IT'S OKEY,
JUST LET THEM KNOW.

#BREAKTHESILENCE

LUXEMBOURG



Officially the Grand Duchy of Luxembourg, is a landlocked country in Western Europe. Its capital, Luxembourg City, is one of the four official capitals of the European Union and the seat of the Court of Justice of the European Union, the highest judicial authority in the EU. Its culture, people, and languages are highly intertwined with its neighbors, making it a mixture of French and German cultures. Luxembourgish is the only national language of the Luxembourgish people, as defined by law. In addition to Luxembourgish, French and German are used in administrative and judicial matters; the three languages are jointly considered administrative languages of Luxembourg.

Luxembourgish motto: We want to remain what we are

Luxembourg is really rich country, with GDP per capita being the highest in the world.

On 29 February 2020 Luxembourg became the first country to introduce no-charge public transportation which will be almost completely funded through public expenditure



ABOUT ERASMUS+

WHAT IS THIS, HOW TO TAKE PART AND VARIETY OF THE PROJECTS

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. Mainly this covers opportunities in different fields, such as school/higher/adult education, as well it offers learning and development experience to everyone, who is eligible to participate in such projects at their age range. Participants can be picked from different backgrounds, for example those, who are having issues, low income, health problems or other disabilities, which could exclude them from a proper interaction with society and multicultural environment. One of the goals is to open national and foreign abilities for the youth, while getting a proper budget for travelling expenses, accommodation and catering. In this case, you are getting an "all-included" week, full of workshops, topic related activities and games, and creative seminars. In addition, not only you widen your knowledge and deepen your perception about the main topic, you also get to spend a week with people from a few different countries, learn from them, share experience together, work in a team and achieve common goals. It is a life changing opportunity, which should be taken by everyone, who is at least a bit interested in non-formal education and self-development.

One of the questions for "new comers" is how can a person participate and where to start from? Since you already heard and read a few things about Erasmus+ programme in general and decided to join a project abroad, you should start looking for local NGOs in your country, which send a whole team to a venue, where everything takes place during the week. Every country makes their rules, regarding participants' application forms and etc., but mainly every single person, who wishes to come and participate, needs to fill in a form online, answer some questions and then wait for the answer from a NGO. If you haven't been selected, don't worry and try again with upcoming projects, if you have been selected, get ready for the adventures!

Every project attracts with its own topic and activities every day. It can vary from ecology and environmental aspects to self-development, personal growth, entrepreneurship or even sports, religions, artificial intelligence and so on. Projects differ from each other not only by their topics and learning outcomes, but also their duration, country, venue place, number of countries and participants in the project.

In summary, if you are a person aged 18-30, live or study in EU countries (there are some exceptions) and are interested in working in a multicultural environment, do not hesitate to take this opportunity and have the best week in your life!

ABOUT YOUTHPASS

WHAT IS YOUTHPASS?

- European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ and the European Solidarity Corps programmes
- certificate
- non – formal education
- Youthpass certificates are issued by the organisation that has signed the contract for the Erasmus+ grant

GOALS

- promoting individual reflection and awareness about learning
- helping to make learning outcomes visible for the participants themselves as well for others
- reinforcing reflective practices in youth work and solidarity activities

WHO CAN USE YOUTHPASS?

- Youthpass is connected with all kind of projects and activities within the Erasmus+: Youth in Action and European Solidarity Corps programmes, participants must meet the conditions needed for these kind of projects

STATISTICS

- Approximately 80% of participants agreed that Youthpass helps to communicate the importance of non-formal learning and increases the usefulness of the project for participants.
- Between 70% and 80% of participants planned to use Youthpass when applying for a job. More than 40% of respondents saw the potential of using Youthpass when applying for higher education or setting up a business.

ABOUT YOUTHPASS

Overview of Youthpass in numbers

Year	Certificates	Projects	Organisations
Total*	1.157.214	74.075	28.855
2021*	51.908	3.750	2.432
2020	50.541	4.952	3.178
2019	158.628	8.452	4.866
2018	139.704	7.868	4.736
2017	127.652	7.463	4.627
2016	120.120	7.271	4.509
2015	116.883	7.169	4.600
2014	86.649	6.816	4.681
2013	97.960	7.359	4.864
2012	69.387	5.809	3.823
2011	49.182	4.777	3.006
2010	38.208	3.887	2.436
2009	27.131	2.989	1.879
2008	19.197	1.968	1.331
2007**	2.577	200	172

* Date: 31.08.2021

** Youthpass was launched in July 2007.