

7-14 OCTOBER 2017, MOTYCZ LEŚNY NEAR LUBLIN, POLAND

YOUTH
EXCHANGE

KEEP TALKING



POLSKO-UKRAIŃSKA RADA
WYMIANY MŁODZIEŻY





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ПОЛЬСЬКО-УКРАЇНСЬКА РАДА
ОБМІНУ МОЛОДДЮ

INTRODUCTION

TOPIC PLACE/TIME PARTNERS

TITLE: "Keep Talking"

PROJECT TYPE: Youth Exchange

ORGANISER: HEureka Generator

TIME: 1st June 2017 - 31st October 2017

PREPARATORY MEETING: 14-16 September 2017

TIME AND PLACE OF THE YOUTH EXCHANGE:
7-14 October 2017, Motycz Leśny near Lublin,
Poland

NUMBER OF PARTICIPANTS: 28 + 4 leaders

PARTNER ORGANISATIONS:
Poland (HEureka Generator Association – Zamość)
Ukraine (Kreativ – Vinnytsia)

LANGUAGE:
English with some activities in Polish or Ukrainian

WHO:
Young, open people from small towns in Lublin
region in Poland and Ukrainian region of Vinnytsia.
Age 16-30, willing to develop their knowledge in
the field of intercultural communication.



WHAT WAS THE WHOLE EXCHANGE ABOUT?

During the project we talked about issues which are important to us, young Europeans: cultural diversity in Europe and how to respect it. We talked about it using non-formal education methods. We advertised the topic and propagated the outcome of our discussions. We think of it as our input into decreasing tensions in Europe which can be felt all around us. Our main methods were workshops and exercises in intercultural communication.

Our experience with those workshops show that thanks to them we are capable of developing knowledge in this field, develop the ability to work in a group, strengthen our confidence in public appearances, expand our language skills and learn critical thinking in discussions. Our meeting has confirmed that we chose the right methods.

All our methods: Integration games, team building, intercultural communication workshops, outdoor games, reflection groups, theatre play, brainstorm, intercultural simulation, world cafe, press conference, city games, presentations, discussions, trips, happening, exhibition.



DAY 1

ARRIVAL

We have finally met in Motycz! The Polish group has arrived earlier in order to prepare housing and the conference room. We needed to put up info cards, decide who's going to sleep where, set the chairs, logos of the organizations and our grantgiver – Polish-Ukrainian Council of Youth Exchanges. Each one of us gave all they had!

When the Ukrainian group arrived, we ate a meal together, got to know the building, ran an organizational meeting and some exercises in order to get to know each other. We were tired, but extremely excited when we went to beds.



We were very happy that all those young people took matters into their own hands since the very beginning. The amount of work they put into preparing the exchange assured me that this is going to be a great adventure for all of us.

Andrzej Smyk
HEureka Generator chairperson



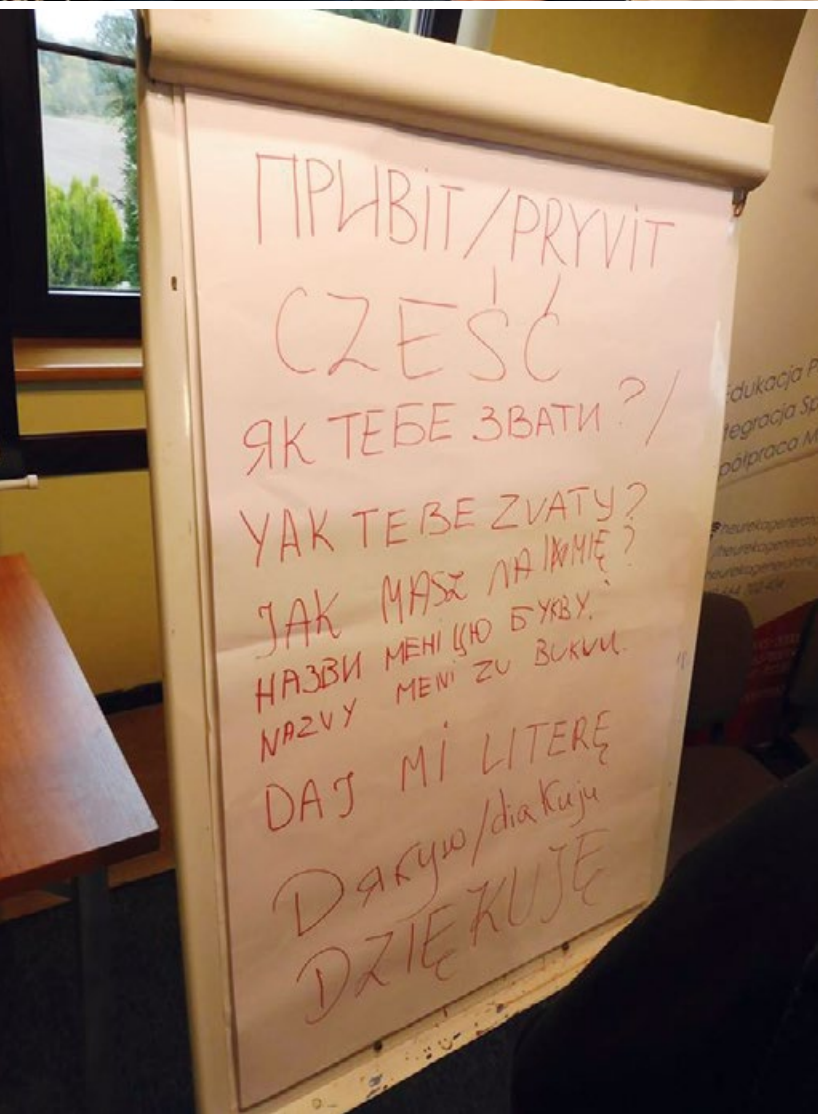
DAY 2

TEAM BUILDING

We ate breakfast at 9 AM. At 10 AM the workshops started. We played games which helped us memorize our names. We also started team building exercises and learned how to work together. We had a couple of tasks to complete which looked simple at first, but turned out to be really difficult to do in a group. This is how we learned how co-operation looks in an international group.

We also had a chance to compare our expectations and fears concerning the exchange, share our talents, talk about what we're good at in order to make this meeting as good as possible.

In the evening we prepared leaflets about our project which were later handed out to people of Zamość. We have also prepared a contract which helped us later in avoiding conflicts.



The main goal of our project was to communicate and to have fun at the same time. It didn't matter what method we used – dialogue, painting or body language. Just talk to each other and everything will turn into something big!

Oleksandra
Kviat



DAY 3

CITY GAME

We've finished working on the leaflets with the project's description in the morning. Then we left Motycz and went to Zamość to hand them out. There we had a chance to learn about the town's history, meet with a real brotherhood of knights with whom we learned how to shoot arrows and how a cannon works. In the centre of the Old Town we created a small happening by recreating a match of live chess. Two mixed Polish-Ukrainian teams had a lot of fun playing!

After that we took part in a city game. We received envelopes with some tasks and questions we needed to complete or answer. We had to learn some things about the town, like how much a bus ticket costs or what the name of the town's president is. Then we had some free time.

We returned to Motycz in great moods, because of our friendly bus drivers.

After dinner we talked about the day's experiences. Thanks to those conversations we were able to improve the quality of our exchange.



After our trip to Zamość we were very tired, but also satisfied with our game, city walls tour, canon firing and the game of 'live chess'. Even bad weather wasn't enough to rob us of our good times.

Kinga
Tubilewicz



DAY 4

INTERCULTURAL WORKSHOPS

Intercultural workshops started right after breakfast. During those we took part in interesting exercises which helped us with exchanging experiences regarding values which are important in our lives.

We were also able to relate to an interesting story in which protagonists had a lot of issues; our task was to present arguments on which of them made right choices and why. We had a lot of fun, but also learned a lot of things on many levels.

When we got tired, other members of our groups energized us with short exercises which were aimed at improving our concentration and allowed us to continue work effectively.

In the evening, the Ukrainian group prepared a lot of snacks which disappeared from the table in no time. The whole building smelled of delicious, traditional food ;)



Intercultural workshops is one of my favourite memories from Motycz. Interesting exercises helped me to learn about the customs, culture and mentality of our Ukrainian friends. I think I will remember it, along with the whole exchange, for a really long time.

Paweł Piątkowski



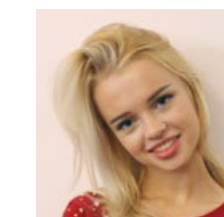
DAY 5

THEATRE WORKSHOPS

This was a very important day. Since early morning we were preparing for the theatre play, which we were to play in the evening. Right after breakfast we got to know the rules used in the game. We learned about the Game Master, the game mechanics, a character sheet and non-player characters. We tried a couple of things which would later help us to effectively complete our quests.

Next step were the theatre workshops. During those we trained how to play our characters, how to modulate our voices or how to feel the game's atmosphere. We laughed a lot, but as it turned out, those workshops were very important to our final success.

After the workshops we divided ourselves into groups which prepared decorations, props and costumes respectively. In the meantime we were given our character sheets. Each of us had the option to talk to the game masters in order to prepare for playing our characters.



It was such fun to participate in theatrical activities! Everyone of us had a chance to feel like an actor and learn some acting techniques. My personal favourite is a performance «Rzepka».

Anastasia Kukhar



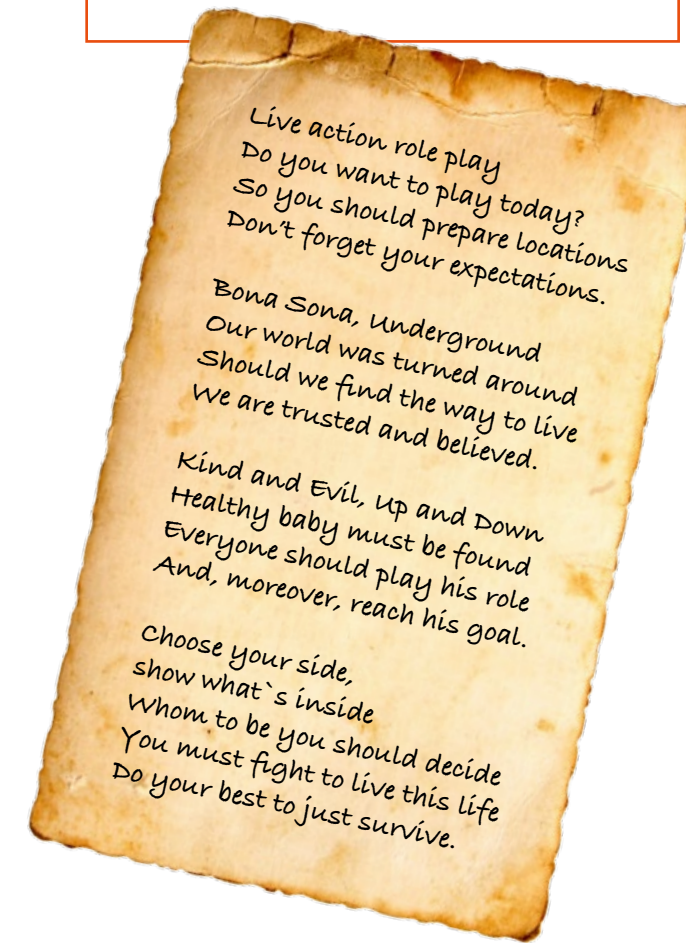
DAY 5

THEATRE PLAY

The building was prepared, as were decorations and props. We felt like we were already moving to a different world. Each person went to their character's location. We created a club, a police station, a monument, a cemetery, a hospital, sewers and many more.

We were playing in the Future World where the society is divided, there is no equality and a handful of people profit by exploiting the poor. The whole game was based on improvisation, so we didn't know how it will end. From each part of the building we could hear conversations, wind howled in the City Park, music could be heard in the club and below the stairs we could hear people trying to get into the city.

Two hours of great fun ended in a revolution prepared by the players' characters. The dictators have been overthrown and free elections has been planned. That was a great evening which we won't be forgetting anytime soon!

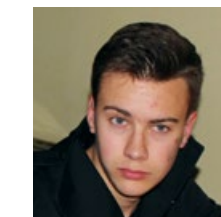


Live action role play
Do you want to play today?
So you should prepare locations
Don't forget your expectations.

Bona Sona, underground
Our world was turned around
Should we find the way to live
we are trusted and believed.

Kind and Evil, up and Down
Healthy baby must be found
Everyone should play his role
And, moreover, reach his goal.

Choose your side,
show what's inside
Whom to be you should decide
You must fight to live this life
Do your best to just survive.



Oskar Nowakowski

Playing LARP was a very exciting experience for me. My character was very satisfactory to play and the whole thing was very emotional. I can easily recommend this type of entertainment to everyone.



Ilona Kalamon

LARP was a wonderful experience. It was great fun to become someone else even for only two hours.





DAY 6

PLANNING THE HAPPENING

There was a lot of work to do. It was very important for us to let as many people know about our work as possible. We discussed methods of advertising our project and sharing it's results. A part of our group worked on our blog, different group worked on our Facebook page, others worked on preparing the happening which was to happen soon in Lubartów.

The event was a challenge for us. We were to meet with High School students of II Liceum Ogólnokształcące im. Piotra Firleja in Lubartów and present them with the goals of 'Keep Talking'. We didn't want to prepare boring presentations, we knew that our meeting needed to be dynamic, original and engaging.

In this moment we realised how useful were those initial workshops where we learned to work in multinational groups. Now everything became much easier.



I'm very pleased with how the meeting with the students went. We presented the project exactly how we planned it the day before. I hope we encouraged a lot of students to take part in our future projects.

Monika Michalak

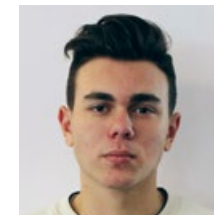


DAY 7

WE ARE THE TRAINERS

Divided into task groups we went to the school in Lubartów. The students who came to the meeting were also quickly allocated to our groups. There were almost a hundred people here. Exercises, games and discussions were organised thematically. We had following groups: integration exercises, Ukrainian lessons, intercultural workshops, theatrical games presentation, traditional dishes and national Ukrainian clothes presentation.

One session took about 20 minutes. After that a group moved to the next presentation. In this way each student had an option to learn about each of our 5 topics. Everything ran smoothly, we were proud we were able to organise it so good.



A trip to Lubartów was something we were looking forward to. We spent almost two days thinking about the meeting with Polish students. Despite being tired we were able to conduct all meetings as best as we could.

Tymur
Yazar



Both students and teachers were very content with the meeting, along with organisers and participants. We learned through having fun and we had fun while learning. I think that sums up the whole week of the project.

Iryna
Kryvous



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'HEureka Generator' Association was founded in November 2016 by people with long experience in working in NGOs. Our members are professional local and international project coordinators, non-formal education trainers and young people who have taken part in a lot of local and international projects in the past. What connects us is the will be active to help our local community.

Aims/goals:

1. Increasing social activity of citizens;
2. Promoting and spreading the idea of non-formal education;
3. Organizing and supporting different forms of pro-youth activities;
4. Equaling chances for people with disabilities and those endangered by social exclusion;
5. Organizing and supporting activities aimed at preventing social exclusion.

Methods:

1. Organizing and conducting local, regional, national and international courses, seminars and study visits aimed at increasing social activity of citizens;
2. Organizing international youth meetings conducted with use of non-formal education methods;
3. Creating new tools and methods of non-formal education;
4. Creating and distributing materials and publications concerning social activity, non-formal education and problems of young people and socially excluded groups;
5. Preparing and distributing publications in the field of conducting courses concerning elicitation of young people, and problems concerning social exclusion.



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"KREATIV" — Vinnytsia Regional Informational Centre is a Non-Governmental Organisation, founded in 2007.

Our mission: strengthening civic society development, popularizing European values: human rights, tolerance, freedom, democracy, equality and human dignity.

Our motto: Be Creative!

Main activities:

- development and implementation of local, regional and international programs (delivering seminars, trainings, workshops, exchanges, round tables, conferences, public hearings, thematic meetings) aimed at development of civil society;
- information and educational activities in the field of European integration and implementation of European values in the Ukrainian society;
- promotion of culture, spirituality, civil and non-formal education, volunteering;
- preservation of cultural heritage, historical and cultural environment;
- preservation of the environment;
- prevention of negative phenomena among youth and promotion of healthy lifestyles;
- support of the development of independent mass media (including electronic one).

"KREATIV" has professional experts from various fields of public activity, cooperates fruitfully with NGOs, educational institutions, international organizations and foundations.

**HEureka Generator Association would like to thank our regional partners
for taking active part in the project:**

Students and teachers of II Liceum Ogólnokształcącego im. C. K. Norwida
in Krasnystaw High School

Students and teachers of II Liceum Ogólnokształcącego im. Piotra Firleja
in Lubartów High School

'Zamość – 1920' Association

... and all those who shared their ideas and positive attitude with us and
who helped us with the project and who are still helping us until this day.

Thanks a lot! ;)



07-14.10.2017 Motycz Leśny near Lublin, Poland