

# International Youth Exchange

“Let`s work for work 4”

12-21. 08. 2023

Tryavna, Bulgaria

**IN THE PICTURESQUE RENAISSANCE TOWN OF TRYAVNA, SITUATED IN CENTRAL BULGARIA, 37 YOUNG PEOPLE FROM 7 DIFFERENT ORGANIZATIONS AND COUNTRIES JOINED TOGETHER FOR A COMMON CAUSE: THE FIGHT AGAINST ONE OF THE MOST RECENT AND PAINFUL PROBLEMS IN EUROPE IN RECENT YEARS YOUTH UNEMPLOYMENT.**

**THE MAIN OBJECTIVE OF THE PROJECT IS TO EQUIP YOUNG PEOPLE WITH NEW KNOWLEDGE AND SKILLS, TO IMPROVE THEIR CHANCES OF FINDING A JOB OR CREATING ONE THEMSELVES, KNOWING HOW TO PROPERLY ADVERTISE AND PRESENT IT.**

**WE WORKED USING MANY DIFFERENT INFORMAL METHODS, MAINLY THROUGH LEARNING BY DOING, WE ACQUIRED KNOWLEDGE AND SKILLS THAT CAN EASILY BE IMPARTED AND THANKS TO WHICH EVERYONE WHO USES THE LESSONS LEARNED FROM THE PROJECT CAN FIND A GOOD JOB AND / OR HAVE A FOUNDATION, ON WHICH HE CAN BUILD AND DEVELOP HIS ENTREPRENEURIAL IDEA.**

## Main goals

- Raising their knowledge in the field of youth unemployment;
- Enhancing the range of tools, they can use to find solutions to problems;
- Raising their CV writing and cover letter skills;
- Improving their presentation during job interviews;
- Learning how to use properly the Elevator Pitch;
- Improving their presentation skills in front of a public;
- Improving their oratorical and negotiation skills and defending their position;
- Improving their knowledge of the Erasmus + program and how they can benefit from it in their future personal and professional development;
- Promoting their active citizenship;



The main elements that we focused on were:

- How to write a good personal Europass CV;
- The motivating elements in our cover letter;
- Clothes and behavior during the interview;
- Secrets of verbal and non-verbal communication;
- Youthpass;
- The opportunities offered by the Erasmus + program;
- Canvas business model and SWOT analysis;
- How to perform in 30 sec. (Elevator Pitch).



# DAY 1



- In the morning of the first day we started with a brief introduction of the project and getting to know each other. And we started with a game
- where we were in a circle and we had to say our name and to show a symbol, but after that the next person should repeat the previous tree
- peoples names and also the symbols. We were supposed to exchange mugs afterword, but some of the participants didn't have mugs so we
- decided to go to the city buy some mugs and have the other sessions in the city park. After we bought the mugs we went to the park and we
- played a game where we had to make a line from the oldest to youngest, and we succeeded with only one or two mistakes. Then we made the
- challenge a bit harder and we had to form a line with our from birthdays from 1st of January till 31st of December and again we succeeded



- with again one or two mistakes. And lastly we had to form a line alphabetically with the first letter of our names, this time there were a bit
- more mistake, but it was again very good. After that we just sat at the park and had a discussion about the Erasmus+ program and some
- people asked some questions and Stan answered very detailed, but still in a way that every one can understand After this session we divided
- the whole group into smaller ones for a reflection groups, where we are supposed to discuss our day, how we felt about it and if anything
- should be changed. We had around 20 minutes to discus and afterword one representative per group to meet with Stan and discuss what we
- talked about and if anything should change. We talked how most of the day was fine, but we are all very tired. We went back to the venue had
- a dinner and had a party where we were getting to know each other even better.



WRITTEN BY BULGARIA TEAM



## Day 2

- **WE HAVE STARTED WITH ENERGIZERS**
- **WE PLAYED A GAME, WHICH GAVE US A MORE INFORMATION ABOUT ALL PARTICIPANTS. THEN WE'VE PLAYED ANOTHER GAME WHICH GAVE US : NEW EXPERIENCES, ADAPTATION, SOCIAL INTERACTION AND ETC. .**
- **THE SECOND PART OF THE DAY STARTED WITH THE EGG CHALLENGE. GROUPS WERE FORMED AND EACH GROUP WAS GIVEN AN EGG, WHICH WAS TO BE EXCHANGED FOR OTHER MORE EXPENSIVE ITEMS. THIS CHALLENGE GAVE THE PARTICIPANTS AN OPPORTUNITY TO DEVELOP NEGOTIATION SKILLS, BUSINESS MINDSET, CONVERSATIONAL SKILLS AND OTHER VERY IMPORTANT SKILLS.**
- **AT THE END OF THE DAY, EACH TEAM PRESENTED THEIR FINAL PRODUCT THAT WENT TO CHARITY.**
- **THE DAY ENDED WITH CULTURAL NIGHTS, WHICH GIVES THE PARTICIPANTS THE OPPORTUNITY TO GET ACQUAINTED WITH A NEW CULTURE AND BECOME A PART OF IT.**

WRITTEN BY ARMENIA TEAM





# DAY 3

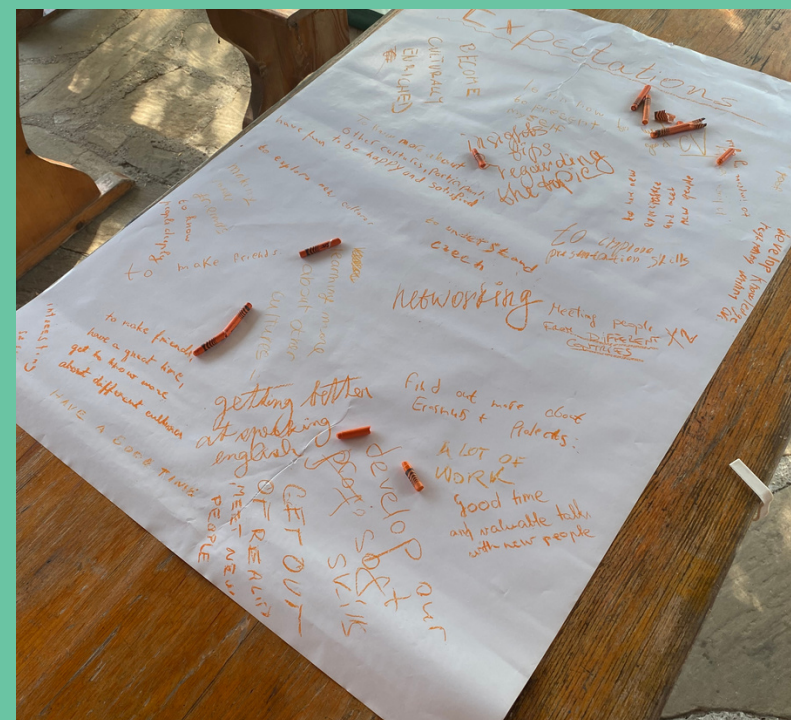


Also there was a “flying carpet” game, where we were divided into teams and had to solve the problem of turning the carpet over as a team. It was very important to listen to each other, to hear the rules in correct way and to understand that in order to make a decision it was necessary to ask more knowledgeable comrades. At the end we discussed everything in our mixed reflection groups and in the national groups. In the evening we took the cultural Belarusian and Italian night.

# DAY 4

ON THE FOURTH DAY, WE BEGAN WITH A TEAM BUILDING GAME. THE GROUP FORMED A CIRCLE, ONE PERSON ACTED AS A DIRECTOR, AND ANOTHER TRIED TO GUESS THE DIRECTOR. THE DIRECTOR LED THE TEAM IN DANCING, WITH OTHERS FOLLOWING. THE FIRST ROUND WAS SIMPLE, BUT THE SECOND, WITH TWO DIRECTORS, PROVED TOUGHER. ROUNDS CONTINUED WITH MORE DIRECTORS. IN THE LAST ROUND, EVERYONE WAS A DIRECTOR AND THE GUESSERS HAD TO IDENTIFY ALL. POST-GAME, WE DISCUSSED REASONS, OUTCOMES, AND FEELINGS REGARDING DIFFERENT DIRECTOR NUMBERS.

WRITTEN BY BELARUS TEAM



- There was a game to consolidate the memory of each other’s names. We discussed our fears, expectations and contributions.
- Before the lunch we decided to go to Tryavna and to watch the performance of the national musical troupe, with the dancings we also joined the Bulgarian traditions. We wrote a list of communication rules for our group. Then we played a communicational game – we passed information to each other and in the end we found out that the information reaches the last person in the most simplified form.



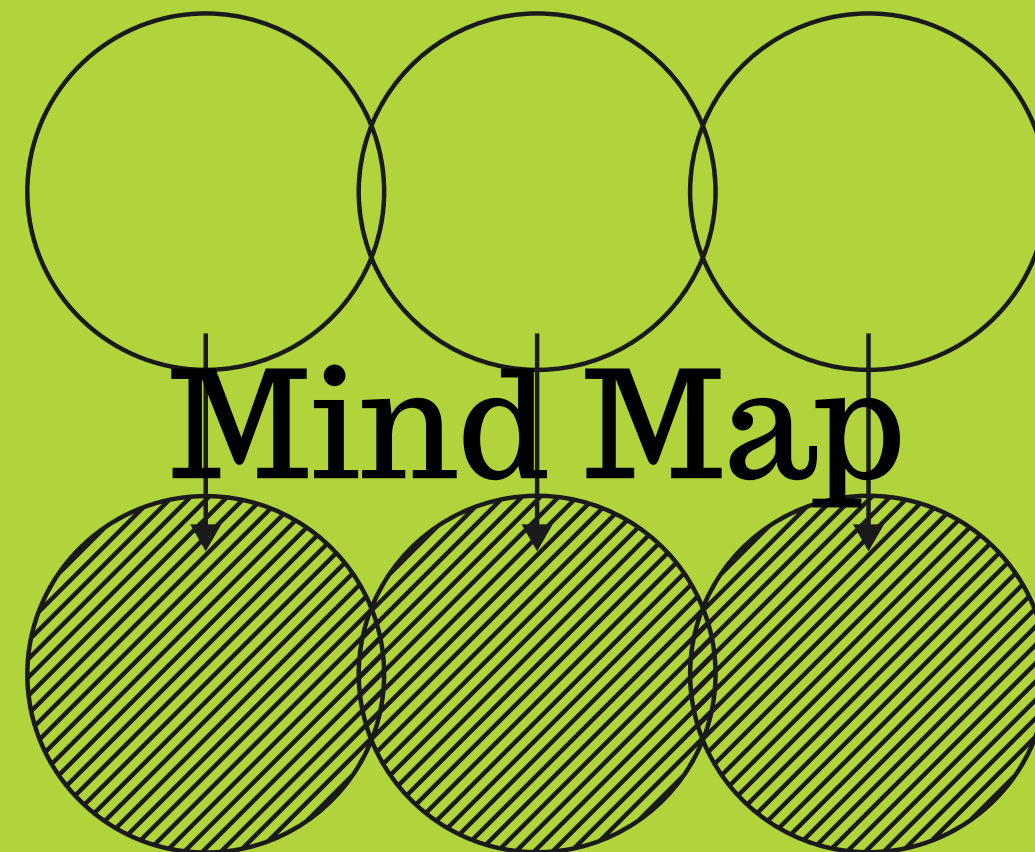
**Most felt more directors made it harder. We talked about team leaders' significance and essential traits for team success. Later, Stan introduced two decision-making methods: SWOT analysis, assessing Strengths, Weaknesses, Opportunities, and Threats; it helps shape a winning strategy.**



**SWOT ANALYSIS IS A TOOL THAT CAN HELP YOU TO ANALYZE WHAT YOUR COMPANY DOES BEST NOW, AND TO DEVISE A SUCCESSFUL STRATEGY FOR THE FUTURE**

## SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	<b>S</b> Strengths	<b>W</b> Weaknesses
External origin (attributes of the environment)	<b>O</b> Opportunities	<b>T</b> Threats



A Mind Map is an easy way to brainstorm thoughts organically without worrying about order and structure. It allows you to visually structure your ideas to help with analysis and recall.

**WRITTEN BY BULGARIA TEAM**





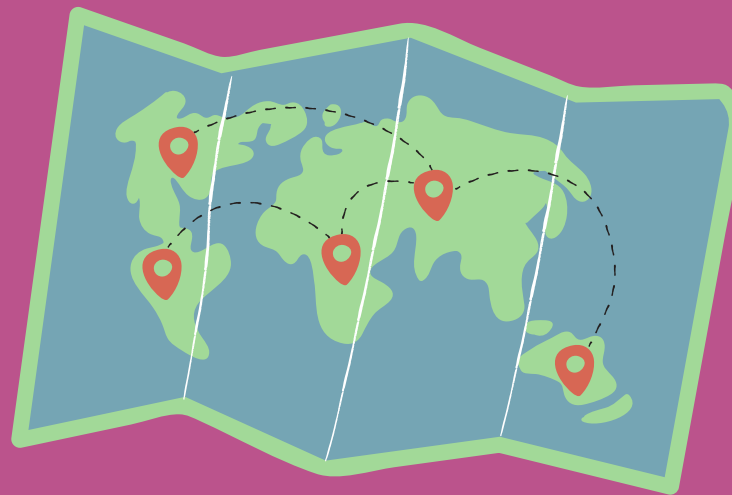
# Day 5 - Trip to Bozhentsi

EARLY MORNING, WE LEFT OUR ACCOMMODATION FOR THE LOCAL STADIUM, THEN GATHERED NEAR THE RAILWAY TO MEET OUR GROUP: LOCAL KIDS AGED 9-15 AND THEIR PARENTS. HIKING TO THE SITE, WE ENJOYED STUNNING VIEWS AND CHATTED WITH THE KIDS. WE SNAPPED GROUP PHOTOS AND BEGAN ELEVATOR PITCHES. SOME BRAVELY DEMONSTRATED, GOT FEEDBACK, AND OBSERVED OTHERS.

NOTICED FADING TOURIST MARKINGS ON TREES ALONG THE ROUTE. LEADER STAN AND BULGARIAN FRIENDS USED PRE-PREPARED WHITE PAINT TO FRESHEN THEM. AFTER 2 HOURS, 11 KILOMETERS, WE REACHED UNESCO-LISTED BOZHENTSI VILLAGE. ESTABLISHED AFTER OTTOMAN TURKS' INCURSION IN THE 16TH CENTURY, ITS NATIONAL REVIVAL ARCHITECTURE WAS PRESERVED. WE PLAYED A SUCCESSFUL KNEE-PASSING WATER BOTTLE GAME AND EXPLORED THE VILLAGE.

VISITED A MUSEUM WITH MINERALS LIKE AMETHYST AND TRIED WRITING WITH FEATHERS. EXPLORED MAIN SITES, SHOPPED FOR SWEETS AND SOUVENIRS REFLECTING BULGARIAN CULTURE. ON THE WAY BACK, CHATTED WITH LOCAL FRIENDS, LISTENED TO SONGS, AND ENJOYED DINNER. CZECH PARTICIPANT'S BIRTHDAY BECAME A LIVELY CELEBRATION, LEAVING US TIRED BUT HAPPY AT NIGHT.

WRITTEN BY CZECH REPUBLIC TEAM



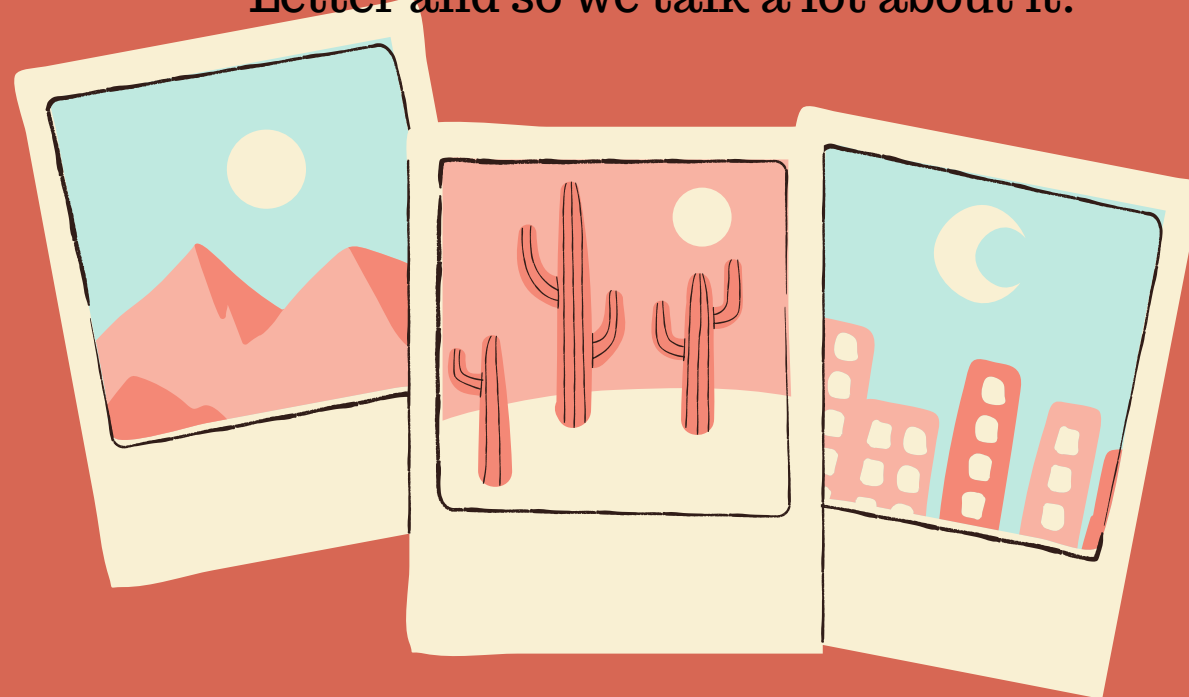


# DAY 6

As every day, we started with an energizer Witch, Dragon and Knight that gave us a lot of energy to start activities properly! Then we proceeded with a preparing a short presentation about the unemployment situation in our country. We listened also information about the countries of the other participants. Than, after lunch, Italian Team did an amazing energizer called Rubabandiera and everyone enjoyed it, under the sun. After that, we had some time to prepare our elevator speech about a topic that we choose they days before.



Then, when we finished doing the elevator speech, we had some time to introduce CV and cover letter presentation. Many of us knew what a CV is but some of us never did one; for what concern the cover letter, almost one third of the group didn't know about the Cover Letter and so we talk a lot about it.



WRITTEN BY ITALIAN TEAM

# DAY 7

1. Energizers - we played two games. At First it was a game called "storks are flying" and the second was - "ball in the circle".
2. CV - In addition, we covered the topic about creating the professional and formal CV for our future jobs and related circumstances. it was really useful, because we learned that the first impression during applying for a job, university or project is made by CV and cover letter. We followed the following material:  
<https://europa.eu/europass/en/create-europass-cv>





**3. COVER LETTER: WE DISCUSSED HOW TO CREATE A GOOD COVER LETTER AND THEN WE CREATED OUR OWN MOTIVATIONAL LETTERS.**

**[HTTPS://EUROPA.EU/EUROPASS/EN/CREATE-EUROPASS-COVER-LETTER](https://europa.eu/europass/en/create-europass-cover-letter)**

**4. JOB INTERVIEWS- WE DID ROLEPLAYS AND SOME OF US WERE POTENTIAL EMPLOYEES AND THE OTHERS WERE HR. IT WAS REALLY USEFUL WORKSHOP AS WE DID SOME KIND OF REAL SITUATION ROLEPLAY AND WE LISTENED ALL OF THE INTERVIEWS. AFTER EACH OF THEM WE WERE DISCUSSING WHAT MISTAKES HAD BEEN MADE AND WHAT WE DID WELL. NOW, WE KNOW HOW TO BEHAVE DURING JOB INTERVIEWS AND WE ACKNOWLEDGED ALL THE TIPS AND TRICKS WHICH IS GOING TO BE VERY USEFUL FOR OUR FUTURE.**



**WRITTEN BY GEORGIAN TEAM**

## *Day 8*

**LITHUANIANS ARE RESPONSIBLE FOR THE SUPERVISION OF DAY 8TH. IN THE MORNING THEY ORGANISED AN ENERGISER (TUNAK TUNAK DANCE). AFTER THAT, THE FACILITATOR DIVIDED US IN GROUPS SO WE COULD PREPARE THE BROCHURE OF THE WHOLE PROJECT. THE YOUTH REMEMBERS AND SUMMARISES THE ACTIVITIES, LEARNT SUBJECTS, METHODS FOR IMPROVING JOB SKILLS AND DIFFERENT COMPETENCES GAINED DURING EIGHT DAYS OF YOUTH EXCHANGE PROGRAM. EDITING THE SUMMARIES, UPLOADING PHOTOS, CREATING A SHORT VIDEO OF THE PROJECT.**

**IN THE EVENING PARTICIPANTS SAY GOODBYE TO EACH OTHER IN THE CLOSURE ACTIVITIES.**

**WRITTEN BY LITHUANIAN TEAM**

