



OLDENBURG, GERMANY



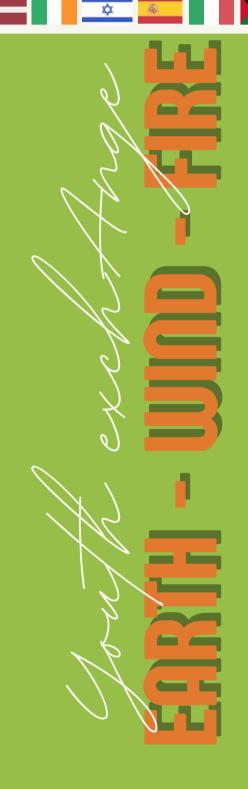
Georgian team

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MROUGION

Welcome to our guide!

This booklet is made for you, the reader, to help bring out the best in young people. We are discussing one of the Erasmus+ projects called "Earth - wind - fire". The place of implementation of the project is Oldenburg, Germany, and the project involves about 40 participants from 7 countries, such as: Germany, Georgia, Italy, Latvia, Spain, Ireland and Israel.

Today's world is full of challenges for young people, from online life to big global issues. That's why it's so important to know about positive and supportive ways to help them feel empowered and connected. This guide is here to share our daily life with the readers - from the first day of our arrival in the project to the last day.

By the end of this guide, we hope you'll be excited to join us in trying these ideas in your own work, spreading the positive vibes that can make a big difference in all of our lives.

OBJECTIVES

This project enables young people to actively participate in the development of the project program,

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focusing largely on their learning process and learning effect.

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This project aims to raise awareness about each person's responsibility for the preservation of nature. By encouraging individuals to observe and recognize their own (un)sustainable patterns and behaviours, it seeks to promote learning and the adaption of positive changes in these patterns and behaviours.



This project promotes the connection between young people and nature, even for those living in urban areas.

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PROGRAMME

We planned to develop the programme together in online meetings and on the first day of the youth exchange.

Our programme included the following activities:

- Experiential exercises to reflect on our relationship with nature.
- Art and dance to express our relationship with nature.
- Gardening and planting seeds to connect with nature.
- Trip to the coast to experience nature.
- Trip to the forest to experience nature.
- Video production to prepare material to be disseminated.
- Poster production to prepare material to be disseminated.
- International afternoon to address our multicultural group and celebrate our diversities.



- The first day was an introduction day where we did different fun introduction activities.
 Then we were divided into groups where we had to complete different missions along with seeing the city of Oldenburg. In the evening we had team building activities where we competed with each other.
- On the second day of the project, we had a session on sustainability, where we found out how many trees we need to plant to make up for what we took away from nature each year. In the afternoon, we split into pairs and played a game where we all had candy that we could either share or take away - this exercise educated us on solidarity and taught us a valuable lesson about caring for each other. In the evening, we went for a walk on the lake in our free time.
- On the third day, we chose our production groups, which were theater, video, info and social media. Everyone split into these groups and started to work - the theatre group started working on the script, the video and social media groups went downtown to give an interview about sustainability. In the evening we had a dancing and singing party.



- On the fourth day we continued working in production groups, in the afternoon and evening we had free time, where some participants of the youth exchange went out to visit the city.
- On the fifth day, in the morning, we had production clubs, where we completed projects and in the afternoon we started preparing for the evening. In the evening all the groups presented what they had done in the past days.
- On the sixth day, the whole day was a beach day, where we went to Norderney Island and we spent the whole day there, playing games, swimming and getting to know each other better.



- On the morning of the seventh day we went through everything we did during the past week. Then we divided into groups where we planned the next week's schedule taking into account the opinions of all the participants. In the afternoon we had fun activities and games including an Escape Room. In the evening, we organized a costume party using the costumes of this hostel.
- On the eighth day, we continued our production work. We had the opportunity to change our groups if we wanted to. In the afternoon, we had an interesting activity related to our boundaries, where we discovered more about ourselves and others around us. In the evening we had a movie night.
- On day nine, we all went to the lake where we split into teams where we had to go around
 the lake and do different tasks which our We had free time in the afternoon and evening,
 where different teams went to visit different cities.

DAY 10





Georgia

On the morning of the tenth day, we continued production work. Later we tried out meditation and we ended the day off with watching the Georgia VS Spain football match, which was a very fun and bonding experience for all of us.



Spain



The day began with production work and in the afternoon we got ready for the cultural event by preparing presentations, dances, songs, food and other aspects of each countries culture. In the evening participants of each country shared and presented their culture, giving each one of us an incredible oppurtunity to see different traditions, foods etc.



DAYS 12-13



the posters and booklets they had made.

On the thirteenth day we had an evaluation of the exchange and thought of future steps for us

and the environment and we finished the exchange with a free afternoon and evening.



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