



Youthpass

YOUTH EXCHANGES

Gökhan Ceylan

BORN ON **19/09/2000**

PARTICIPATED IN

My inner power: SELF-LOVE,

A YOUTH EXCHANGE WITH 30 YOUNG PEOPLE
FROM CYPRUS, ITALY, POLAND, ROMANIA, SPAIN, AND TURKEY.

THE PROJECT TOOK PLACE FROM **27/07/2021**
TO **03/08/2021** IN **Nasutów, Poland.**

YOUTH EXCHANGES

In Youth Exchanges supported by Erasmus+, groups of young people from different countries jointly design, prepare and carry out a work programme. It is usually a mix of workshops, debates, role-plays, simulations, outdoor activities. The young people are supported by experienced youth workers and leaders in this. Youth Exchanges allow them to develop competences, become aware of socially relevant topics, discover new cultures, and strengthen values like solidarity, democracy, etc.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



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The ID of this certificate is 5HFJ-VGZH-66ZC-AE5M.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+: Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



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This document certifies that **Gökhan Ceylan** took part in the Youth Exchange **My inner power: SELF-LOVE** organised by **Stowarzyszenie Proaktywne**.

The exchange project was developed and implemented in cooperation with the following partners:

Aktive Kosmos (ES), ASK Yourself (RO), Green Youth (TR), Mastronauta Omega (IT), Youth Flair (CY)

The aim and the specific objectives of the project were:

expanding knowledge about self-love: compassion, reflection, dealing with failures, nonviolent communication and
acquiring skills in increasing self-love: introspecting, being compassionate, understanding needs

Main activities:

The goal of the project is to improve the awareness about how important it is to be in harmony with oneself, simply accepting the way one is, to understand own needs, to have compassion on oneself and use own potential at the fullest and to create the state of emotional safety needed for self-love.



Nasutów, 03/08/2021

Beata Peciakowska

Person in charge of the project