

# Youthpass

## for Youth Exchanges

**Ezequiel Pecino Rosales**

born on **21/02/1987** in **Mijas, Spain**

participated in

**"Say "NO!" to dependencies and "YES!" to healthy life and sport!",**

a Youth Exchange with 35 young people  
from Bulgaria, Italy, Poland, Romania, Slovak Republic, Spain, and Malta.

The activity took place from **12/10/2010**  
to **20/10/2010** in **Karlovo, Bulgaria.**

## Youth Exchanges

Within the European 'Youth in Action' Programme, a Youth Exchange is a project where young people work and live together in an international group for a specific time. It consists of preparation, implementation, and follow-up activities. For the duration of the Youth Exchange, young people undertake a joint programme of activities with specific aims and objectives.

Young people from different countries and backgrounds co-operate with each other supported by experienced youth workers and leaders. They develop personal, professional, and intercultural competences.

Youth Exchanges foster the mobility of young people in Europe. They encourage initiative and creativity in young people, facilitate their active participation in the project, and thereby provide an intercultural learning experience.

Offering the added value of a European dimension, Youth Exchanges are quality-checked regarding content criteria and implementation.



Tsvetina Zaharlieva  
Representative of the organisation

The ID of this certificate is 2KMW-BWYS-3TVK-2HWW.  
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 EU 'Youth in Action' Programme. For further information, please have a look at <http://www.youthpass.eu>.

## Learning in Youth Exchanges

Participation in a Youth Exchange provides access to non-formal learning activities following the European Key Competences framework. Youth Exchanges help young people to gain new skills, knowledge, and attitudes as well as to learn using them in a variety of contexts.

They help to improve

- > communication in a foreign language,
- > communication skills (non-verbal, listening, speaking),
- > self-confidence,
- > the ability to interact with different cultures and environments,
- > active participation in society,
- > the ability to solve problems and to resolve conflicts in a group,
- > turning ideas into action by planning, organising, and managing, and
- > co-operating in a team.

## Project activities undertaken

Through the exchange of experience and best practices among the partners and the non-formal methods such as role games, forum theatres, case studies and special missions we motivated the youth to offer innovative methods of dealing with dependencies among youth and fostering their peers to lead a healthier way of life. The outdoor activities and the sports tournament motivated the youngsters to practice more sport and tourism.

The Youth Exchange was organised by Youth and Civil Initiatives in the Rose Valley in co-operation with Gozo Youth Association, Young Partners, OA ILAVA, EDUQ, Asociacion Juvenil Intercambia, Gerace Municipality.



Karlovo, 23/11/2010

Katya Aleksieva-Stoynova  
Person in charge of the project