



# Youthpass

## YOUTH EXCHANGES

**Francisco Martinez Serrano**

BORN ON **30/08/1997** IN **Oviedo, Spain**

PARTICIPATED IN

**Let's Move,**

A YOUTH EXCHANGE WITH 48 YOUNG PEOPLE  
FROM ALGERIA, GEORGIA, GREECE, ITALY, JORDAN, MOLDOVA, ROMANIA, AND SPAIN.

THE PROJECT TOOK PLACE FROM **06/10/2019**  
TO **18/10/2019** IN **Poiana Negrii, Romania.**

## 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.



**Adrian Cocardan**

Representative of the organisation

The ID of this certificate is 18HZ-R4FG-GX3J-G4CE.  
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>.



## Youthpass

This document certifies that **Francisco Martinez Serrano** took part in the Youth Exchange **Let's Move** organised by **Fundatia Umanitara Friend's Society**.

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

JTJE (ALGERIA); Youth For the World (GEORGIA); DreamTeam (GREECE); Asociación D.G.T. (SPAIN); YOUth Connect (ITALY); LEADERS OF LIFE (JORDAN); D.G.T. Moldova (MOLDOVA), Friend's Society (ROMANIA)

**The aim and the specific objectives of the project were:**

Let's Move is a youth exchange that raises awareness among young people of the importance of including sports and recreational outdoor activities in their lives for a healthier lifestyle. Non-formal education methods and practical activities were used to teach participants through direct experience.

**Main activities:**

Several non-formal methods for learning and developing competences were used: ice-breaking and team building games, physical exercises, interactive presentations, learning through practical activities (hiking), theater, cultural exchange, video-making, self-reflection, group research and analysis



Coverca, Romania, 10/11/2019

**Adrian Cocardan**

Person in charge of the project