



# Youthpass

## YOUTH EXCHANGES

**Francisco Martínez Serrano**

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

PARTICIPATED IN

**SOULFIT,**

A YOUTH EXCHANGE WITH 42 YOUNG PEOPLE  
FROM BULGARIA, GREECE, ITALY, PORTUGAL, ROMANIA, AND SPAIN.

THE PROJECT TOOK PLACE FROM **03/09/2021**  
TO **13/09/2021** IN **Suances, Spain.**

## 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.

**Francisco Martínez Serrano**

Representative of the organisation

The ID of this certificate is YQB5-EM11-MQJG-9MW6.  
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 Martínez Serrano** took part in the Youth Exchange **SOULFIT** organised by **Youth Nations Spain**.

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

High on Life, Walk Together, Dream Team, Reencontro, Geo Club

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

- To raise awareness about the benefits of having a healthy lifestyle.
- To practice and to enjoy outdoor activities.
- To develop an eco-conscious and promote a green lifestyle.
- To promote a spirit of international multiculturalism and European values.

**Main activities:**

Teambuilding, workshops and debates, many sports, hikings through the National Park of Picos de Europa, workshops, gymkhanas, flashmob in a local city, a fascinating experience of overcoming with canyoning, cultural nights, work on the values of the European Union, leadership techniques, etc.

**The main achievements of the project were the following:**

We address all the objectives of the project, creating healthy lifestyle habits, combating sedentary lifestyles and contributing to a more sustainable life. At the same time, many other aspects have been worked on, such as social skills, personal development, entrepreneurship, self-improvement, etc.

Asturias, 18/10/2021

**Francisco Martínez Serrano**

Person in charge of the project



The following pages contain the individual information about the participation of **Francisco Martínez Serrano** in the Youth Exchange **SOULFIT**.

**Task / responsibility of Francisco Martínez Serrano:**

Project manager.

**Francisco Martínez Serrano** developed the following competences during the Youth Exchange.

### **MULTILINGUAL COMPETENCE**

Improving my language skills in English during the whole trip and to promote the idea and benefits of talking a common language thanks to a talk I gave about it. Learning about the differences between all the participant idioms.

### **PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE**

I learned new techniques of non formal education and improved my understanding of managing an international group of people with different backgrounds and cultures.

### **CITIZENSHIP COMPETENCE**

I learned about realities of several countries that I didn't know and improved my knowledge of their cultures and situations in several topics such as environment, feminism, diversity, health and education. Thanks to this my perspective included even more points of view.

### **ENTREPRENEURSHIP COMPETENCE**

I managed several teams in workshops in order to get the task done. I learned about failure and improvisation.

### **CULTURAL AWARENESS AND EXPRESSION COMPETENCE**

I loved that every person had space to show their emotions and opinions. Nobody decided for everyone but instead we were able to give our points of view, debate and vote in a lot of aspects of the exchange. Besides we created all together some rules that included respect to diversity, to personal opinions and taking care of each other.



### DIGITAL COMPETENCE

Really important thing that the project taught me connected to this competence was video making and video editing.

### MATHEMATICAL COMPETENCE AND COMPETENCE IN SCIENCE, TECHNOLOGY AND ENGINEERING

Mathematics are everywhere, I was developing it every moment.

### LITERACY COMPETENCE

I gave my own speech in front of everyone as well as some of my colleagues did. We also encouraged people to talk and express themselves and supported those who were more introvert.

### OTHER SPECIFIC SKILLS

Given such a big and diverse group, I can say I practiced patient and I managed workshops and activities thanks to that.

**Francisco Martínez Serrano**

Participant

Asturias, 18/10/2021

#### **Further information and original documents on the Key Competences for Lifelong Learning:**

[http://europa.eu/legislation\\_summaries/education\\_training\\_youth/lifelong\\_learning/c11090\\_en.htm](http://europa.eu/legislation_summaries/education_training_youth/lifelong_learning/c11090_en.htm)

#### **Further information about the Erasmus+: Youth in Action Programme and Youthpass:**

<http://ec.europa.eu/programmes/erasmus-plus> and [www.youthpass.eu](http://www.youthpass.eu)