



Youthpass

YOUTH EXCHANGES

Leonidas Karaiskos

BORN ON **15/02/1969**

PARTICIPATED IN

INandOUT,

A YOUTH EXCHANGE WITH 27 YOUNG PEOPLE
FROM BULGARIA, CYPRUS, GREECE, AND ITALY.

THE PROJECT TOOK PLACE FROM **23/08/2021**
TO **30/08/2021** IN **Civitavecchia, Italy.**

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.

Antonella Rocchi

Representative of the organisation



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This document certifies that **Leonidas Karaiskos** took part in the Youth Exchange **INandOUT** organised by **Associazione culturale Gruppo Pax**.

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

European Republic (EL), Docho Mihaylov (BG), Between Us Cyprus (CY), Gruppo Pax (IT)

The aim and the specific objectives of the project were:

Experiencing diversity as a richness and an added value. Acquiring a more open minded and welcoming forma mentis. Developing skills and competences useful to promote far more supportive and inclusive environments. Boosting european citizenship.

Main activities:

Name games, Ice breaking activities, energizers, team building. Intercultural games. activities participated on the theme such as discussions, workshop on discrimination and on disability, role play. Meeting with a local ONG that works with disadvantaged people. Intercultural evenings excursions

The main achievements of the project were the following:

Gaining skills and competences useful to live in an intercultural environment. Becoming more open minded, and aware about what means to live with a disadvantage or disability. Becoming promoters of social inclusion in pax' life communities. Enriching youth leaders' professional, human background.

The Youth Exchange was co-funded by:

private financial resources

Civitavecchia, 29/08/2021

Antonella Rocchi

Person in charge of the project