



Youthpass

YOUTH EXCHANGES

Yana Masteha

BORN ON **09/11/2000** IN **Ukraine, Ukraine**

PARTICIPATED IN

Social Inclusion for Better Future,

A YOUTH EXCHANGE WITH 36 YOUNG PEOPLE
FROM BULGARIA, GEORGIA, ITALY, ROMANIA, TURKEY, AND UKRAINE.

THE PROJECT TOOK PLACE FROM **21/11/2019**
TO **01/12/2019** IN **Bansko, Bulgaria.**

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.



Ivan Kitanov

Representative of the organisation

The ID of this certificate is QLZU-1XVU-CHXF-DG16.
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 **Yana Masteha** took part in the Youth Exchange **Social Inclusion for Better Future** organised by **Active Bulgarian Society**.

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

ActiveBulgarianSociety,BITISI,Ballibag Köyü Yardimlasma ve Dayanisma Dernegi, Step Forward,ASOCIATIA TINERILOR
CU INITIATIVA CIVICA,L'Arca del Blues,

The aim and the specific objectives of the project were:

- generate an inclusive sense of belonging and identity;
- improve the sense for tolerance among young people;
- enhance the importance of diverse values, non-discrimination, tolerance, justice, solidarity, and equality;
- empower young people to find their own way in life.

Main activities:

Youth Exchange in Bulgaria



Blagoevgrad, 18/12/2019

Ivan Kitanov

Person in charge of the project



The following pages contain the individual information about the participation of **Yana Masteha** in the Youth Exchange **Social Inclusion for Better Future**.

Task / responsibility of Yana Masteha:

Active participation during all the sessions

Yana Masteha developed the following competences during the Youth Exchange.

MULTILINGUAL COMPETENCE

I had a lot of activities in international groups: sharing my thoughts, discussions, conversations and non-formal communication, so I have developed English skills thanks to this project. Also, I have learned some basic words from Bulgarian, Turkish, Italian.

PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE

I discovered methods about personal development skills (the circle of creativity, which I am going to use to reach my targets after the reality check). Also, I realized how what have a big influence on my state, it's the balance between the language (how am I talking?), the body (Am I satisfied with it?), the focus (where is my concentration?).

As a team leader of one outdoor activity I used and improved my personal skills in "organizing" people and also felt a large responsibility for their emotional state in our team, so I learned how to be a leader and which functions are really important in this case.

CITIZENSHIP COMPETENCE

By living with people from different backgrounds, I could learn about the differences in our cultures, and adapt to that, making me more culturally sensitive and aware of the differences between people. I also learned how to be tolerant and empathetic to other people, without trying only sympathy for them. The brightest experience was the work with people with banned opportunities, because you realized how many emotions and warm energy you gave them and how grateful they are without any words.

ENTREPRENEURSHIP COMPETENCE

I was developing myself in the role of a motivator and leader. I provided a good and positive vibe and helped the members of me national and international teams to stay energetic and motivated, and I was always there to be an active member of our group. Also, I used the skills from previous projects to make an effective plan and organize the time.

CULTURAL AWARENESS AND EXPRESSION COMPETENCE

Through the project I had an opportunity to be myself every time, I had a really safe place to express myself without any background thoughts and judgements.



LITERACY COMPETENCE

During the project we were teaching participants from other countries how to speak Ukrainian, also over the intercultural evening we share with our "Inclusion steps" in Ukraine. Our team also gave basic knowledge about Ukrainian culture, traditions, and also we have some national food to others.

Yana Masteha

Participant

Blagoevgrad, 18/12/2019

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

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

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