



**Co-funded by
the European Union**

“Moving Towards Adulthood: a Taste of Freedom”

Toolkit

“PROJECT REFERENCE: 2023-1-IT03-KA152-YOU-000150166”

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WHAT AND WHO IS THIS TOOLKIT FOR

The manual was created thanks to the contributions of the young participants, leaders and facilitators involved in “Moving Towards Adulthood: a Taste of Freedom” project.

It is intended to be a tool to support the lasting and widespread impact of the project: it aims to help participants to keep track of their main learning outcomes and put into practice behaviors and skills learnt. It is also conceived to share those outputs with their peers and can be used by youth workers and leaders to draw inspiration for future educational projects.

The activities and feedback displayed wish to encourage other young people to adopt a healthy, active and sustainable lifestyle, to be open to other cultures, to step out of their comfort zone and hopefully join an Erasmus+ project!



THE PROJECT

“Moving Towards Adulthood: a Taste of Freedom” is a project conceived within the framework of the Erasmus+ programme of the European Union and has been running from June 2023 to March 2023. It aims to be a laboratory in which young people can develop greater spirit of initiative and directly experience a sense of autonomy with respect to the concretization of individual and collective ideas.

The project idea was developed by the A.M.E.C.E. organization’s Gruppo Giovani, a youth group gathering teenagers with diverse geographical origins and holding activities on a weekly or monthly basis.

The project focus and title were inspired by a sentence shared by a young person on a post-it during one of the group activities: “Becoming an adult to me means both to take on responsibilities and to embrace a sense of freedom”.

A seemingly antithetical description that was worth diving into.

The artwork was designed by a participant and powerfully describes the features of the project: a path of self-development as a collective journey in which the previous competences of every young person are valued by making them available to the community.



THE OBJECTIVES

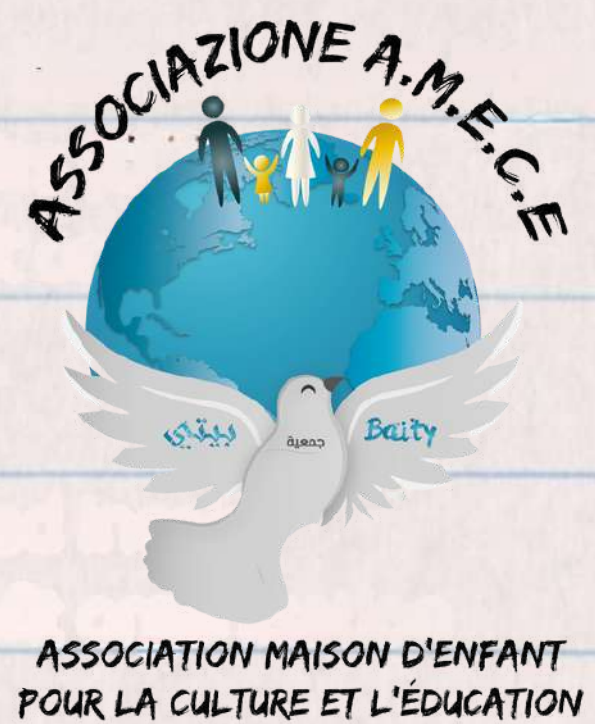


- Raise awareness about nutrition and consumption habits;
- Encourage outdoor physical activities in group;
- Develop greater attention towards the wellbeing of the community and the environment;
- Enhance the positive interaction amongst people with different cultural backgrounds;
- Promote the Erasmus+ programme and the European Union.

PARTICIPATING ORGANIZATIONS

Asd A.M.E.C.E. Baity aps

 **Turin, Italy**



AMECE Baity is a non-profit organization which stands as a Common House offering educational opportunities in the suburb areas of the city to children and young people of all cultural origins.

 [associazione.amece](https://www.instagram.com/associazione.amece)

 amece.progetti@gmail.com



PARTICIPATING ORGANIZATIONS

Dynamo International




 **Bruxelles-Namur, Belgium**

Service to help young people in difficulty.

Awareness-raising, support, individual and group training for young people aged between 13 and 25 in their personal projects at local, regional, national and international level.

Street social work, animation, educational residential stays, volunteering experience, etc.

 Edwin de Boevé – Director – +32 2 378 44 22

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PARTICIPATING ORGANIZATIONS

Masal Dil Kültür Derneği

 Kırıkkale, Türkiye



"Masal Dil Kültür Derneği" is an association established in Kırıkkale in August 2022.


Our NGO was founded by English teachers Alparslan Uysal and Ferda Öztürk Uysal, who were experienced in Erasmus+ projects in previous years and carried out projects in the field of Erasmus+ School Education in their own schools.

Our association works with volunteer and hardworking people from different parts of Turkey and from different social groups (rural youth, excluded groups, people with limited opportunities, etc.). The main purpose of our association is to help people look for different ways to improve themselves.

Our association is active, our mission is to contribute to promoting a knowledge-based culture capable of achieving sustainable economic growth aimed at protecting the environment and more social harmony.




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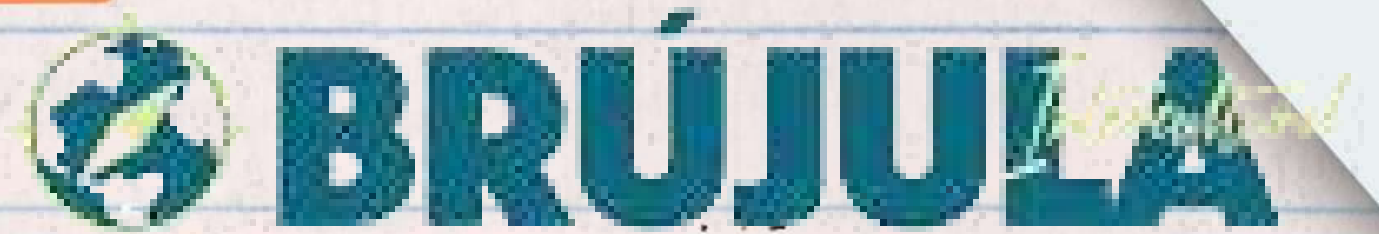


Ferda Öztürk Uysal ferdaozturk48@hotmail.com


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PARTICIPATING ORGANIZATIONS



Asociación Brújula Intercultural

 **Santa María del Campo (Burgos),
Spain**

The main objective of the organization is to promote mobility and non-formal training and learning opportunities for young people and youth workers. We believe that training, education, participation, responsibility and action in the social, environmental, cultural and youth fields are the basis for building a more supportive, sustainable, egalitarian and intercultural society, and therefore we offer the opportunity to grow, develop new skills, learn and share learning experiences in the short and long term, locally and abroad.



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[brujulaintercultural](https://www.instagram.com/brujulaintercultural)



PARTICIPATING ORGANIZATIONS

D'Ecouvés Verte

 L'Orée D'Ecouvés, France



The association D'Ecouvés Verte is a popular education and rural development association founded in 1992. Its associative project is divided into three main components: local animation, training and intercultural exchanges. The Association also embodies values and cross-cutting desires: International Mobility, Sustainable Development, Sharing, Exchange, and ... Discovery!

Since 2001, it organises and participate in Youth Exchanges each year and collaborate with European and Euro-Mediterranean countries. It is the result of partnerships built for several years, and is part of the continuity of the training and values it defends. The organisation has been accredited to host and send European Solidarity Corps volunteers too.



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[asso.decouvesverte](https://www.instagram.com/asso.decouvesverte)



THE YOUTH EXCHANGE

The main activity of the project has been a Youth Exchange held from 16 to 23 of August 2023 in Mondrone, a mountain village in the Piedmont region and then in Turin, Italy, for the last two days. Young people had the opportunity to discover how to have a healthy, active and sustainable lifestyle, while developing greater care for themselves, for their community and the environment they live in.

The activities planned included workshops, ice breakers, discussions, energizers, outdoor and sport activities, intercultural nights, study visits, public events. The youngsters were also responsible for completing some household duties in teams such as cleaning common spaces, clearing the table and washing the dishes.

The activity flow was conceived according to the principle of the participants' ownership of the project: they have been involved in the daily activities with increasingly active and decision-making roles till the creation of an amazing youth-led event.

Experiential learning opportunities complemented by reflection times made them acquire useful knowledge, attitudes and skills to reconsider their daily behaviors according to the topics addressed, while improving their self-esteem and a solidarity-based attitude.



THE MAIN INGREDIENTS

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27 participants between 15 to 18 years old

7 group leaders

2 facilitators

A **bunch** of motivated volunteers

5 countries involved

A **dozen** of different cultures represented

9 days of workshops, sports and events

A **few** hours of sleep deprivation

2 main locations: **Ala di Stura and Torino**, Piedmont region, Italy

Countless spaces visited and experiences lived

A **lot** of contacts, memories and new foreign words learned

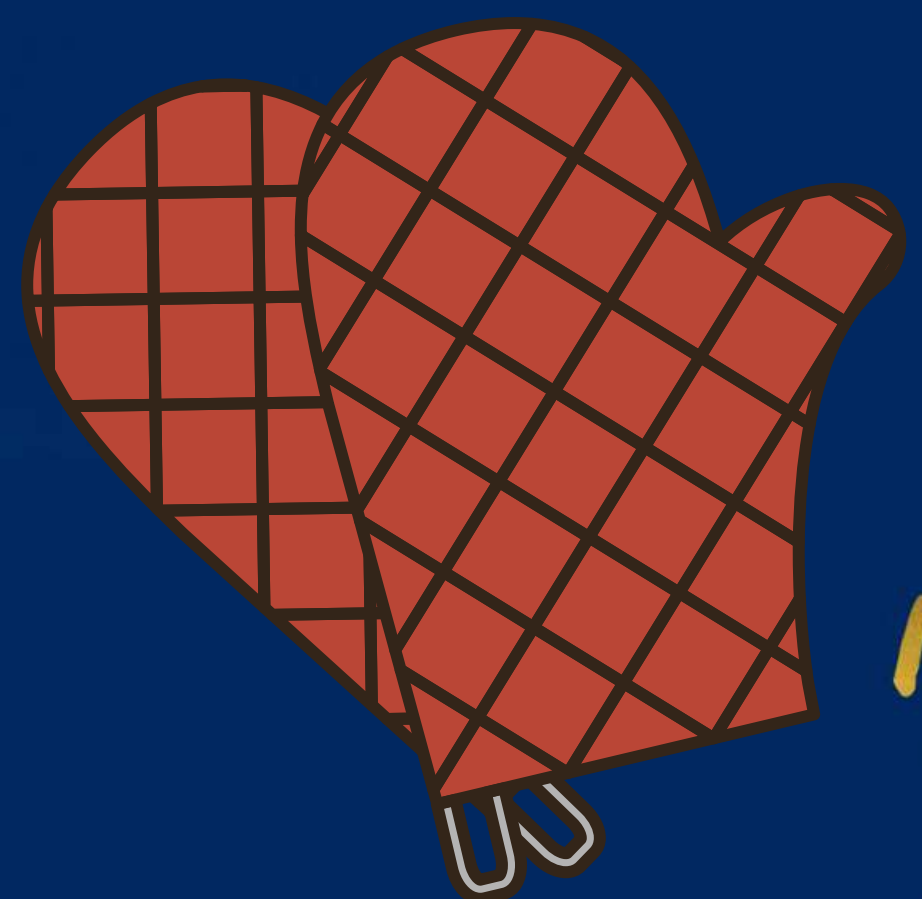


	Aug 16 th	Aug 17 th	Aug 18 th	Aug 19 th	Aug 20 th	Aug 21 th	Aug 22 th	Aug 23 th	Aug 24 th	Aug 25 th
8:00 - 9:00	ENERGIZER	ENERGIZER	ENERGIZER	ENERGIZER	ENERGIZER	HIKING PREPARATION	PIZZA WORKSHOP	PACKING	BARRIERA TOUR	DEPARTURES
9:10 - 9:30	ENERGIZER	ENERGIZER	ENERGIZER	ENERGIZER	ENERGIZER	HIKING PREPARATION	PIZZA WORKSHOP	PACKING	BARRIERA TOUR	DEPARTURES
9:30 - 10:45	GET TO KNOW EACH OTHER	INTRODUCTION TO THE TOPIC	INTRODUCTION TO THE TOPIC	INTRODUCTION TO THE TOPIC	INTRODUCTION TO THE TOPIC	HIKING	PREPARATION OF THE FINAL EVENT	TRAVELLING TO TORIN	BEACH VOLLEY WAKEBOARD PADL @ BUNKER	
10:45 - 11:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
11:00 - 12:15	PRESENTATION OF THE AGENDA	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	HIKING	PREPARATION OF THE FINAL EVENT	VISIT OF THE CITY CENTER		
12:30 - 13:30	EXPECTATIONS, FEARS AND CONTRIBUTIONS	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	HIKING	PREPARATION OF THE FINAL EVENT	VISIT OF THE CITY CENTER		
13:30 - 14:15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14:15 - 15:00	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	TREASURE HUNTING OF THE CITY	DEBRIEFING + EVA WATION	
15:00 - 15:20	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	TREASURE HUNTING OF THE CITY	DEBRIEFING + EVA WATION	
15:20 - 16:30	SPEED DATING + HUGS	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	HIKING	PREPARATION OF THE FINAL EVENT	PREPARATION OF THE FINAL EVENT	BREAK	
16:30 - 16:50	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
16:50 - 18:00	RULES	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	BEE'S A BIRD WASTE SOCIETY	HIKING	PREPARATION OF THE FINAL EVENT	PREPARATION OF THE FINAL EVENT	FOLLOW UP	
18:00 - 18:30	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS	ARRIVALS
18:30 - 19:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
19:30 - 20:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	FINAL EVENT	DINNER w/ FAMILIES and Goodbye PARTY
20:30 - 21:15	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	DAILY TASKS	FINAL EVENT	DINNER w/ FAMILIES and Goodbye PARTY
21:15 - 21:45	INTERCULTURAL NIGHT ITALY	INTERCULTURAL NIGHT BELGIUM	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT FRANCE	INTERCULTURAL NIGHT SPAIN	INTERCULTURAL NIGHT SPAIN		
21:45 - 23:00	INTERCULTURAL NIGHT ITALY	INTERCULTURAL NIGHT BELGIUM	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT FRANCE	INTERCULTURAL NIGHT SPAIN	INTERCULTURAL NIGHT SPAIN		
23:00 - 23:45	INTERCULTURAL NIGHT ITALY	INTERCULTURAL NIGHT BELGIUM	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT FRANCE	INTERCULTURAL NIGHT SPAIN	INTERCULTURAL NIGHT SPAIN		
23:45 - 00:00	INTERCULTURAL NIGHT ITALY	INTERCULTURAL NIGHT BELGIUM	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT TURKEY	INTERCULTURAL NIGHT FRANCE	INTERCULTURAL NIGHT SPAIN	INTERCULTURAL NIGHT SPAIN		

LET'S COOK TOGETHER



The cooking workshops gave the participants the opportunity to take an active role by learning and teaching a set of recipes. Besides having been ambassadors of their own cultures, they have conceived inclusive and balanced meals through a collaborative attitude. Read their recipes and feedback on the experience in the next pages!



Lentil Balls

Recipe name	Lentil Balls
Origin	Türkiye
Quantities for	4 servings
Difficulty	Easy
Kitchen materials needed	Saucepan, bowl, cooker, tray, serving plates
List of ingredients	200 gr red lentils, 100 gr thin (fine) bulgur, 1 tsp tomato paste, 1 tsp pepper paste, 1 fresh onions (chopped), 1 onion (chopped), Parsley (chopped), 30 ml olive oil, 1 tsp cumin, 1 tsp salt, 1 tsp black pepper, 1/2 tsp chilli powder, 1 lemon, Lettuce


Preparation



Put lentils into boiling water and wait until lentils are soft and add fine bulgur, stir it. Remove from the heat. Cover and wait for 20 mins until bulgurs are very soft. In a saucepan, add 30 ml olive oil, chopped onion and stir it until onions are soft, add tomato and pepper paste and mix well. Remove from the heat and cool. Add onion and paste mixture into lentil mixture and mix well. Add chopped parsley, chopped fresh onions and all spices with salt and mix. In this step, you can use a stand mixer for mixing or you can knead with your hand. You can use some water to give shape to your lentils as a ball. You can serve it with lettuce, lemon and tomatoes. Enjoy!



Erişte with yogurt

Recipe name	Erişte with yogurt
Origin	Türkiye
Quantities for	4 servings
Difficulty	Easy
Kitchen materials needed	Saucepan, plate, bowl, drainer, cooker, frying pan
List of ingredients	2 bowls of erişte (homemade Turkish pasta), Yoghurt, Salt, butter, Tomato Paste, Dry Mint, Black pepper, Red Pepper
Preparation	 <p>Put water in the pot and boil it. After it boils, add salt and add erişte. After it is boiled, we take it off the stove and pass it through a strainer. Add a little oil and butter to our pan and add tomato paste and spices. Roast the tomato paste until its smell disappears and remove it from the stove. Put the noodles on a serving plate, pour yogurt on it, and lastly add the tomato paste sauce and serve. Enjoy!</p> <p>According to your preferences, you can add garlic to the yogurt</p>



Semolina halva with ice-cream

Recipe name	Semolina halva with ice-cream
Origin	Türkiye
Quantities for	4 servings
Difficulty	Medium
Kitchen materials needed	Saucepan, bowl, serving plate, cooker
List of ingredients	2 glasses of semolina 100 gr butter, 1 glass milk, 1 glass water, 1,5 glass sugar Ice-cream
Preparation	<p>Put milk, water and sugar in a small pot and heat until the sugar dissolves. Let it cool. Put the butter in the pan and melt it. Add semolina and fry over medium heat. Roast it without interruption until the semolina changes color. Turn down the stove. Add the syrup carefully. After the syrup thickens, remove it from the stove. Cover it and let it brew for about 10 minutes. Serve it with ice cream after it brews. Enjoy!</p> <p>You can add the recipe nuts and spread cinnamon on it while serving.</p>



Thuna's Peach and chicories



Recipe name	Thuna's Peach and chicories
Origin	Belgium
Quantities for	6 servings
Difficulty	Very easy
Kitchen materials needed	Big bowl, knife, standard spoon, cutting board
List of ingredients	2 cans of peaches in syrup (put in the fridge before preparation), 2 cans of tuna in brine (chill in the fridge before serving), Mayonnaise, 2 teaspoons mustard, 1 teaspoon ketchup, parsley, 1 onion, finely diced, salt, pepper, Salad, Tomatoes, 6 Chicories
Preparations	Cut onions into small cubes. Mix tuna with mayonnaise, mustard, ketchup, parsley and onions. Drain peach halves and fill with tuna salad. Add a little parsley for garnish and a leaf of lettuce at the bottom of the plate for decoration.



Meatball with tomato sauce and Belgian fries

Recipe name	Meatball with tomato sauce and Belgian fries
Origin	Belgium
Quantities for	6 servings
Difficulty	Easy
Kitchen materials needed	Knife, oven, fork, 2 pans, spoon, 2 plates, cutting board
List of ingredients	<p>Meatballs : 800g minced meat, 2 eggs, 80g parmesan cheese, 80g breadcrumbs, 80g milk, 1 and a half onions, diced, salt, pepper, Parsley, 400g Butter</p> <p>Tomato sauce : 1 1/2 cans crushed tomatoes, 1 1/2 cans Passata tomatoes, 1 and a half carrots, 1 and a half carrots, Oregano, Thyme, salt, Pepper, Fresh basil (at the end of cooking), 3 cloves garlic</p> <p>Belgian Fries : Vegetable cooking oil, 800g potatoes</p>
Preparation	<p>Place the minced meat in a bowl. Peel and finely dice onions. Add eggs, breadcrumbs, Parmesan, onions, milk, parsley, salt and pepper. Mix well with a fork or hands. Make balls of around 100g. Melt a little butter in a frying pan and brown the meatballs ver low heat. Peel and chop onions and carrots into small cubes, then brown in a pan with olive oil. Add tomato sauce and season with salt, pepper, oregano and thyme. Transfer the meatballs to the tomato sauce pan and simmer for 30 to 40 minutes At the end of cooking, add fresh basil. Serve with Belgian fries as a side (cutted and fried potatoes).</p>



Liège's Waffles

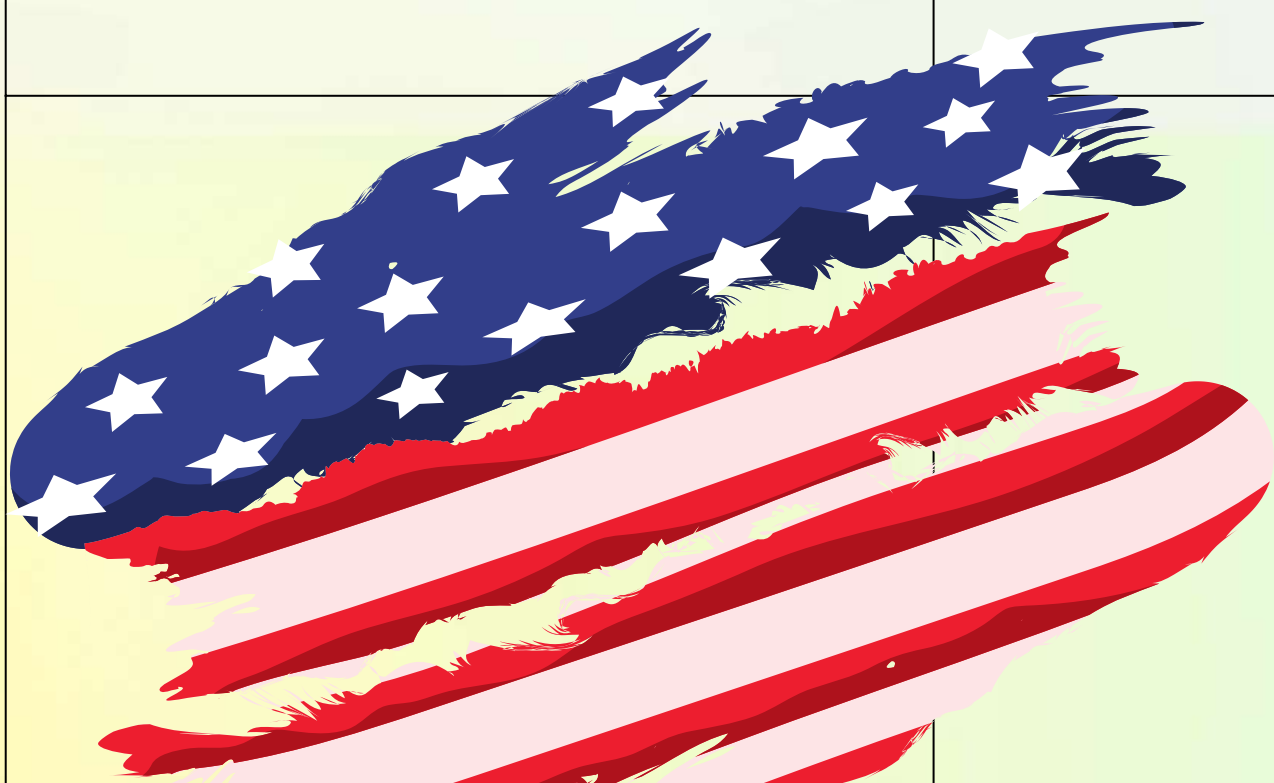
Recipe name	Liège's Waffles
origin	Belgium
Quantities for	8 servings
Difficulty	Easy
Kitchen materials needed	Salad bowl, electric whisk, dish towels, waffle irons
List of ingredients	500g flour, 12 eggs, 500g fine sugar, 500g unsalted butter, 2 vanilla sugar packets, 2 tablespoons of water, vegetable oil
Preparation	Put vanilla sugar, sugar and eggs in a large bowl and mix with an electric whisk. Melt the butter over low heat. Add a little flour to the mixture, then a little butter, and so on until there is no more flour and butter. Add the 2 tablespoons of water. Leave to rest for half an hour with a damp towel. When the waffle iron is hot, add a little vegetable oil and waffle batter, cook it until it turns golden.



Banana Bread



Quantities for	6 people
Difficulty	Easy
Kitchen materials needed	Bowls, mixer, plumcake baking pan
List of ingredients	3 ripe bananas, 65 gr dark chocolate, 90 gr walnuts, 120 gr oat flour, 120 gr whole wheat flour, 100 gr brown sugar, 125 gr yogurt, 16 gr yeast (1 packet), 50 gr sunflower oil, cinnamon, salt, butter
Preparation	<p>Preheat the convection oven at 170 degrees Celsius. Cut the chocolate into small pieces, get the walnuts out of the shell and crush them. Cut the bananas and put them in a mixer, adding the sunflower oil, the brown sugar and the yogurt. In another bowl, mix the two flours, the yeast, the dark chocolate chips, the walnuts, a bit of salt, a spoon of cinnamon. Merge the two mixtures together. The final texture of the dough will be quite solid: don't worry, it's the way it should be! Transfer the dough into a buttered and floured plumcake baking pan. Put it in the oven for about 50 minutes.</p> <p>This is a zero waste recipe because it allows you to find a new use of those black bananas that have been staring at you in a kitchen corner for a week!</p> <p>If you don't have oat flour and whole wheat flour, it is possible to use all white flour instead. Still, unrefined flours are preferable because they have higher nutritional values for the benefit of our body, such as fibers.</p>





Atay

Recipe name	Athay (Moroccan tea)
Origin	Morocco
Quantities for	8-9 cups
Difficulty	Easy
Kitchen materials needed	Stovetop teapot, kettle
List of ingredients	2 teaspoons of green Chinese tea 3 spoons of sugar water fresh mint
Preparation	Boil water in the kettle. Pour the tea, the sugar and the boiled water in the teapot. You can add fresh mint if you like. Let gently simmer over medium-low heat until it comes to a boil. Pour it from above in small cups in order to create the peculiar foam.
Suggestions	If desired, place some fresh mint in each tea cup/glass to obtain a stronger fresh mint aroma and to decorate your tea cups/glasses.



YOUNG PEOPLE FEEDBACK

The part I enjoyed the most was interacting with new people and cooking with them between laughter and difficulties in communication, still despite the difficulties, we managed to communicate using every possible method. I enjoyed the friendly atmosphere in the workshop. (Oumaima)

I really enjoyed cooking our country's cuisine, as there were a lot of moments that were quite strange for others, given that tuna fishing with peaches is not really usual (Pierre)

I really liked when we ate and everyone said our country dishes were delicious. I was happy because making dinner really stress me out and it was also the first time I was cooking with people and for so many people but it was a great experience and I was proud of myself (Lola)

I felt the joy and happiness of sharing things with people and having people sharing things with me (Arlind)

I took part in the making of Sofiane mom's special gauffres. It was such a fun experience! Soso explained every passage precisely and taught me how to use the waffle maker. But, of course, the best part of the workshop was the tasting of the gauffres! (Ben)

It was a very nice experience, fun and sweet... "very sweet"... Gauffres were one of the many desserts I've always wanted to try and it was very delicious (Jaqueline)

I felt great in the workshop, because I wanted to please by sharing my waffle recipe. I had already made a lot at home, so it was easy. And besides, I had friends helping me. It was a nice moment, and people enjoyed it. (Sofiane)

The recipe we were doing was very easy and very tasty, considering it only needs four ingredients! I had a lot of fun because besides cooking we were talking and laughing and getting to know each other more. Then I helped with drawing the ingredients and the dish in the presentation cardboard and I was very happy about the others' satisfaction with my drawing skills (Desara)

I remember I was enjoying the moment while cutting the potatoes and fooling around all together, but at the same time I had some problems in communicating in a foreign language, which I overcame by using online translators and asking others for support (Haroun)

I really enjoyed the French recipes. We collaborated, shared some laughs and those moments helped us bond a lot. I didn't find any difficulties, maybe just the language since some people spoke little English, if we really have to call it a difficulty (Menna)

My favorite moment was when we were making the poster to introduce the recipe because we started joking about the ingredients and quantities. At first I felt self-conscious, but when the group started to do jokes, I joined and I felt better, it was special. (Jessica)

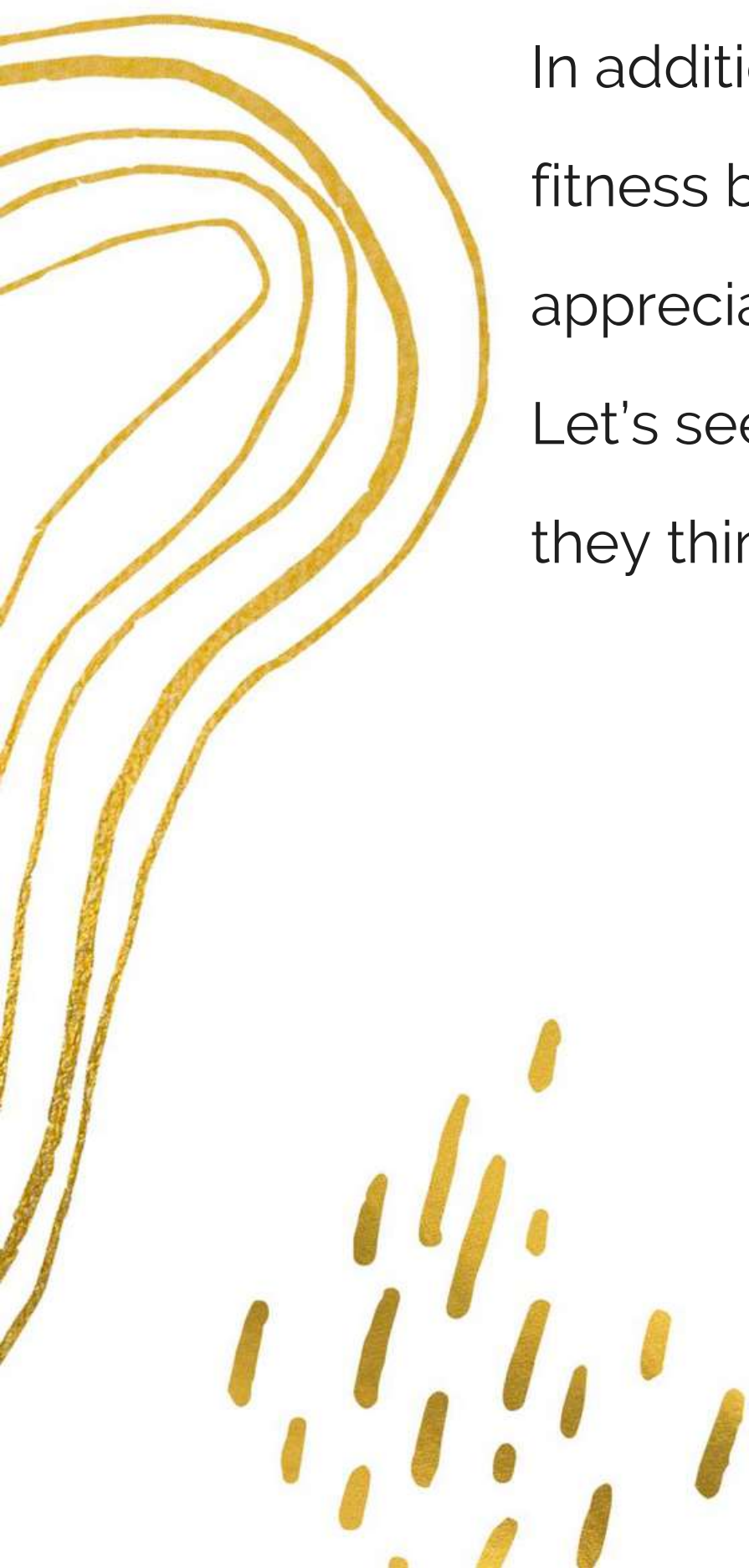
LET'S MOVE TOGETHER

According to the World Health Organisation statistics in 2020, four out of five adolescents do not get enough physical activity. Still, moving is important because it keeps the body in shape and is good for the mind. When we move, our heart and lungs work better; blood circulation improves, bringing more oxygen and nutrients to our cells. Regular physical activity helps to live better and longer because it is key to prevent some diseases and getting sick often, as well as to reducing symptoms of depression and anxiety.

Exercising together is enjoyable because it makes the activity more fun and motivating. Sharing the experience with others creates a sense of belonging and mutual support, making people more motivated to continue. Social bonds are formed, stress is reduced, and a healthy friendly competition is encouraged, making the activity a more enjoyable moment.

In addition, exercising outdoors in a group setting not only improves physical fitness but also provides an opportunity to connect with others and appreciate the beauty of nature.

Let's see which activities the young participants have experienced and how they think they have benefited them.



PADEL

Padel is a racquet sport that combines elements of tennis and squash. It is typically played in doubles on an enclosed court about half the size of a tennis court.

BEACH VOLLEY

Beach volleyball is a variant of indoor volleyball played on a sandy court divided by a net. It's usually played in pairs, and the dynamic environment adds an extra layer of challenge compared to indoor volleyball.

I think beach volley was a perfect moment to learn to work as a team, also if it was a little bit boring because we lost the ball a lot but, for the same reason it was so funny (Jessica)



WAKEBOARDING

Wakeboarding is a water sport where a rider is towed behind a boat or a cable system, riding on a small board with bindings. The rider uses the boat's wake to perform tricks and maneuvers.



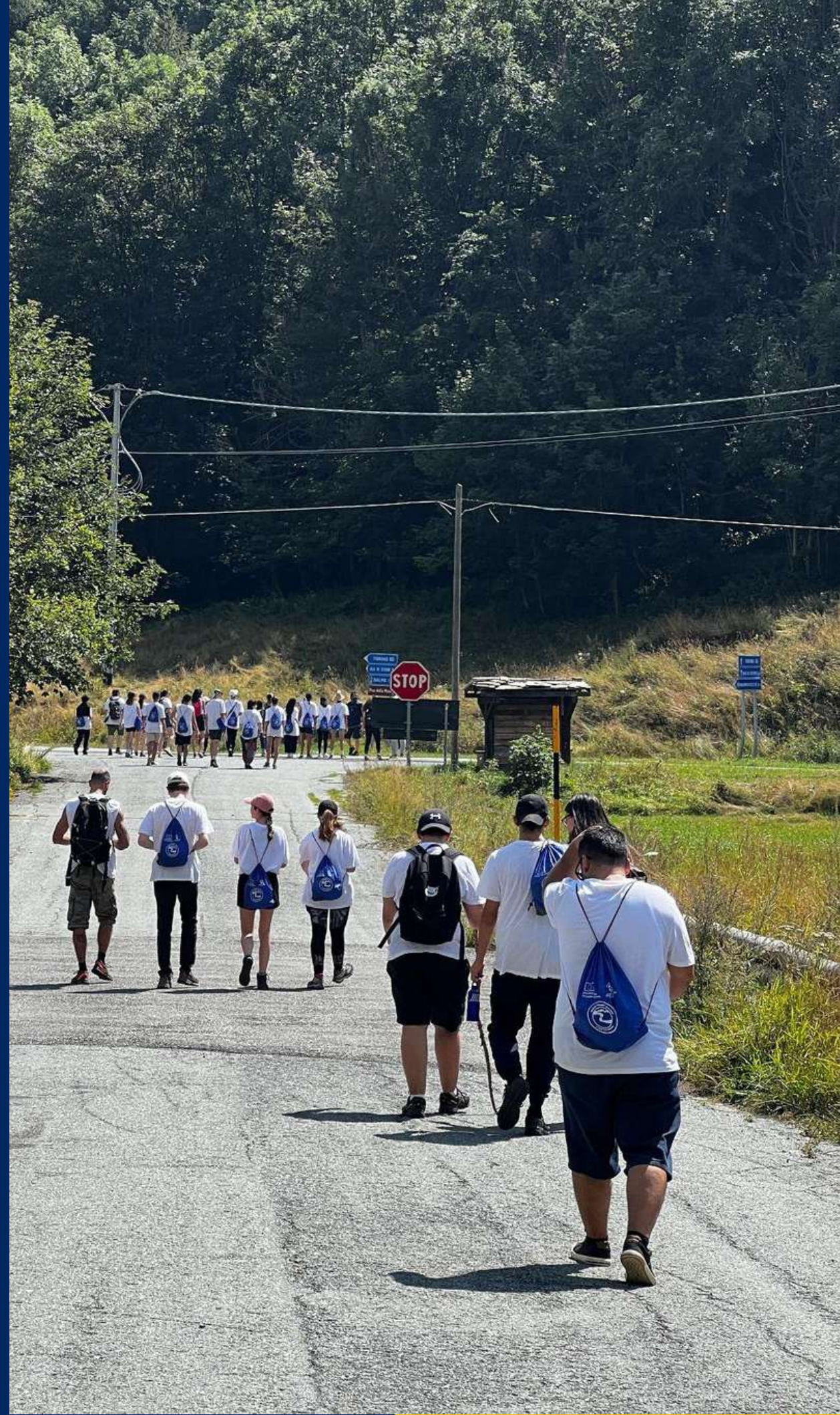
HIKING

Hiking consists of walking as a recreational activity: it can be organized in the mountains, in a forest, in a field or other natural space. Although there are different degrees of difficulty, the activity promotes physical fitness, is affordable and requires no special equipment.

The young participants had the opportunity to go on a hike with a professional guide for a full day and visit the Lanzo Valleys by following a path along the Stura river from Mondrone to Balme village. The group first visited the Gorgia di Mondrone fall and headed to the Giant Bench for a break and a snack; then they crossed a rock bridge leading them to a large forest and again a wooden bridge taking them to Chialambertetto. A few kilometers later the youngsters came across another stone bridge where red traces on rocks were found in its surroundings: the guide explained that once there used to be an iron mine in the area and, a few steps ahead, a small abandoned town where the old miners lived was still there.

The group had lunch and rested in the shade of some trees, till the early afternoon where it headed towards the Gorgia di Balme waterfall, running into a power plant, the ruins of a watermill and a wooden dragon sculpture.

On the way back home, the guide led them into the ancient Balme village, making a quick stop at the Sant'Anna Chapel and then they hiked the same way as in the morning.



YOUNG PEOPLE FEEDBACK

When we all arrived at the house we realized that we had completed 10 km! We were proud of our achievement! (Camyla)

It was the first time in the mountains during the summer. It was so beautiful. But I had backache (Lola)

Some participants were tired, others were hot, others had sore feet. We had to give them moral support during the walk. (Julien, group leader)

What I liked the most was the views and being that close to nature. I like to do sport and go hiking it's a form of sport and a way to get one's self mind in peace (Dante, group leader)

We immersed ourselves among the trees and mountains, discovered beautiful places that were hidden and unexpected landscapes. The part I liked the most was seeing a magnificent view of Balme. In my opinion, walking is good for health, and therefore, it should be done more often (Oumaima)

I liked and disliked this activity at the same time! when we finished the activity I was very tired because I am not a person who likes to walk a lot, but I really liked it because we did it in a group and it was more fun. I would like to experience it again (Alison)

One of the best outdoor activities I must say because I explored nature and also talked with others more freely. I had actually never walked for so long and it was a bit tiring but it was very worth it. When we were doing the lunch break we were all laughing and having a lot of fun (Desara)

I did a lot of movement, which benefits me but I almost never do and talked more with the other groups. Even when there were moments that I felt very tired, I got over them by talking to people (Jaqueline)

CITY WALKING TOUR

Believe us: accompanying some foreign friends to discover your city for a few hours could make a routine walk special!

Have you ever tried to be a guide for one day in the city in which you live?

It happens that young people don't value the place they live in because they just don't know it well and take it for granted. A popular way of thinking is to prefer visiting far away countries, forgetting those beautiful local spots surrounding us, something that, following the travel restrictions due to the Covid pandemic, has been partially reversed. The decision by AMECE Baity to host a youth exchange in Mondrone and Turin was taken to allow its Youth Group to discover and rediscover a territory that looks familiar through the eyes and the questions of their guests. A significant exercise, especially considering that the majority of the young "guides" were not born and raised in the city. And a considerable physical exercise too: once arrived in Turin, the young people split into groups to explore different places in the city. Here is an account from one of the participants:

"The morning we arrived in Turin, we first visited SERMIG, an old factory of weapons during the Italian Risorgimento and the Two World Wars. In the 80s, a thousand people came from all over Italy and abroad to offer their voluntary work to refurbish it: today, the Arsenal of Peace of Turin helps homeless people, women in need and whoever cannot manage to find a place for the night, food and health care, but it also support many more development projects in all 5 continents. After that, we were assigned some tasks to help us discover more about the city. With my group we went first to explore the Porta Palazzo market, the largest outdoor market in Europe, which is colorful and multicultural. During our tour, we even asked the fruit sellers to exchange an object we had with fruits or vegetables. Then, we headed to the Giardini Reali, a pleasant park surrounding the Royal Palace of Turin, to take a break and have lunch in the shade of the trees. Since it was a hot day, we played with water guns to freshen up. After the break, I took my group to see the Mole Antonelliana, symbol of Turin, the majestic buildings and palaces in Piazza Castello, the main square of the city, then the Cristoforo Colombo's Little Finger right around the corner. We decided to walk through via Roma until piazza San Carlo and piazza

C.L.N. In piazza San Carlo we visited the interior of the historic Caffè Torino and we also conducted interviews with some people in the street about the statue located in the middle of the square".

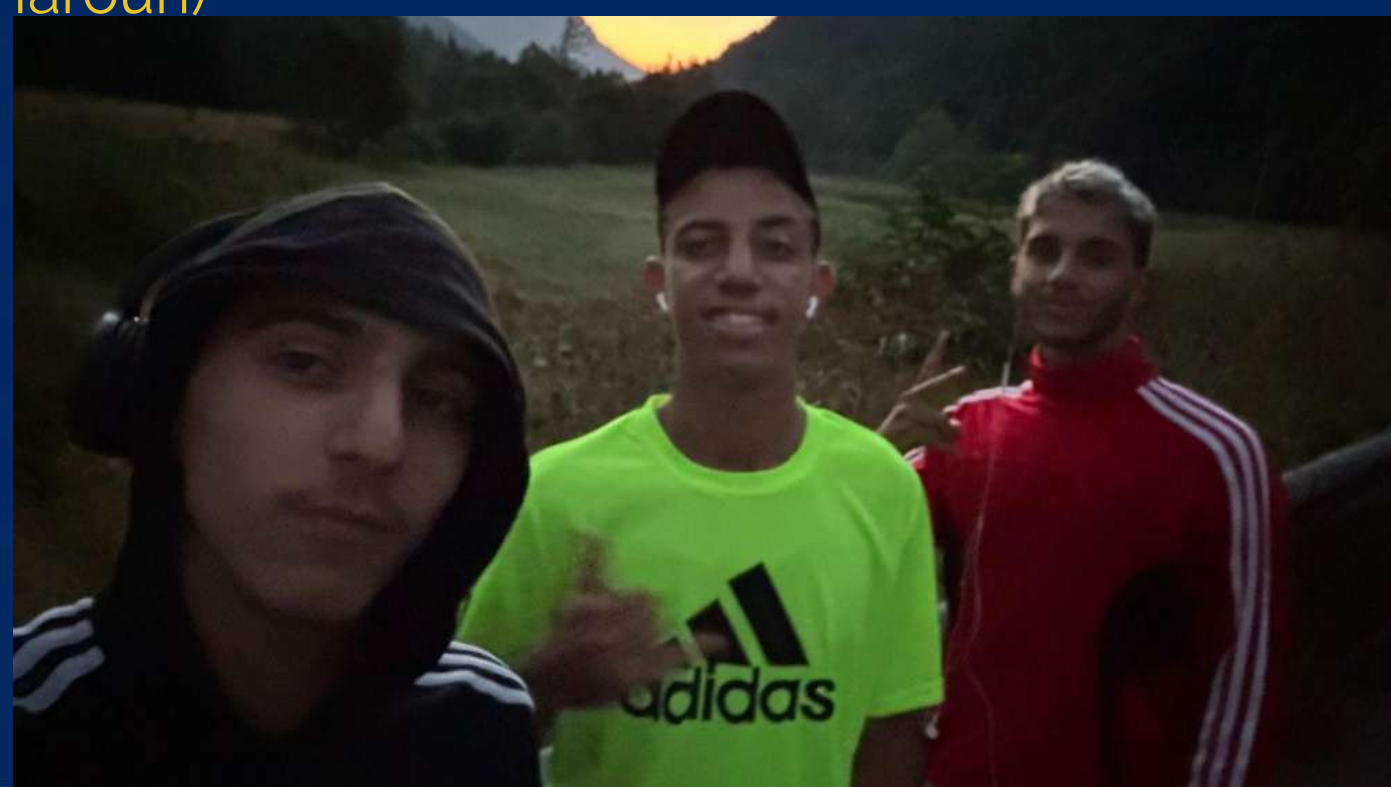
I love the culture and history of other countries and Turin was packed with history, there were a lot of similarities with Brussels. It was really cool and we had good guides. I had to learn a language I didn't know at all, it taught me to communicate (Pierre)



EARLY MORNING RUNNING

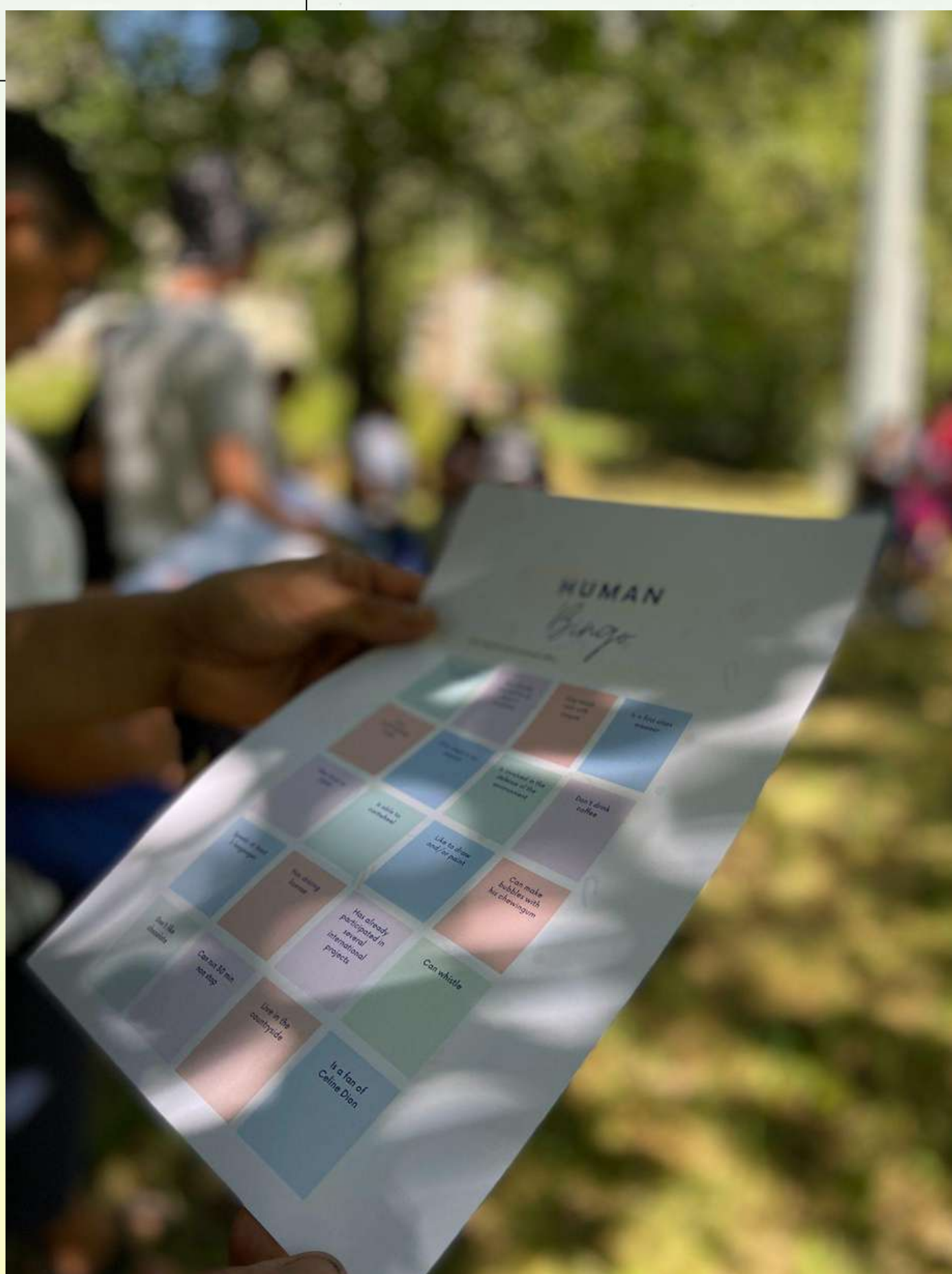
The Belgian team suggested having some workout in the morning, before the start of activities. Participants could freely join and enjoy the quietness of the mountain at that time of the day.

I went for a run early in the morning with Sofiane, Ali, and Julien. It was a great moment, feeling the fresh air as I breathed (Haroun)



HUMAN BINGO GAME

Activity aim(s)	Aim is to interview people to find matches to the questions on your cards. So that people can get knowledge each other in a funny way and know each other well.
Materials needed	Paper, pen, some prepared questions before
Activity description	Human Bingo is an icebreaker that helps people learn interesting facts about each other. People walk around the room/garden and mingle until they find people that match the facts listed on a bingo-style sheet.



TRUST GAMES

Activity aim(s)

- Build trust with other participants
- Promote outdoor activities
- Body and space awareness
- Getting to know yourself and others



Follow the guide:

In groups of 2, one participant takes turns guiding the other with his or her hand. The participant being guided must follow the other's hand with his face, trying to maintain a maximum distance of 20 cm between hand and face. The guide can move around the space as he or she sees fit. The instruction is to take care of each other.

Mirror:

Participants in groups of 2 take turns facing each other. One will play the role of mirror. The mirror must reproduce exactly the same gestures and postures as the person it reflects. The instruction is to be respectful in your gestures in order to take care of the other.

Blind route:

Blindfolded youngsters, in groups of 2, move around the space. The participant who is blindfolded must let him/herself be guided by the other, without speaking: he/she will guide the blindfolded participant by putting his or her hand on the other's shoulder to point the way.

The human net:

Youngsters, in groups of 2, will have to face each other. One shows his back to the other. The one showing his back should stand up straight with his feet together. The exercise is performed first with eyes open, then with eyes closed. The one behind must let himself fall into the arms of the one behind him. At first, they hold each other close, then gradually move apart.

Next, participants form groups of 4 in a circle, with one participant in the center. With arms folded across his chest, feet together and eyes closed, the participant must allow himself to be gently pushed by the other participants, who are also responsible for holding the person back so he doesn't fall.

Activities description



At first I was really afraid to do the exercise but my group was awesome and found the words to reassure me: they were all so understanding and trust worthy, they reassured me all along (Maël)

MINDFUL EATING WORKSHOP

The timetable included a two-day workshop focused on dietary consumption choices, facilitated by the nutritionist Dr. Sara Boussetta. She also took care of structuring the menu for the stay, considering a balanced diet, accommodating the dietary preferences and restrictions of everyone, while respecting the seasonality of the ingredients and incorporating food items recovered from our partners to give them a second life.

During the activities, the participants learnt that having a healthy diet is essential to keep our body strong, active, and energized for daily activities. Eating well doesn't mean removing certain foods thought to be harmful, but rather balancing the various nutrients our body needs. Carbohydrates, proteins, fats, vitamins, and minerals are all nutrients our body derives energy from, found in grains, meat, dairy, vegetables, and fruits, respectively. Maintaining a balanced diet is crucial; we can indulge in foods labeled as "junk," but it's important to balance their intake within our diet.

5 FOOD
GROUPS





The group examined the label of some foods: it is a table on the back of the product containing information such as its origin, nutritional value, ingredients, potential allergens, storage instructions, and the expiration date. These seemingly confusing data are essential for understanding the history of the product we're purchasing (and we're about to eat). The nutritional values on the label help us gauge how well the product meets our body's daily nutrient needs, informing us of its usefulness. Values like fats, sugars, and dairy content are detailed, along with portion sizes.

which one is healthier?

SNACK A		
	Per serve	Per 100g
Energy	500kJ	1720kJ
Protein	1.0g	4.0g
Fat	3.0g	10.5g
- saturated fat	1.5g	4.5g
Carbohydrate	22.0g	75.0g
- sugars	10.0g	35.0g
Fibre	0.5g	1.5g
Sodium	65mg	225mg

SNACK B		
	Per serve	Per 100g
Energy	370kJ	1845kJ
Protein	2.0g	8.5g
Fat	3.5g	17.0g
- saturated fat	0.5g	3.0g
Carbohydrate	12.0g	60.0g
- sugars	3.5g	17.0g
Fibre	2.0g	9.0g
Sodium	50mg	140mg



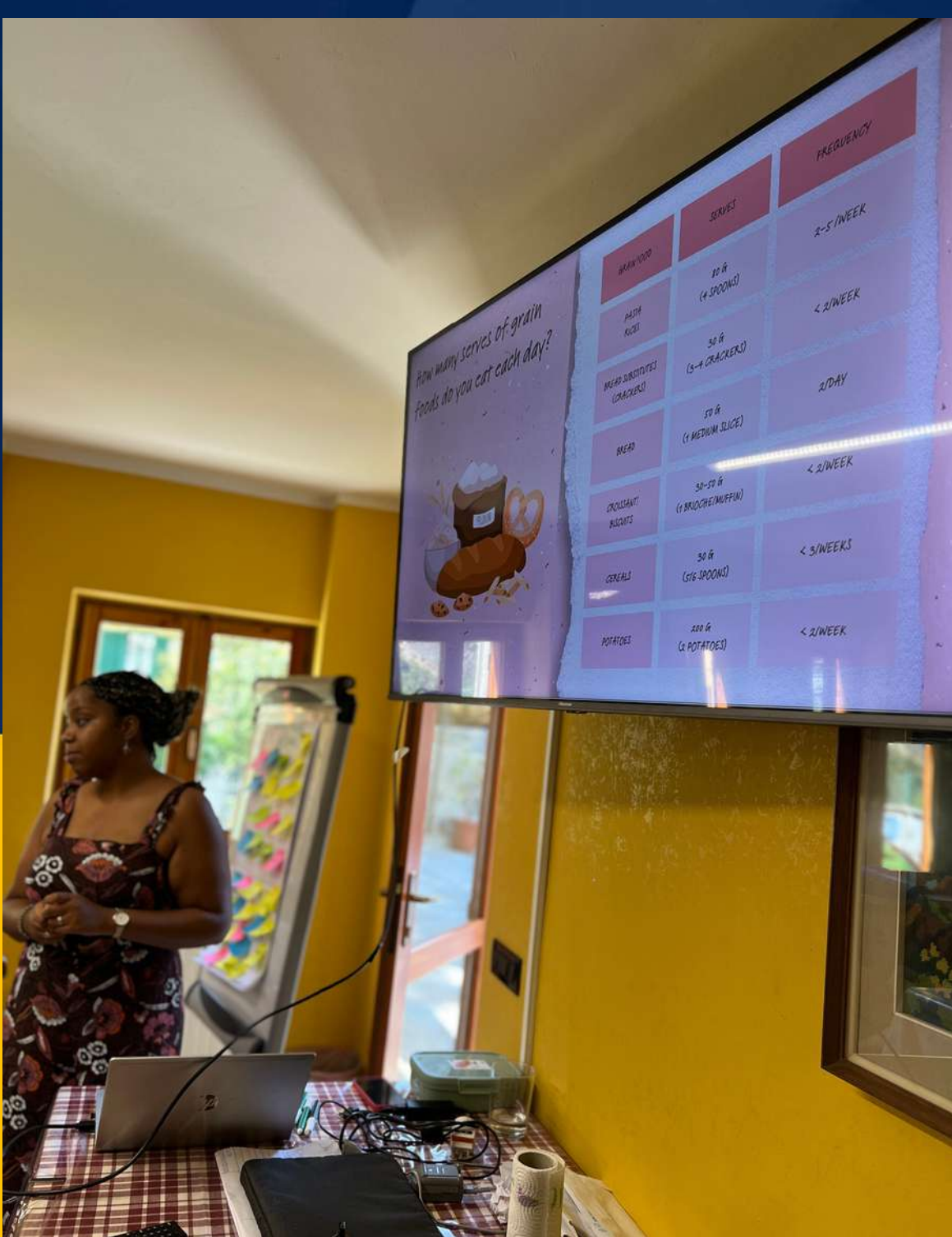


Knowing how to read a food label is also a tool to reduce our impact on the planet. It's crucial to remember that the label narrates a journey: from raw material sourcing to our table. When buying a product, we should prefer locally sourced food, in order to minimize the environmental impact. After buying a product, we must be careful not to waste it, as throwing away food affects not only our finances but also contributes to world hunger and pollution. According to the United Nations Development Program (UNDP), approximately a third of the food produced globally is thrown away.

How can we avoid food waste? Firstly, understanding the causes of food waste, such as buying more than needed, cooking in excess, not consuming food before its expiry, or improper storage.

Possible solutions are:

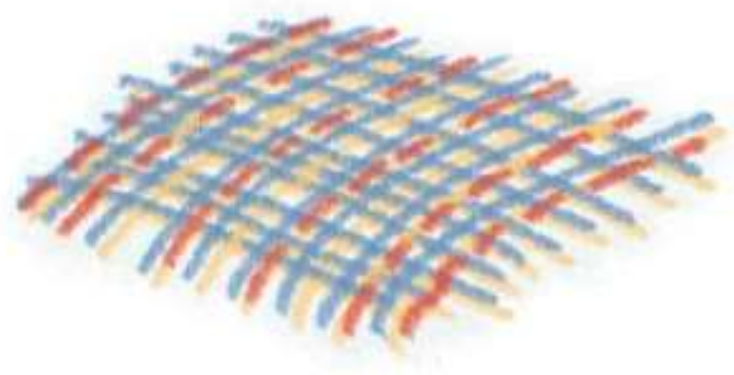
- shop consciously (make a list at home, eat before you shop etc),
- make a weekly meal planning,
- check product labels for storage guidance,
- experiment with recipes to repurpose leftovers



BEEES: A ZERO WASTE SOCIETY WORKSHOP

The second day of activities was dedicated to meet Monica, an educator and entrepreneur from Turin. She founded BeeTObee, a small company committed to envisioning sustainable development, drawing inspiration from the work of bees, which utilize everything at their disposal by implementing a true "circular economy." Through its "edulab," Monica creatively and playfully explores the values of a conscious and sustainable lifestyle towards the planet.





FABRIC



BEE WAX



PARCHED PAPER



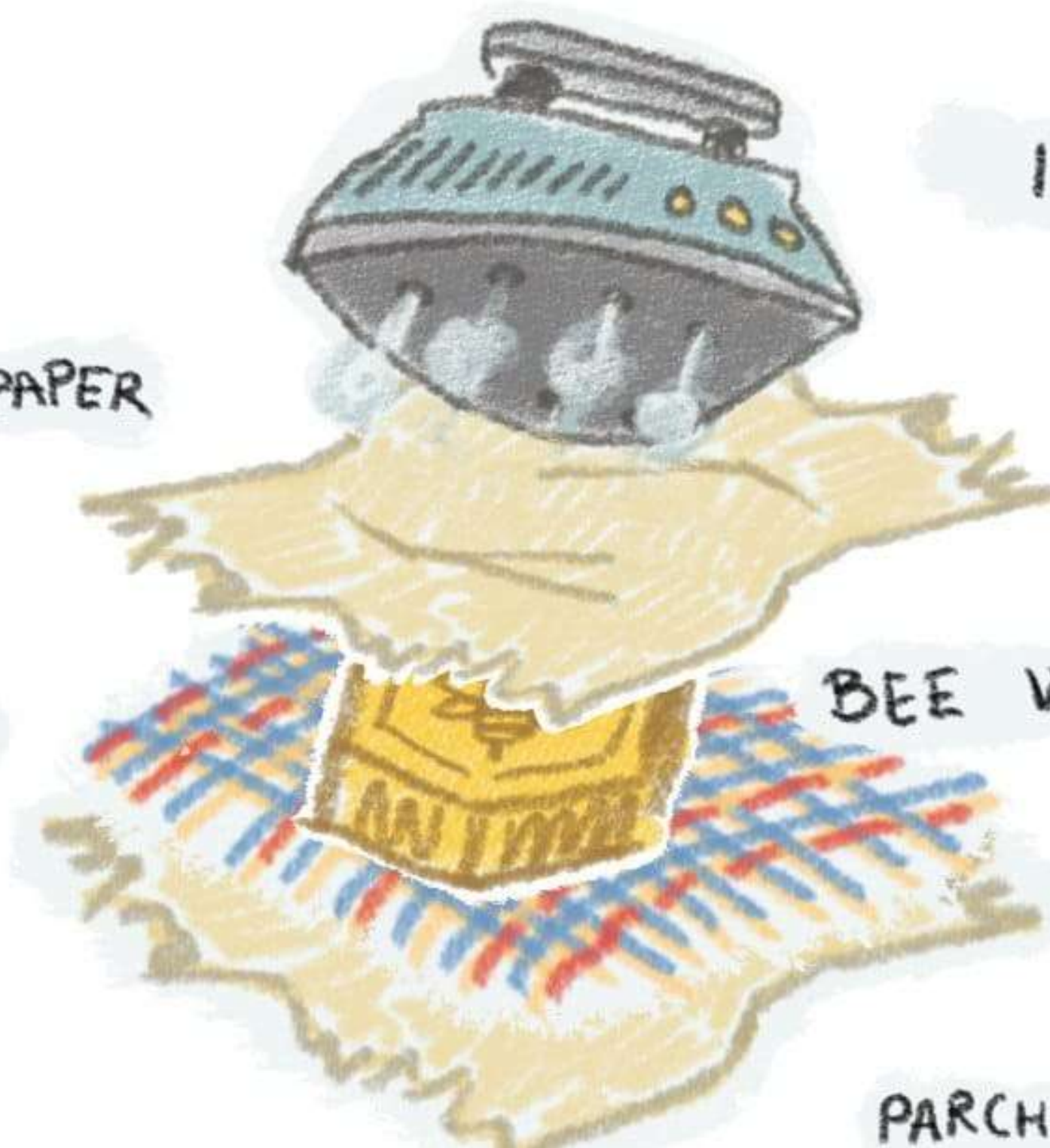
IRON

Our experience with Monica has been highly educational. The workshop taught us many things about the world of bees and Italian ecosystems, also informing us about the threat posed by the disappearance of these extraordinary pollinators. The second part of the workshop was more practical: we made numerous food wraps using beeswax. "Ecopacks" are cloths covered in a special blend that allows food preservation.

How did we produce our Ecopacks? Firstly, we laid the fabric on a sheet of parchment paper, then placed the block of beeswax on the fabric, and finally, after placing another sheet of parchment paper over the wax, we melted the block with an iron. Once the wax was evenly spread on the piece of fabric, we let the Ecopack rest until the next day when we used it to bring lunch for our mountain hike!

PARCHED PAPER

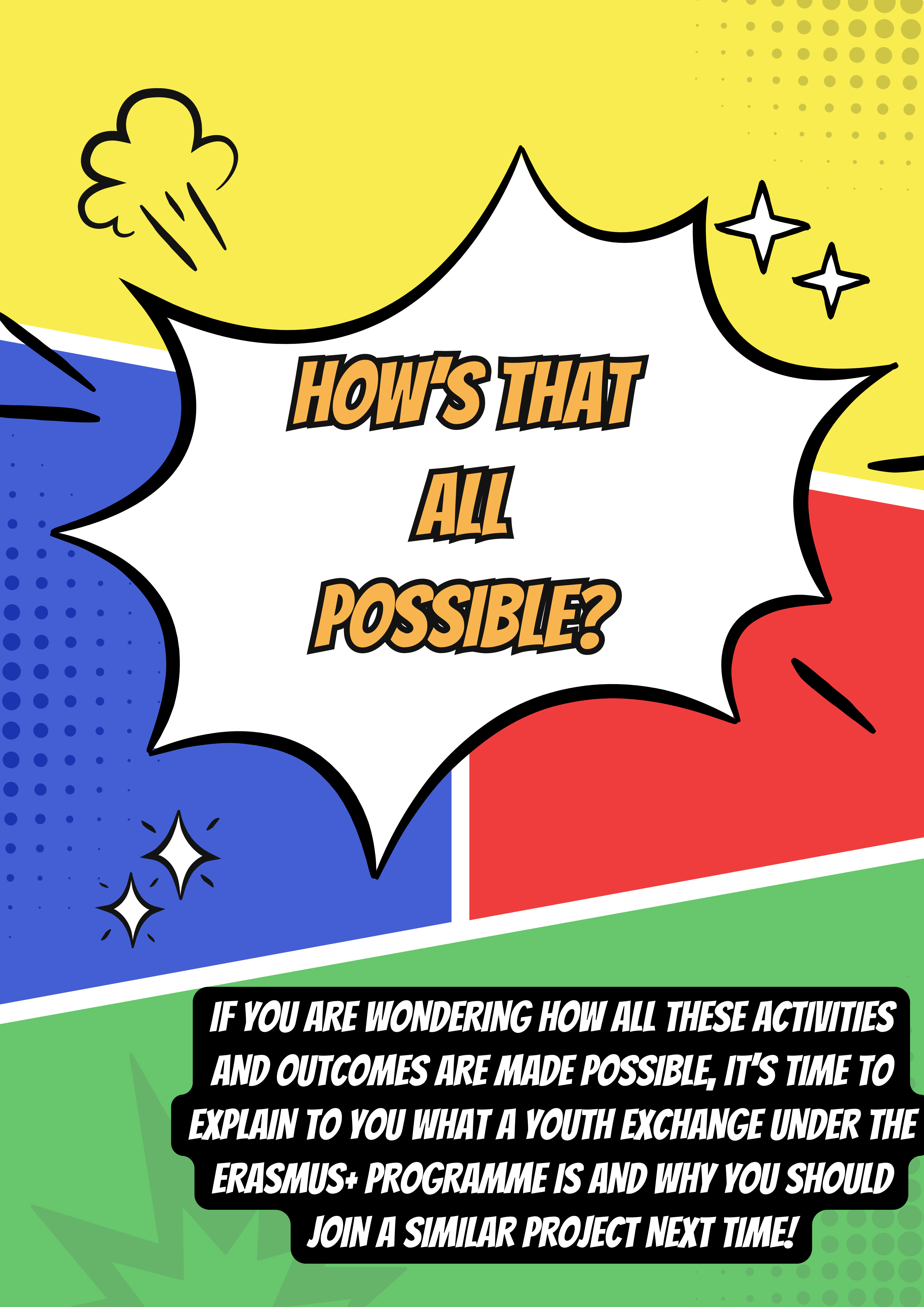
FABRIC



IRON

BEE WAX

PARCHED PAPER



**HOW'S THAT
ALL
POSSIBLE?**

IF YOU ARE WONDERING HOW ALL THESE ACTIVITIES AND OUTCOMES ARE MADE POSSIBLE, IT'S TIME TO EXPLAIN TO YOU WHAT A YOUTH EXCHANGE UNDER THE ERASMUS+ PROGRAMME IS AND WHY YOU SHOULD JOIN A SIMILAR PROJECT NEXT TIME!

THE EUROPEAN UNION

The European Union, commonly known as the EU, is a political and economic union of 27 European states. This coalition is designed to promote economic cooperation, and cultivate a shared sense of unity among its members: it encapsulates a vision of unity, collaboration, and shared values, which seeks to create a harmonious and prosperous future for its diverse nations. The European Union meaningfully impacts our daily lives, for instance:

- it plays a crucial role in ensuring peace and stability in the continent: it was created in the aftermath of the Second World War, aiming to prevent new devastating conflicts. Peace is something we can't take for granted, especially with the new wars arising all over the world nowadays,
- it introduces the European citizenship, a legal status granted to the nationals of a member state. It means for instance that all Italian citizens are automatically European citizens. It guarantees additional rights beyond those guaranteed by your own country and promotes a sense of shared identity and solidarity across Europe,
- It facilitates free movement of people across its member states: that is why we can quickly cross borders and engage in cross-cultural experiences,
- it implements a singular currency, the Euro, across most of its countries: that is why our Spanish, French and Belgian participants could pay in Italy with no need for a money exchange,
- it supports youth research and practice to inform its youth policy: it elaborates and monitors the Youth Strategy and specific initiatives targeting youngsters, such as Erasmus+.



THE ERASMUS+ PROGRAMME

It's the European Union programme to support education, training, youth and sport in the continent and beyond. Among its actions, it offers educational opportunities to young people according to the European priorities: inclusion and diversity, digitalisation, environment and participation in democratic life. With this programme, you have the opportunity to join non-formal, informal and intercultural learning mobilities and active participation experiences.

A YOUTH EXCHANGE

Youth exchanges are experiences financed by the European Commission of the European Union via the Erasmus+ programme. It gives the opportunity to groups of young people between 13 to 30 years old to meet in a country, live together for a short stay and explore common topics through interactive activities, promoting intercultural learning and reciprocal comprehension.

BENEFITS OF GOING INTERNATIONAL

If I had to recommend someone to do it, I would do it without hesitation. It's an unforgettable experience, discovering many cultures that can be useful throughout our lives. Traveling on a budget, and honestly, the food was amazing (especially my waffles) (Sofiane)



It really helps enlarging your culture and knowledge. You meet a lot of different people with all those kinds of things and reflect on yourself (Maël)



an erasmus+ exchange is enriching: you learn lots of new things, you improve your English, you make discoveries, you improve your self-confidence and your sociability (Arlind)



I met a lot of people, and I really loved to meet the Turkish's culture. Before that, I had never traveled to another country. And my group leader took care of of me: this is also a reason to participate at this kind of experiences (Pierre)

I am very happy about this project. This was my first time going abroad and it was great. I made new friends, had a great time with them, and met many new cultures (Gökhan)



It was a great feeling to discover new cultures and make new friends. I learned how important it is to know a language, the responsibilities that growing up brings, working in groups and many other things. I definitely miss Italy (Zeynep)



While we improve ourselves with the information we learned while there, we also learned the responsibilities of being young, how important it is to know a language, how to work in groups, how to express ourselves among people, and many other things. I made new friends and had good memories with all of them. I still miss them (Yaren)

This project was a beyond wonderful experience for me. We did fun activities during the 10 days, we were in touch with nature. We made many friends. Since there were people from more than one country there, I had the opportunity to get to know many cultures. I learned new things and they were very valuable to me (Ahmet)

It was one of the most beautiful and unforgettable experiences of my life. My 10 days there were filled with lots of activities. Introducing them to our culture and learning about their culture was the best part of the project for me. When I look back, I now have many friends from different countries with different cultures (Ecrin)



for me it's a learning and growing experience. It brings the possibility to travel and get to know other cultures better, and also talk about important topics in life. So I'd say that it's an opportunity on one's life that cannot be rejected (Dante)



I think that if you are thinking about getting out of your comfort zone, get to know new cultures and make friends, this is a good way to do it. In this experience I learned a lot in different areas, cheer up! (Jessica)



Erasmus+ is simply life changing: since my very first exchange, I learned to adapt to situations and to involve others in the activities I take part in (Ben)



Erasmus+ helps you to socialize, to meet people from other countries, from different cultures and it is quite interesting how two strangers become friends and hope to see each other again (Alison)

Don't be afraid of taking part in an exchange, I know it will be a new experience forcing you to leave your social sphere but you will be able to meet new people and know new places: you will experience the culture and behavior of people outside your social circle. Don't be afraid of a change in your life: it will help you grow as an individual and have more knowledge (Camyla)

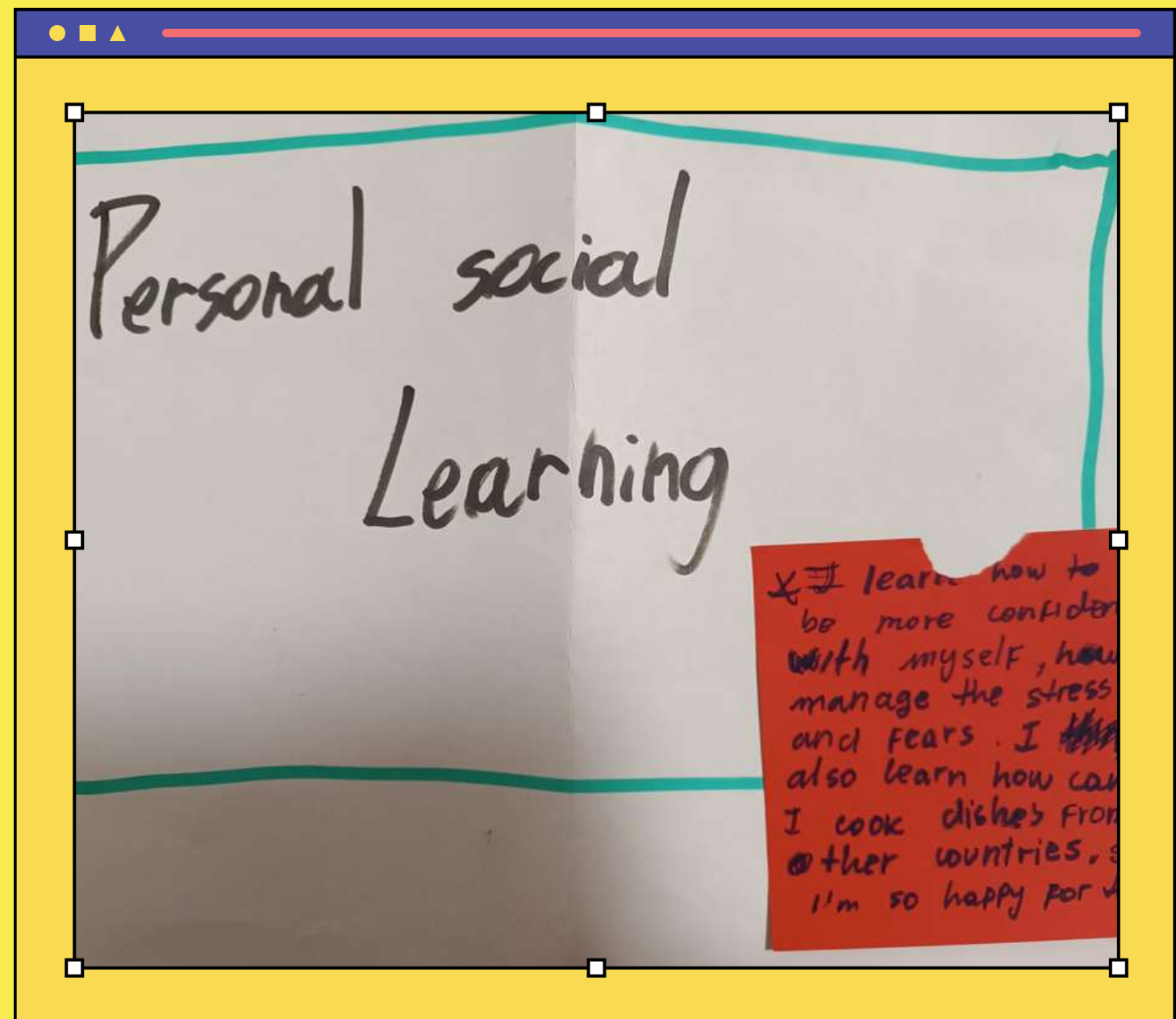
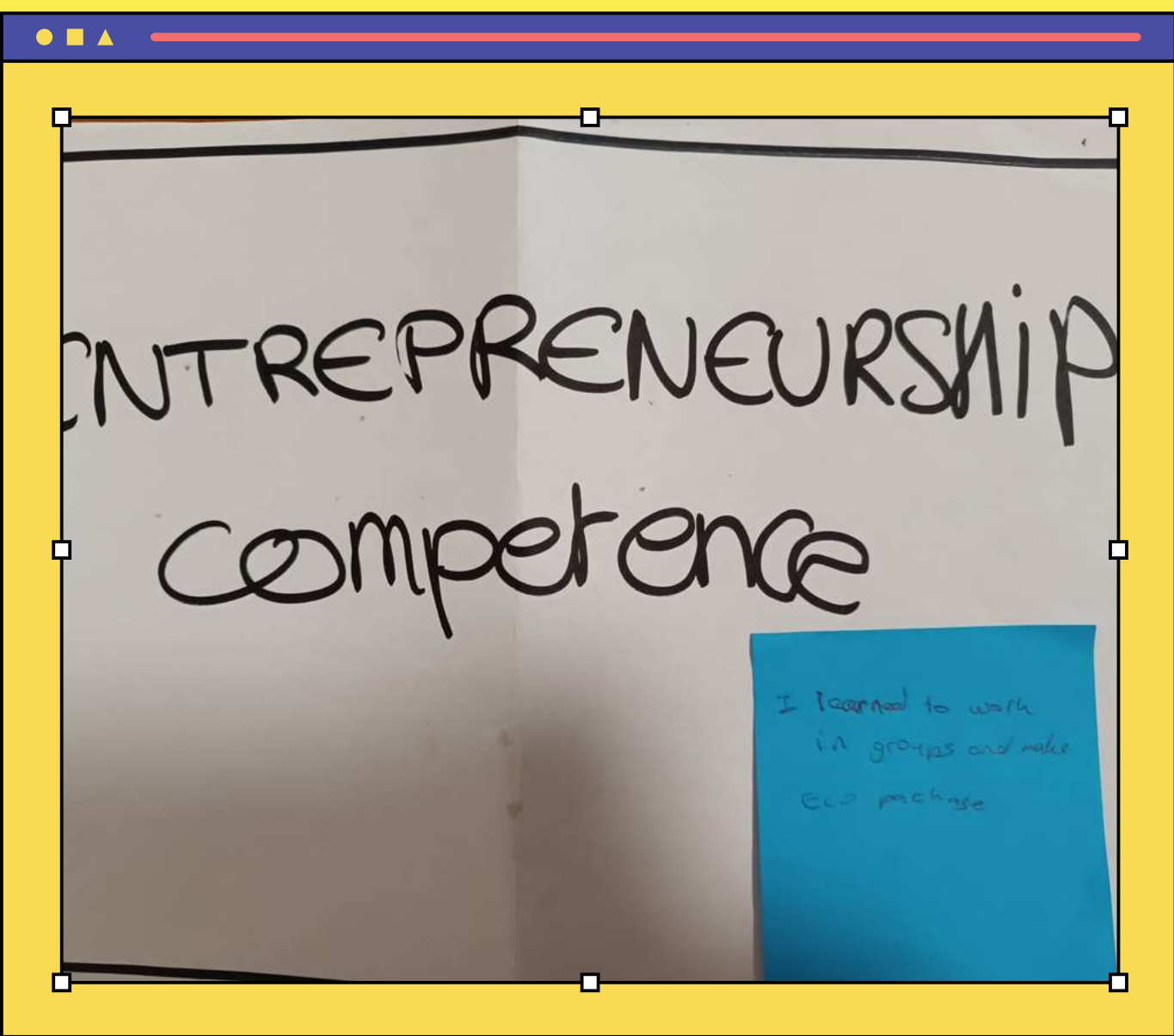


An exchange is really the best opportunity someone could have because imagine getting together with people from other countries, getting to know their cultures, traditions, etc... it's something so beautiful and fun (Desara)

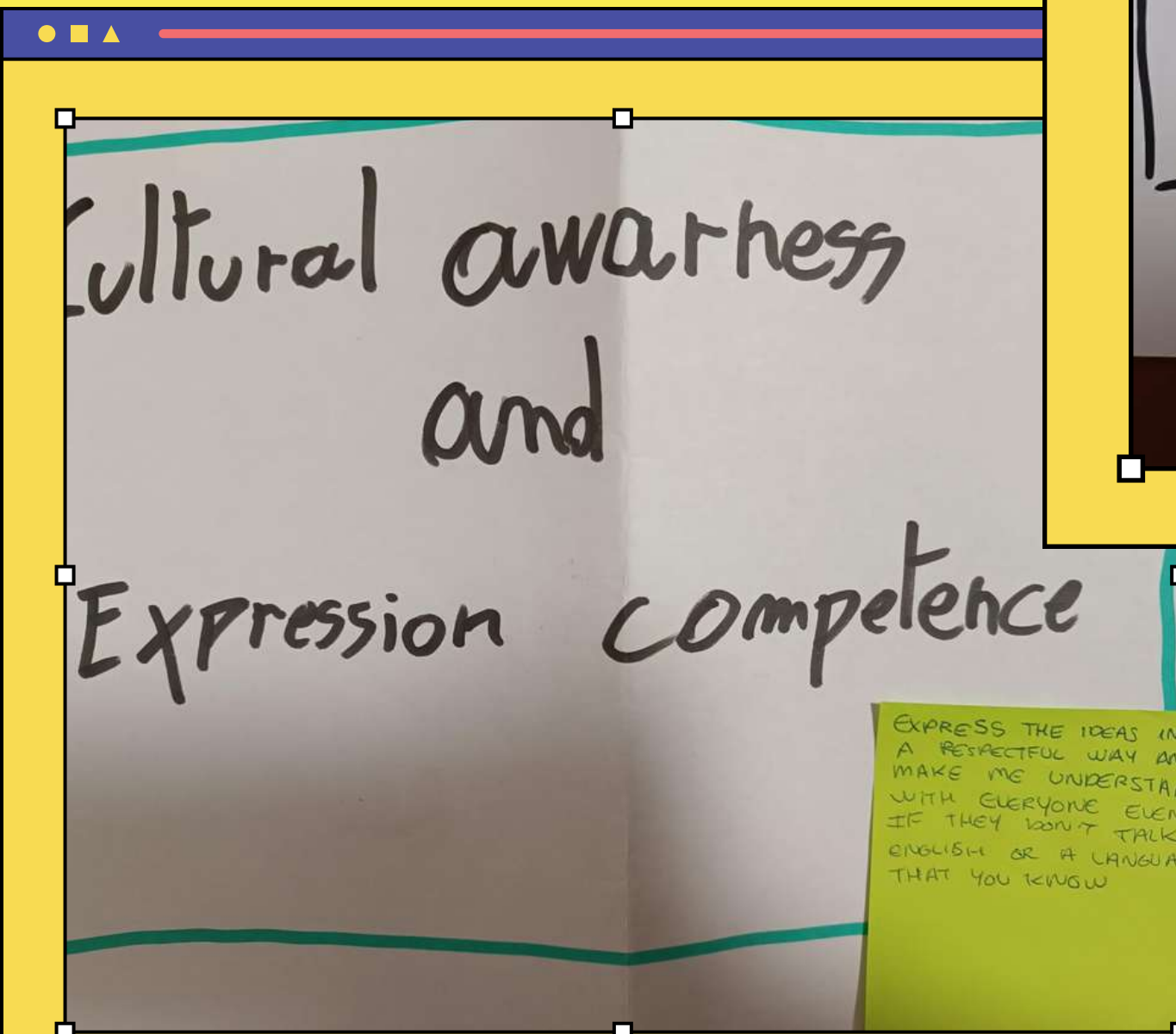
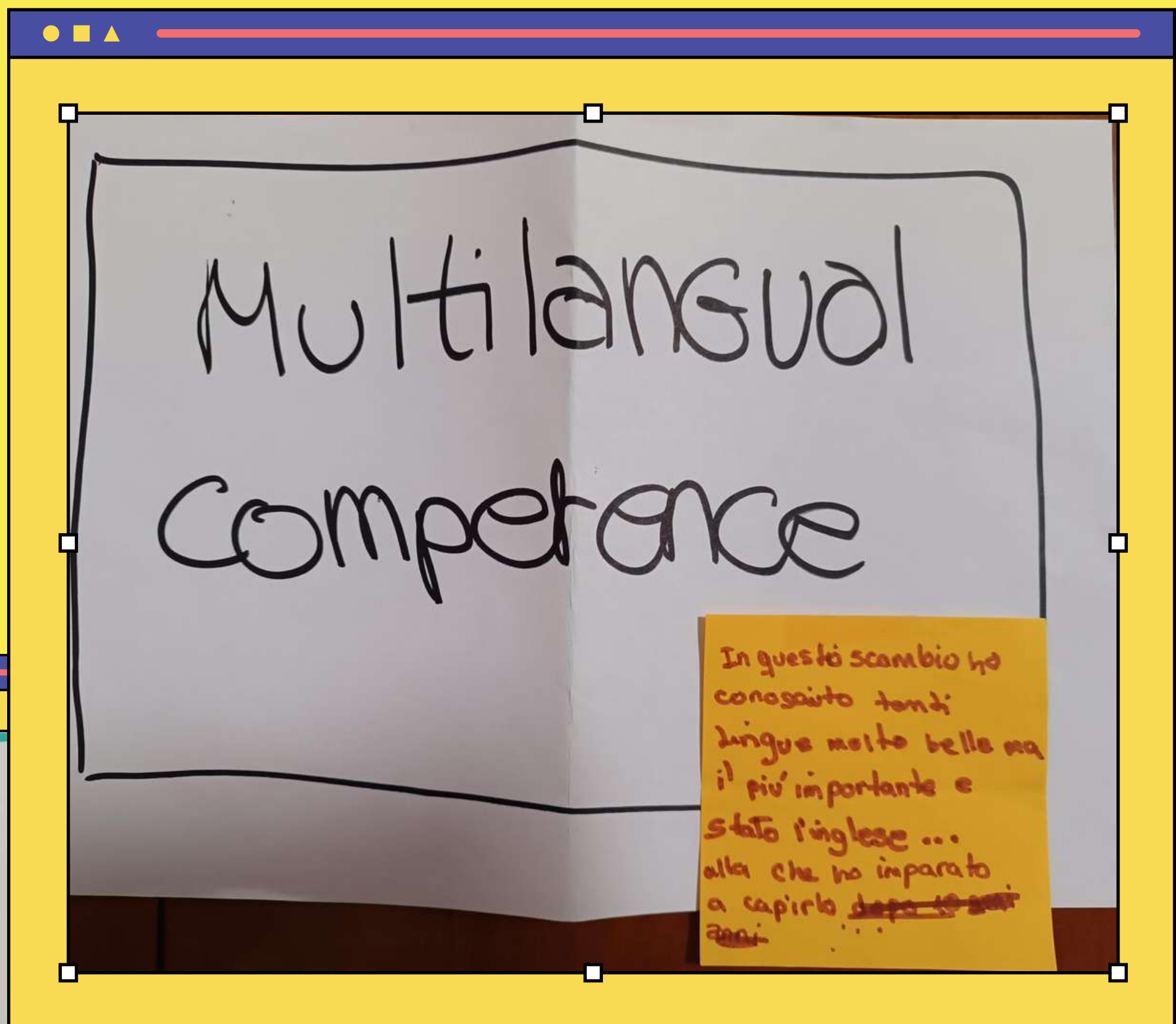


These projects are unique experiences in which you meet new people from other countries with other cultures and languages. It is also a great opportunity to learn to understand English. In a few words, it is a very nice experience that will help you to learn a lot of things (Jaqueline)

ERASMUS+ IS ABOUT...



...IMPROVING COMPETENCES



Others
Compétences

I learnt to work in a team, to listen to others and other skills

Mathematic competence
and
Competence in science, technology
and
Engineering

I learnt how to calculate and read the correct amount of calories and nutrients on food labelling

AND RECOGNISE THEM
THROUGH THE
YOUTHPASS TOOL

CITIZENSHIP
COMPETENCE

I learnt how to live better in community

Digital
Competence

I learnt how to use different types of cameras and diff. types of phone cameras to deliver professional pics and videos

...AND CREATING MOMENTS TOGETHER

YOUR BEST MEMORIES ✨

My best memory is the Turkish evening because I learned so much about this culture.

My Best Memory is the visit of Torino with the groups.

My best memory was the hike, which was great fun and took in some breathtaking scenery.

My best memory was when we played volleyball with our Moroccan and Belgian friends during free time, it was very amusing and fun.

The waterfall of Mendrone is wonderful. ♡

Intercultural nights!

My best memory was the hiking because I really love nature!

Il mio ultimo ricordo era con Gues. to scampio
Quando sono Guaculati tutti e' un'empire to tanti
con!!

My best memory is when we learnt to create an eco-responsible wrapping with bee's wax



CS Scansionato con CamScanner

The hiking, we wanted to speak with others, it was too cool ♡

knew new people and someone who knows what Punkinny is ♡

My favourite memories in this project is hiking. Because we had very long time to speak and know. Yeah, it was tiring but also funny. I will not forget it.

The day I visited the Alps.

There are several things that I really enjoyed during this exchange. I would say that the moment which will stay as a great memory for me is when I met one of my friends that I hadn't seen for two years.

When Alberto's group start singing Happy Birthday to Ventura with no reason and all of us start laughing ☺

My best memory is making a funny video with Len

Turkish Night => was the best memory for me

My best memory is the preparation of the french meal

My best memory is the time we pass in the underground floor playing ♡

my best memory is the last day in Mendrone in the evening.

Best Adult Wood for me & my friends
cash

My best memory of the Erasmus was watching the stars with my friends and go into walks in the afternoons. ♡

My best memory was when we went to hiking

My best memory is when it was the hiking day and I talked a lot with my sleep queens

my best memory was about hiking.

My best memory was when we played games

“Moving Towards Adulthood: a Taste of Freedom”

ACKNOWLEDGMENTS

THE FOLLOWING ENTITIES HAVE GIVEN OUR PROJECT AN ESSENTIAL CONTRIBUTION BY THE PROVISION OF LOGISTICAL ASSISTANCE, ESSENTIAL GOODS AND EXPERTISE. ASD A.M.E.C.E. BAITY APS WOULD LIKE TO THANK:

CASE DEL QUARTIERE (BAGNI DI VIA AGLIÈ E CECCHI POINT)

GRUPPO ABELE

PRO.CI.VI.COS.

NOVACOOP

OTIUM ROOFTOP

ASSOCIAZIONE CULTURALE VARIANTE BUNKER

PRIVATE BENEFACTORS

PARTICIPANTS' FAMILIES

DR. SARA BOUSSETTA

MONICA FISSORE

ABDULLAHI AHMED

OPEN 011 - CASA DELLA MOBILITÀ GIOVANILE E

DELL'INTERCULTURA

DON CLAUDIO





"A human experience that empowers and teaches us to take responsibility and take care of our health. In this exchange we learned how to communicate and live in this community. The activities, energizers, games, cultural knowledge that we got allowed us to open up to the world and acknowledge the flora and fauna that surround us. It was an opportunity for us participants to have such an amazing time and create a lot of beautiful memories that will forever be in our hearts".

Extract from the Party Book of the Final Event held in Turin, 23 August 2023

