



YOUTH EXCHANGE

ON THE WAY TO MYSELF: OUTDOOR ADVENTURE

25.8.-1.9.2024



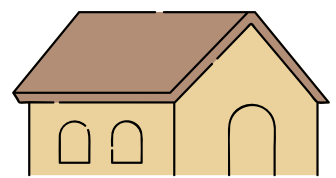
NEWSPAPER



MONDAY



Today, we woke up and we went to the old building to have breakfast. For our surprise, we had a big buffet with many options to eat. Then, we started the activities with some introduction of each other, learning our names, drawing and knowing each other. We played different games for that, had a little coffee break and then continued until lunch. For lunch, the food was also good. We had some time after that and we, again, started with the activities. As we already knew each other, we played some team games, did a challenging gymkhana and we got to know information about Erasmus+ and the YouthPass. We experienced active learning by playing games and participating and finally we had dinner





THUESDAY

Anna calculated our energy. After this, the Spanish team increased our energy with their song and dance. Anna made 4 groups and told us to make our own rules for the Project. First, we talked with our own groups then we discussed with other groups, and finally we decided the common rules with each other. We presented the rules. And we made room aligns with our roommates. We discussed and we decided on the rules.

After this, we went hiking and walked about 4 kilometres. Also, we did activities while walking. We became a couple with other countries and Anna asked questions like;

- Cat or dog?
- who would you invite to dinner and why?
- What is your common thing with your partner?

And we stopped and we played two games.

The first one was bingo. There were questions and we had to write the person who fit the question and the person who finished first had to say BINGO!

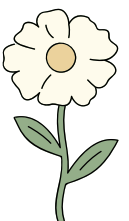
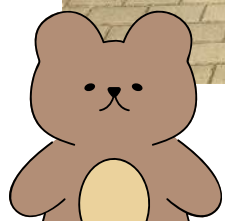
The second game was Shark. We had to step on the paper to cross an imaginary river. If we forgot the step on the paper, the shark could take the paper. We completed the game with a success. We had fun and we had learned how to cooperate. Moreover, there were three blind people in the game and there were 3 best friends. Despite these difficulties, we could manage to finish it. After these games, we had a rest and got some snacks. Then we went back to the hotel and had lunch. After lunch, we had activities about learning techniques (formal, informal and non-formal). They were simulations of three learning techniques. One was to create a stress ball, the second one was to create a paper frog and the third one was an ordinary lesson. After the activities, we made reflections.





WEDNESDAY

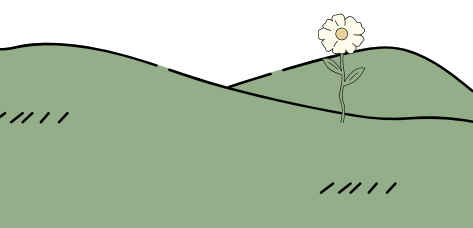
This morning we got up, went to breakfast, which as usual was rich in variety and delicious, then we went hiking. We think the clips game that lasted until the campfire was exciting. We reached the first stop where we played the "Balloon game" which was enjoyable. Then we continued walking, which was tiring and boring for a few people. When we got there, we did additional activities that helped us improve our English and "get to know ourselves better". Here the three "losers" made the campfire and it was possible to caramelize marshmallows, who likes it, it was a perfect relaxing time. Then we headed down, where you had to take pictures with your couple or trio (pictures game). This activity was divisive, someone got along very well with their partner and they took a picture/pictures together or a selfie. On the other hand, many people did not even talk to each other and completely ignored this task. When we arrived at the cute waterfall, we played some activities. One was when we held each other's hands blindly, and at the end a circle had to come out, and the other was the thread, which was good. In our opinion, they were all enjoyable and educational. Then we went back to the accommodation where we ate at 2 o'clock and rest time followed. There was a reflection here, which was not very enjoyable due to the weather, but the organizers can't do anything about that. Then we had lunch, which we thought was ok. The evening was informative, entertaining and educational. We enjoyed the International night, the presentation was really funny and we finally were able to introduce our country. The dances from the other countries were fun to do and really interesting.



THURSDAY



Breakfast awaited us in the morning, after which we set off on a hike at 9:30. We saw beautiful views during the hike. We played a game where we were divided into four teams, four teams, two groups played against each other and each person had a number. One leader holds the flag and says the number and how the number should reach the flag. The second game is also played with flags. We will be divided into two teams and everyone will get a piece of paper with a number that they must put on their foreheads. Each group receives a flag and must forge the flag so that the other team does not find it. You can eliminate your opponent from the game by saying his number on his forehead and his name. You can't hide your number, but you can hide. It was fun.



FRIDAY



On Friday, after breakfast, we set off with snack packs on the way to Vrchlabí. Here we played city game. City game contained interesting tasks and challenges. exchange a dish sponge for the most valuable item or take a photo with the locals. Then followed a tour of the city and free time for participants. On the way back it was necessary to climb a hill.

Which was a big challenge for some participants due to the warm weather. After dinner, the national groups worked on the outputs of their activities. The evening was in the spirit of a friendly atmosphere. According to the words of Adel, a Czech participant: "I think the program on Friday evening was great because it was open space which means that we could play social games or sports. I really enjoyed this evening and I have great memories of it."

SATURDAY

We started the last day with an energizer, trying to imitate Anna's dances. Next, we started an activity to learn more about Erasmus+ projects, and we answered 7 questions about our abilities and skills learned in this project, to then introduce the answers in our youth pass. The next activity was to write a letter to ourselves in a year, and a postcard to the last year's participants.

After the lunch break, we met in a common room, and Anna told us about all the activities carried out these days. We also discovered our secret friend and played a game with some postcards and images, talking about the feelings that they produced for us. For the ending, we danced and talked about our best memories, funny moments, and other emotions. The last activity consisted of writing nice and cute things on another person's back.

