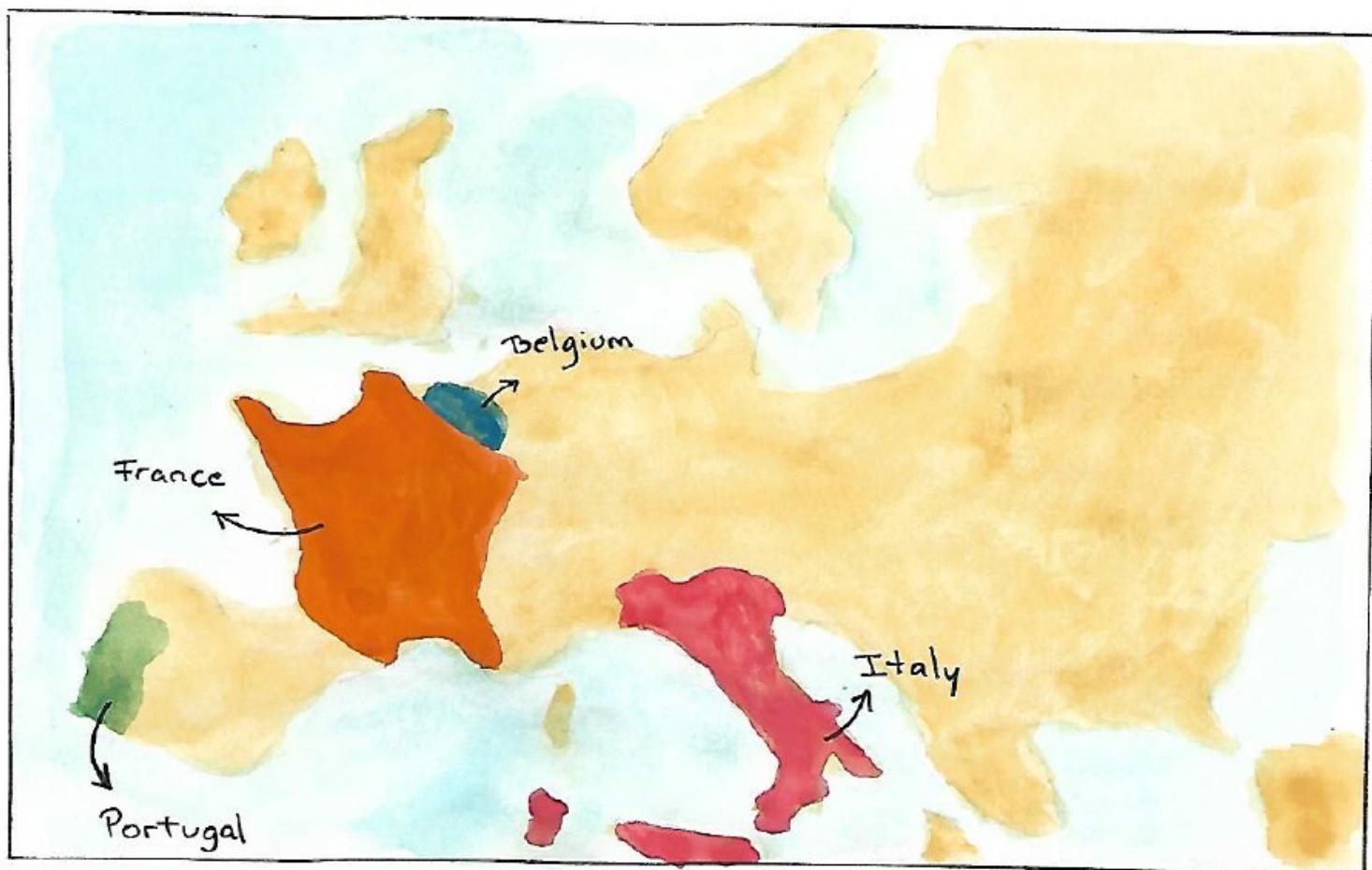


# CHANGE 4EUROPE

## YOUTH EXCHANGE JOURNAL

THE ADVENTURES OF 28 EUROPEAN YOUNGS



# SATURDAY, 31 MARCH

## HOW DO WE KNOW EACH OTHER BETTER ON THE PROJECT "CHANGE4EUROPE"?

First of all, the french group arrived and met the Portuguese team. We talked a little, but to meet and learn all the names we had to do Icebreakers (like little games). We were all reunited on a circle and had to say all the names, helping us remember the names of every participant.

Now we know each other better.

Then, at the end of the day, we went to see the beautiful beach of Valmitão. Some of us went to swim on the cold sea. It was very fun!

*Giovanni*



# SUNDAY, 1 APRIL

## WHAT IS THE IMPORTANCE OF DEMOCRACY?

The most important activity of the day was the workshop about Democracy. Each country made an presentation about the role and history of democracy in their own country. Then we had an expert, Marco, that helped us understand a little bit more about the concept of democracy.

We did a brain storm with all the participants about the subject that turned out to be very helpful, the combination of everyone's ideas made the process a lot easier to understand.

Rodrigo Forseca

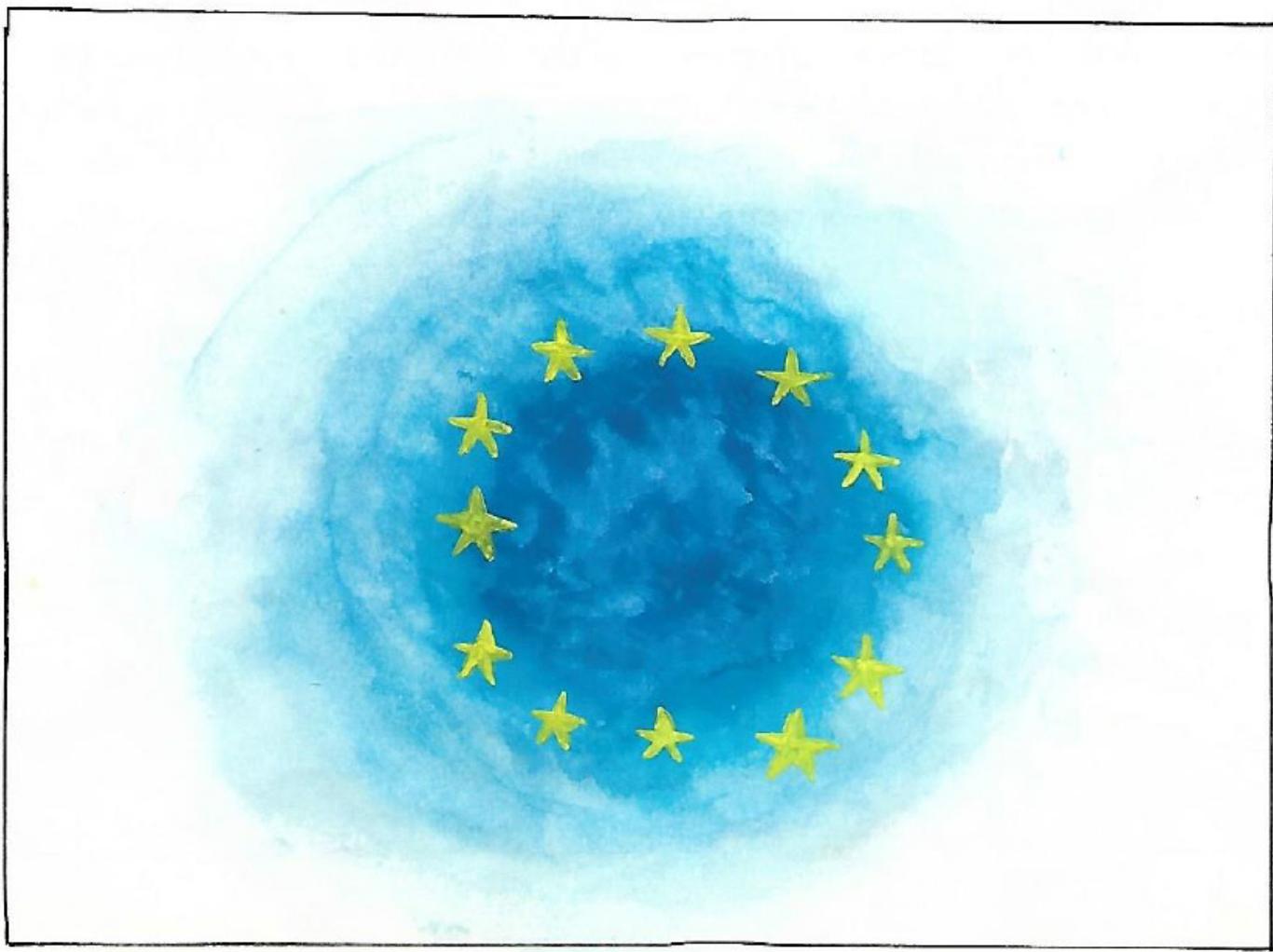


# MONDAY, 2 APRIL

## WHAT IS THE EUROPEAN UNION?

Today we had two people who came to explain us what is an EVS and how the E.U. works. I found this very interesting because I learned new things that I didn't know before.

On the evening, the portuguese team presented us their country and some traditional gastronomy specialities. I found this really nice and friendly.



# TUESDAY, 3 APRIL

## WHAT IS PORTUGUESE SURF?

In the morning we received an explanation about the positions we had to do on the board, it was really easy going... But once on the water, keeping the balance was not the same thing. Some of us managed to do 10 meters others 2, but everyone had a great time!

In the afternoon we shared! At first we met a person from the municipality, we gave her a box with goods intended for deprived families. Then we worked in different groups.

We had a great day despite the rain... and the Belgian night made it even better.

Athena Ferreira



# WEDNESDAY, 4 APRIL

## WHAT DID WE DO TODAY? COME WITH ME!

This morning we went to Lourinhã, where we formed a Mini-Parliament. We were divided in groups and each one formed a party, affirming our ideas and ambitions.

In the second part, on the other hand, we addressed the issue of refugees, making a mini-debate and writing about how to "solve" the "problem".

In the evening we did a treasure hunt with the local scouts and it was a good experience because we got to know the place through a game.

Have a good time!



# THURSDAY, 5 APRIL

## HOW CAN WE REPRESENT THE CONCEPT OF IDEOLOGY?

This 5th April, first we had a workshop about "ideology". Secondly we had a group activity where we could choose between drawing, music, dancing and theater. We had to create something about the topic of the previous workshop. Thirdly, in teams by country, we had to imagine a future project for Erasmus+.

And finally, it was the Italian night. We really enjoyed it cause it was very funny.



# FRIDAY, 6 APRIL

## HOW AMAZING IS LISBON?

Today we spent the whole day in Lisboa, it was great. We got to visit Tower of Belém, it was a magnificent place near the Tejo River, perfect to take photos. We visited the statue of "Cristo Rei", it seemed very small when we were far, but once close it actually was pretty big. The statue was placed facing the city of Lisboa, standing straight like a guardian.

We also explored the downtown, called "Baixa-Chiado" in portuguese. This area is one of the oldest in the city and it has a huge amount of beautiful buildings, tiny streets and interesting museums.

The last place we went was the newest part of town, the Expo zone, where we could spend some time shopping.

In the evening we presented all the work done during the week to the local community. They understood what is a Youth Exchange and its positive impacts. It was an incredible day!

Daniela Sousa.

