



Youthpass

YOUTH EXCHANGES

Ourania Pilioura

BORN ON **20/01/2000**

PARTICIPATED IN

Active Citizen in Europe II,

A YOUTH EXCHANGE WITH YOUNG PEOPLE
FROM ESTONIA, GREECE, LITHUANIA, AND ROMANIA.

THE PROJECT TOOK PLACE FROM **07/11/2019**
TO **14/10/2019** IN **Athens, Greece.**

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.



**ΙΝΣΤΙΤΟΥΤΟ
ΜΕΤΑΝΑΣΤΕΥΤΙΚΗΣ ΠΟΛΙΤΙΚΗΣ**
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Alexandros Zavos

The President of HELLENIC MIGRATION POLICY
INSTITUTE

The ID of this certificate is 9MH5-9L55-UQ4B-R23Y.
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 **Ourania Pilioura** took part in the Youth Exchange **Active Citizen in Europe II** organised by **HELLENIC MIGRATION POLICY INSTITUTE**.

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

Greece, the HELLENIC MIGRATION POLICY INSTITUTE, Estonia, the NGO MTÜ Lääne-Harju Koostöökogu (LHKK), Lithuania, the NGO Mano Europa, Romania, the University UNIVERSITATEA DIN PITESTI (UPIT).

The aim and the specific objectives of the project were:

The project seeks the use of internet by young citizens to understand how current EU policy areas that trigger much public attention because of their timeliness and relevance to socially relevant important topics are presented by the EU institutions via their social networking.

Main activities:

The project is centred on participatory and voluntary activities, presentations and interaction of participants, peer group discussions, exchange of thoughts and sharing of ideas, knowledge, skills and analyses, e-learning, field exercises, projections, simulations, outdoor happenings and visits.

The main achievements of the project were the following:

The project "Active Citizen in Europe II", a learning by doing Youth Exchange, puts emphasis on EU Parliament Facebook and EU Commission Twitter and improves competences and skills that contribute to participants' personal and socio-educational development and foster their involvement in society.



Athens, 14/02/2020

Alexandros Zavos

Person in charge of the project



The following pages contain the individual information about the participation of **Ourania Pilioura** in the Youth Exchange **Active Citizen in Europe II**.

Task / responsibility of Ourania Pilioura:

The participant by interacting with peers, sharing with them ideas as well as by contributing with own knowledge, acquired skills for personal and socio-educational development and fostered the active participation in society, thereby improving chances for better and stable employability.

Ourania Pilioura developed the following competences during the Youth Exchange.

MULTILINGUAL COMPETENCE

The project allowed the communication in mother tongue as well as the improvement of foreign language competences during all its stages (preparation, implementation and follow-up), particularly in the framework of the mobility activity that included various participatory and voluntary events, presentations and interaction of participants, peer group discussions, exchange of thoughts and sharing of ideas, knowledge, skills and analyses, e-learning, field exercises, projections, simulations, outdoor happenings and visits.

PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE

The project allowed the development of participant's emotional intelligence and both key attributes, personal and social and the young person increased the ability to recognize hidden emotions and their effects on self and other people and became emotionally self-aware, accurately self-assessed and self-confident. Thus, the self-empowerment and self-esteem increased, as well as the self-awareness and self-management but also the social competence particularly the social awareness and relationship management, a critical skill because no one wants to work for/with someone who is not in control of themselves and whose reactions depend on their prevailing mood, without self-control, trustworthiness, conscientiousness, adaptability, achievement orientation, strength for initiatives to lead in problem-solving and conflict resolution as well as taking action to prevent problems.

In addition to that, the project allowed the development of participant's ability to learn faster as one of the most sustainable competitive advantage, to deepen in new things through alternative ways, to continue performing the work individually and in groups, to experiment and become a novice again and again based an increased sense of aspiration, curiosity and vulnerability.

CITIZENSHIP COMPETENCE

The project allowed the development of participant's ability to behave within an organized community and to be involved as considerate and active citizens in a society that is in need for an enhanced intercultural awareness, intercultural and inter-religious dialogue, promotion of diversity, social inclusion and solidarity, a greater tolerance, understanding and responsiveness to social, linguistic and cultural diversity and respect of human rights, as well as warmth to address the needs of the disadvantaged people and marginalized groups, refugees, asylum seekers and migrants, those with special needs and in general groups with fewer opportunities.



Particularly the youth mobility had a major intercultural dimension and encouraged participant to reflect on mentioned above important European topics and to participate in the construction of Europe by identifying the common values with persons from different countries and not the cultural differences, as well as to challenge viewpoints that perpetuate inequality and discrimination and to fight against racism or xenophobia.

CULTURAL AWARENESS AND EXPRESSION COMPETENCE

Within the project "Active Citizen in Europe" the participant empowered the sense of cultural identity taking into account that there were various opportunities to discover new cultures, habits, manners, behaviours and life-styles, mainly through peer-learning, but also, during the organised traditional cultural nights.

DIGITAL COMPETENCE

During recent years, digital competence has become a key concept in the discussion of what kind of skills and understanding young people should have in the knowledge society. It is more or less a political concept, reflecting beliefs and even wishes about young generation's future needs, and has its roots in the economical competition in which the new technologies are regarded as an opportunity and a solution in times of an increased unemployment at youth field in general and taking into account that the digital technologies are in rapid change, and they change also the practices and the necessary conventional, traditional and classic competences for an access in labour market and entrepreneurship in EU and beyond.

The project allowed participant to understand the mentioned above growing demand for digital know-how taking into account that the digital skills and the ability to utilize social media effectively is a specialized skill every young person should have in order to stand out from the crowd.

As the social networks offer upgraded chances for two-way and direct communication, feedback and rapid dissemination and provide opportunities for young people to acquire essential competences, the project focused on emblematic cases study about how current interesting political discussions are presented by the European institutions via their social networking such as the Facebook of European Parliament and Twitter of European Commission. How much digitalised is the united Europe and how much this digitalisation (live streaming, live chats, infographics, video, likes, retweets, posts, shares, comments, etc) has favoured, influenced and ameliorated the contact with the young generation.

In addition to that, the project enhanced that social media marketing goes beyond posting a tweet or Facebook update. The participant understood that social media has permeated the fabric of our society, and become the primary source of communication and information flow in general, such as a mobile-friendly webpage or a video on YouTube, media apps like Snapchat, media apps like, Instagram's Stories, etc.

Overall, this was a key thing of this informal learning and promoted further that digital skills are qualification any person can use in any job role.



Ourania Pilioura

Participant

Athens, 14/02/2020

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

