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Erasmus+

# IVANA LIKOVA

participated in the Youth Exchange

## “ADDRESSING CHALLENGES IN EUROPE”, PART I

in ATHENS, Greece

from 03/12/2024 to 07/12/2024

### About the project

Nowadays young people must have knowledge, competences and behaviors for a quality life in a green and sustainable planet, in a modern, technological and digital world and in societies that worldwide need increased tolerance, solidarity and inclusion as well as an empowered active civic participation and a dynamic involvement. This Youth Exchange, supported the personal, professional and socio-educational development of the participants at the mentioned above relevant fields.

### The tasks of Ivana Likova

Participation in planning, preparation, implementation, monitoring, evaluation and dissemination of the project and learning outcomes, in team-working, interactive field exercises, role-plays, experiential educational activities and visits, discussions with exchange of ideas and analyses, development of reflections, critical thinking and suggestions for a greener, fair, equal and inclusive Europe, fit for the digital and technological age, participatory and more accessible and democratic.

This certificate has been issued by HELLENIC MIGRATION POLICY INSTITUTE ,  
IMEPO.



President Alexandros Zavos  
Legal representative

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Zavos*

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# Youthpass

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## LEARNING CONTEXT

**Youth Exchanges supported by the Erasmus+ programme offer groups of young people from different countries an opportunity to jointly design, prepare and carry out a non-formal learning programme on a topic of their interest. This usually involves a mix of workshops, debates, role-plays, simulations and outdoor activities. The learning process, which is supported by youth workers and leaders, includes the preparation, implementation and follow-up of the exchange.**

## COMPETENCES DEVELOPED BY IVANA LIKOVA

**The following summary is the result of a reflection and self-assessment process which took place during and after the project.**

### Multilingual competence

As one of the key competences for lifelong learning, the project created opportunities for the young participant to develop the ability to use different languages, such as the English language as the main language of the project. It also created opportunities for an appropriate and effective communication, cooperation and learning and a better use of the mother tongue and a relevant understanding of basic idiomatic words, expressions and phrases in mother languages of the peers. Thereby, to possess this competence means for the participant familiarity with the languages that were used in the different learning contexts of this project as well as a better understanding of the project concept, thematic context, expected goals and its learning impact. It also means understanding of participants' diversity within this project and development of stances and behaviors favoring the tolerance, solidarity, inclusion and the intercultural dialogue. In conclusion, the participant seized the opportunity for an advanced multilingual competence and expressed ideas, thoughts, feelings, facts and opinions, individual interests, dreams and needs, primarily in oral form but also in written and with body language breaking down any linguistic discriminations and relevant prejudices and stereotypes.

The competence description in Youthpass is based on the European Union framework for Key Competences for Lifelong Learning:  
<https://education.ec.europa.eu/focus-topics/improving-quality-equity/key-competences-lifelong-learning>



### Personal, social and learning to learn competence

The project created opportunities for the young participant to develop a better relation and management of individual emotions on the knowledge, attitude, and skills-related to perform a personal life role as well as on the knowledge, attitude and skills required to plan, organize, mobilize and utilize resources. Additionally, it supported the social competence and the relations with other people of different personalities, mentalities, principles and values, attitudes, daily practices and life styles, knowledge and skills. Thereby, the project improved the social and personal competencies as a set of skills, including self-awareness, self-management, social awareness, responsible decision-making, ability for cooperation and team working, etc., competencies that are among the important soft skills, needed for youngsters in order they may have an easier access in labor market, for work, career, entrepreneurship, initiatives but in society too.

As a result, and after the finishing of this project's lifecycle, the participant has become familiarized with the ability to evaluate personal and social situations and determine what is expected and what is needed and required for these situations to go on successfully. Additionally, the participant is able to recognize many of the feelings and intentions of other people and to make rational individual and social choices in the real life, beyond the project.

As far the learning to learn competence, the participant has now the ability to pursue and persist in further learning about the topic of the project as well as about other issues that the general learning environment highlighted such as inclusion and diversity issues, and to organize or/and participate in a new similar learning. This ability means that there is the background for the mentioned above, the knowledge about an effective time and information management, a constructive support of other participants, etc.

Finally, yet importantly, qualified with this competence, the participant can cope with the uncertainty and complexity of the modern global situation, show empathy and resilience and feel physical and emotional well-being.

### Citizenship competence

This project focused on the creation of opportunities for the participant to learn to act as a responsible citizen. A responsible citizen who must fully participate in society and democratic life by understanding crucial social, economic, legal and political concepts and challenges, dominant in every national agenda as well as in the European agenda, making when is possible use of digital tools and social media. This engagement and involvement for youth is one of the requirements of the global situation and may concern action for more environmental sustainability and responsible relevant eco-behavior, or/and action for promotion of the inclusion principles and relevant respect to diversity, solidarity and equal opportunities for persons belonging to minorities, with disabilities, from various backgrounds, or/and action for further protection of fundamental rights, human dignity, freedom, democracy, equality, the rule of law, etc.



## Entrepreneurship competence

The project created opportunities for the participant to understand better interesting aspects, preconditions and behaviors, needed to search, keep and manage a job position in modern labor market or/and for business ventures, as well as to learn more about skills needed in any field and demanded by any employer and relevant to the global economy, green technology, modern sciences and digital future, such as team working, intercultural consciousness, mutual understanding, tolerance and patience, environmentally responsible behavior, creativity, imagination, innovation, etc. After the end of this project, the participant can take relevant initiatives with responsibility and dynamism, manage troubles and solve problems, search and analyze information and be oriented to results, make management changes and achieve quality at any workplace including forward-looking fields.

More specifically, the project brought the young participant closer to professions that highlight the importance of changing mindsets about environmental sustainability such as occupations in landfills and factories of waste and recycling management, in sea life rescue centers and sea turtles' protection societies, symbols of marine biodiversity, in municipal services that pick up litter, cigarette butts, food wrappers, plastic bottles sewage and other garbage and trashes from coast lines, in green shipping and designing and building of energy efficient green boats, etc.

Finally, yet importantly, the project underlined through relevant educational visits (Experience Centre) that digital tomorrow is on the doorstep thus increasing the interest of the young participant in sectors that lead to unemployment reduction, to a quality life and to a prosperous professional future.

## Cultural awareness and expression competence

This competence makes the young participant more conscious of diverse culturally shaped values, beliefs, perceptions. It also means the participant is able to stand by diverse life styles with respect and tolerance and demonstrate trust and friendship breaking down discriminations, prejudices and stereotypes on grounds of nationality, sex, race, color, ethnic or social origin, genetic features, language, religion or belief, political position, education, income, disability, gender, age or sexual orientation.

After this project, the participant can recognize and appreciate other people's customs, values and personalities and to interact with them with a smooth judgement. This leads to more cultural connections and fewer interpersonal conflicts arising from cultural differences, or/and from special needs and disabilities, or/and from various human characteristics.

In conclusion, the young participant has a mutual understanding of and a deep respect for how different ideas and meanings are expressed and communicated in different life environments. Additionally, the young participant has a significant knowledge about the wide range of practices, including digital and technological practices, that can be used for an increased cultural awareness of the society and general population in order to accept and respect the diversity, as well as, for more opportunities to diverse people to express their own diversities and competences.



### Digital competence

The project incorporated the use of online and digital tools and learning methods, thus complementing the physical and interpersonal activities, improving the quality of learning outcomes and widening the benefit of the participation. It created opportunities for the development of basic knowledge and digital skills and for an increased awareness on digital issues, including the better information that technology may offer about the climate crisis, or/and about the need for more intercultural dialogue, or/and about the equal opportunities for all to have an easier and complete access in societal and democratic participation without linguistic, cultural, economic, etc. barriers.

Overall, it highlighted the benefit of digital technology to support an easier access to labor market, to change mindsets about environmental sustainability, to make understandable the need for inclusion and diversity, and to promote further the substantial active participation in society and democratic life.

### Literacy competence

The whole project was a challenging learning endeavor that provided opportunities to empower the abilities for understanding and expression of ideas, thoughts, feelings, proposals, experiences and facts in various form of communication, through oral and narrative speech, writing or/and in other forms (body language, improvisations), as well for interaction in a smooth, friendly and supportive way among peers. As a result, the participant has now a more stable basis for further learning and acting in society and democracy in Europe and beyond and for an openminded, critical and a constructive reflection and dialogue in crucial issues of the modern political global agenda.

### FURTHER INFORMATION

**The following resources provide further context and evidence for the learning process and outcomes of Ivana Likova.**

- Alexandros Zavos: <https://imepo.org/>

Ivana Likova

Athens, 13/12/2024



## PROJECT DETAILS

Below are further details about the project in which Ivana Likova participated.

### “Addressing Challenges in Europe”, part I

Youth Exchange | 03/12/2024–07/12/2024 | in ATHENS, Greece

**Main activities:** The project brought together youngsters from different countries to discuss and exchange ideas and personal analyses on important topics that cover their own interests, needs and expectations. Particularly, it developed knowledge and skills and improved stances and attitudes for an increased environmental sustainability, further promotion of inclusion and diversity, better understanding of digital and technological literacy’s benefits and for a meaningful engagement in society and democratic life, thereby connecting them to the European relevant fundamental common values.

**Main outcomes:** The project’s whole learning period, from preparation to monitoring, evaluation and dissemination, contributed in the European efforts and initiatives for societies greener and sustainable, more inclusive and cohesive with enriched intercultural dialogue, justice and fairness without discriminations, prejudices and stereotypes, digitally and technologically advanced, more participatory and democratic thus stimulating for the young participants a better future and setting bases for prosperous professional perspectives.

**Hosting organisation:** IMEPO - Hellenic Migration Policy Institute, GREECE

**Partners:**

- 1.-The National University of Science and Technology Politehnica Bucuresti, Pitesti University Centre, ROMANIA, Muntenia, Argeş County, Pitești,
- 2.-Anima Scenica APS, a theater youth organization of contemporary artistic anthropology, ITALY, Grosseto, Tuscany,
- 3.-WOLF, wide-reaching opportunities for learning and fulfilment, Bulgaria, Plovdiv/Philippopolis,
- 4.-France Culture Connection, Association d’échanges culturels et organisations événementiels, FRANCE, Paris, Maisons-Alfort, and
- 5.-ASOCIACIÓN JUVENIL MORE ACTIONS MORE HORIZONS NOW Andalucía, SPAIN, Andalusia, Málaga

The working language of the project was English.

Further information about the Erasmus+ programme can be found here: <https://ec.europa.eu/programmes/erasmus-plus/>  
More information about this project can be found in the Erasmus+ Projects Results Platform: [https://ec.europa.eu/programmes/erasmus-plus/projects\\_en](https://ec.europa.eu/programmes/erasmus-plus/projects_en)