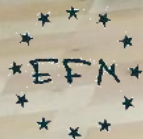




“Młodzi Ambasadorzy Przyszłości”

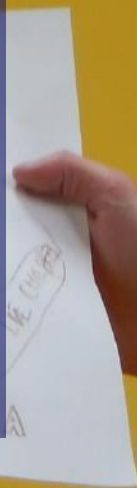
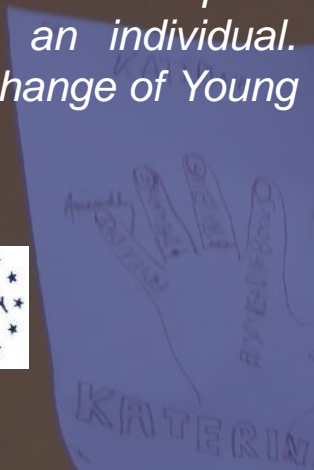
23rd -30th October, 2016

Długopole Górne/Poland



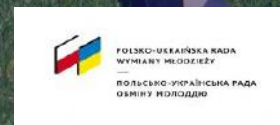
The project „Młodzi Ambasadorzy Przyszłości” was initiated by youngsters from the Kotlina Kłodzka region. A curiosity in the long and turbulent history of the region, dating back to World War II and the repercussions of which are still felt today, prompted interest in the project. One of the core objectives was to face and overcome the stereotypes concerning both Poles and Ukrainians and to heal wounds of the past.

The Youth Exchange was an opportunity for youngsters from both countries to come to terms with how similar their cultures are, as well as their values and traditions. The project also aimed at identifying oneself as a European citizen and what it means to an individual. Through its theme, it was an Exchange of Young Ambassadors.





The Youth Exchange took part from the 23rd - 30th, October 2016. The participants stayed together in “Centrum integracji i spotkań młodzieży międzynarodowej” in Długopole Górne, a scenic village surrounded by lush mountains and greenery. The total number of participants was 32, including the group’s leader. The age of the participants ranged from 16 to 23. The organizers from Poland were EFM, as the coordinating organisation, Kłodzko Municipality and the House of Culture from Odrzychowice Kłodzkie. The partner organisation from Ukraine was a Charitable Organization “Charity Fund of Kirorograd region: XXI century” from Olexandrivka. The project „Młodzi Ambasadorzy Przyszłości” was funded under the ”Polsko- Ukraińska Rada Wymiany Młodzieży” Programme.



First preparation meeting (APV) of the youth exchange "Młodzi Ambasadorzy Przyszłości" took place in Polanica Zdrój on 1st to 3rd of October, 2016 with leaders and one participant from each country.

Later, a second preparation meeting took place in Zespół Szkół Społecznych, in Kłodzko, this time with Polish youngsters. EFM staff (coordinator of the project) met with fifteen youngsters from different places around Kotlina. During our meeting we discussed different aspects of the project and we collected valuable information and materials to use during the Youth Exchange.



Second preparation meeting of the youth exchange took place at Zespół Szkół Społecznych in Kłodzko. This time we all met – EFM, Polish and Ukrainian youngsters.

We had a Skype meeting with all the participants of the youth exchange “Młodzi Ambasadorzy Przyszłości”. This was our first chance to meet and know each other.

All together, one more time, we discussed the most important issues of the youth exchange, such as: accommodation, workshops, activities and the schedule.





The Youth Exchange „Młodzi Ambasadorzy Przyszłości” officially kicked off with some funny integration games. The participants were thrown into dozens of ice-breaking activities each pushing them closer and closer together! Happiness filled the room all day as the shyness and nervousness of the participants steadily faded away. We also got the chance to talk about all the hopes and fears they had about the project. The hopes were inspiring and the fears easy to overcome with a bit of help. To finish the afternoon they did a presentation of themselves and their organization.



POLSKO-UKRAIŃSKA RADA
WYMIANY MŁODZIEŻY
—
ПОЛЬСЬКО-УКРАЇНЬСЬКА РАДА
ОБМІНУ МОЛОДІЖУ



Nobility Costume



On the first evening of the youth exchange the participant's got the chance to present their own culture and traditions on the Polish – Ukraine night. The presentation of Poland and Ukraine, by the respective participants, was one of the highlights of the week. The participant's got to know more about Poland and Ukraine. Although there were obvious differences, they were outnumbered by the similarities between Ukraine and Poland. The evening included also a bit of tasting typical snacks from each country.



POLSKO-UKRAIŃSKA RADA
MŁODZIOWCÓW
ПОЛЬСЬКО-УКРАЇНСЬКА РАДА
МОЛОДІЖИ



The second day of the Youth Exchange started with a bus trip to a high school in Bystrzyca Kłodzka. At the school we met some really nice students, who joined us in our activities.

The participants were divided in two groups, the first had to find all the similarities between Poland and Ukraine and the second had to find all the differences. After that they had a very interesting debate in which became clear that even though the two countries had some differences, the similarities were far greater in number and in importance.



POLSKO-UKRAIŃSKA RADA
WYMIANY KULTURALNEJ
—
ПОЛЬСЬКО-УКРАЇНСЬКА РАДА
ОБМІНУ КУЛЬТУРОМ





In the Cultural House in Oldrzechowice Kłodzkie, elderly locals gave the youngsters an insight into the culture and history of the region. Since music knows no boundaries, the youngsters were introduced to traditional folk music and dance. Later, the entire group took part in cooking traditional Polish and Ukrainian cuisine, which consisted of dumplings, a traditional Polish stew, potato pancakes and stuffed cabbages.



POLSKO-UKRAIŃSKA RADA
WYMIANY MIEJSCOWEJ
WOLSKO-UKRAIŃSKA RADA
OBYWIEC KŁODZKIE





In Oldrzechowice Kłodzkie, interviews were arranged with people who were displaced from their region during the Second World War. Emotions ran high as the stories of struggle, misery and pain were told. Although youngsters could not hold back their tears, they realized the value of freedom and to appreciate what they now take for granted – it was a good lesson for them.





At the Culture House, in Kędzierzyn Koźle the participants were greeted with a small folk concert of Polish and Ukrainian songs, sang by “Echo Kresów” choir.

After the concert, the youngsters were involved in a music workshop organized by the choir. Together they sang the folk song “Hej sokoły” in Polish and Ukrainian language.





The second round of interviews was held with another group of elders who, in the past, were forced to move to different parts of Poland. The participants got the chance to hear stories about their life (and their relatives) as well as what happened during their resettlement or staying in Siberia, what kind of problems they faced and how it changed their life. Kędzierzyn-Koźle was the venue for the event and long conversations were held with the eye witnesses who watched history shaping the two countries.



For a better understanding of the history and geography of Kłodzko valley, the group was given a history lesson and a tour at the Regional Museum of Kłodzko. It also included the history of people who were displaced and resettled there, but also the challenges they faced when they first moved in. The group was also given a tour to some other exhibitions, such as the modern art from Czech Republic, a display of different and unique types of watches and a glass exhibition.



POLSKO-UKRAIŃSKA RADA
WZajemnej Pomocy

ПОЛЬСЬКО-УКРАЇНЬСЬКА РАДА
ОЗЕМНОЇ ПОМОЦІ





The participants also met the Mayor of Kłodzko, alongside the Youth Municipal Council from the municipality of Kłodzko.

The representatives of Youth Municipal Council made a presentation about their tasks and various projects which are focussed on working with youngsters. The Mayor of Kłodzko Rural Areas, Mr Stanisław Longawa, also made a presentation regarding the administration of Kłodzko district, activities that they do around the villages and future plans and goals with Ukranian cooperation in the projects to come after this.





The participants took part in sport activities at Integration school in Szalejów Górny. This activities were designed keeping in mind the need to have some entertainment, to promote better team spirit and fair play among the youngsters.





A workshop titled 'How I see myself and how others see me' was conducted. It gave the participants a chance to self-reflection. On the same lines, working with the volunteers from different countries, survival maps were created. This was the platform on which better understanding of countries, cultures and how to integrate oneself in the local community was built.

young and
- cheer
- cute
- cheerful
- helpful
- friendly
- smart
- intelligent
- sweet
- kind
- interesting person
- pleasant
- sport lover :)
- good dancer
- friendly
- average and funny
- handsome
- beautiful boy
- wide fed





During the workshop titled „How others see me?” the participants were divided into teams and each team had to come up with a short play on the following topics: Stereotype, Gender discrimination, Racism, Xenophobia and Sexism. More than just having fun while making the videos and being actors, the teams ended up providing excellent videos that allowed them to see how other’s see themselves in those topics.



One of the core topics of the project was the workshop focused on our rules as Polish and Ukrainian young citizens.

The participants discussed more about how they see themselves in their homelands and what they can do as young ambassadors of the future.

The participants created their vision of the future young ambassadors focusing on latest realities in the contexts of refugees coming to European countries because of the situation that they have in their countries. Even though the Ukrainian episode was in the past, history is repeating in Europe. To shed light on this topic, the Polish and Ukrainian participants discussed and came up with posters and presentations on how their countries dealt with the current immigration crisis.





A banquet was arranged as a farewell dinner in Polanica Zdroj. It was attended by all the major stake holders of the project, which included the Mayor of Kłodzko Rural Areas, members of the culture house and EFM staff. Before the banquet, a short tour around the town was included. The evening ended with dances, discussions and long lasting friendships being made all around.





The last day of the youth exchange was dedicated to create newsletters and posters that summed up the entire project and present them to others. The final evaluation of the project was also done on this day. Using different methods, the participants evaluated all aspect of the youth exchange, starting from the logistic part, activities, atmosphere in the groups and workshops. At the end of the project, the participants were also awarded with certificates for their enthusiastic roles in the successful completion of the project.





Collective work

**Authors: Staff of Europejskie Forum Młodzieży & participants of the Youth Exchange
Bystrzyca Kłodzka – Poland, November 2016**

**The project “Młodzi Ambasadorzy Przyszłości” was in the frame of Polsko –
Ukraińska Rada Wymiany Młodzieży Programme. This publication reflects the views
only of the author and the Polish National Agency cannot be held responsible for any
use which may be made of the information contained therein.**



„The Young Ambassadors of the Future”



Partners involved in the project “Młodzi Ambasadorzy Przyszłości”:

