

**ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE**

Activity n° A1							
g organisations DJH (DE), RASIO Perspektiva (LV), Seikėjate Vennaskond (EE), Pskov State University(RU), MOBILE ADVENTURE SP.ZO.O./MOBAD(PL); SISU Youth (FI)							
City/Town	Venue	Country	Start date	End date	Arrival date	Duration	Departure date
Pskov		Russia	29.06.2019	04.07.2019	28.06.2019		05.07.2019
Timetable			Activity Programme				
Activities	Non-formal and informal learning methods used						
<i>DAY 1: Travel Day (28.06.2019) -Friday</i>							
AM	xx						xx
	xx						xx
PM	Arrival of the groups +registration		Due to the distance and flight time used transport, many groups require an extra day of travel (360km from St. Petersburg)				
	First Get together after dinner		First get to know each other, first names round and expectations. Depends on the arrival time of the participants. Filling in some "Stickerbrief" (profil card) to introduce them to the others (they will hang in the group room all week)+ short intro				
<i>DAY 2: Program Day (30.06.2019) -Saturday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Get ready for the day - on the first day a teacher will introduce an ice-breaker/ energizer- the following days the participants				
	Introductory Session+ presentation on the region & university		Short Welcome from the university dean and Russian organizers & introduction, afterwards Get know each other by group games (Amazing Annika, Everybody who ear jeans change seats...), Partner Interviews (Collages, Teams (2 people), ...)				
	presenting the program/Aims/ F&Q Wishlist of the participants		Go through the program plus goals and wishes of the participants (Metaplan cards green: wishes, yellow: goals, red: i dont want to happen - 10 Min writing, 30 min introduce), Work on communication rules together also time to answer questions				
	<b>Lunch</b>						
PM	YOUTHPASS Introduction		Informing participants and participating in the program, Youthpass as Instrument (ppt presentation)+ Captains Logbook (Salto) as their diary during the week				
	Dialogue session (DS) 1- Me & Europe (European election/decisions, parties/ nationalism)		Introduction to the method „My Europe“ Collages , discussion and collecting headlines for the common „Our Europe-Collage“ in small groups. Discussion also about parties, voting System in EU-parliament and uprising nationalism. What				
	Get together @Hansaparty		The participants have the opportunity to meet the other young people of YOUTHG HANSA and exchange ideas				
	Good night feedback/ Midnighttalk		Feedback round: possibility to address again problems/wishes, strengthen group feeling				
<i>DAY 3: Program Day (30.06.2019) -Sunday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Warm-up every day another country/ team organized by the participants themselves				
	Excursion with tasks @Hanseatic day/ Practical Workshops		Get know the Hanseatic Days and Hansa in little groups with a quiz; also having 3 workshops at the area (to be announced)				
	<b>Lunch@Hanseatic days area</b>		To give them more time to explore and bound, lunch in town				
PM	Dialogue Session (DS) 2 - Identity, Stereotypes, Respect (no hate speech)		Intro practise: "Albatros culture"(http://www.bpb.de/lenen/infostat/projekt-integratio/134613/info-06-01-uebung-die-albatros-kultur) than continue with Power Flower, Identity sun and group discussion: How do Stereotypes affect s.o. in our lives?				
	<b>Feedbackround</b>		Feedback about flower power +Identity sun (exchange in little groups)				
	<b>Dinner</b>		Intercultural understanding, getting to know other cultures (organized by participants = dance, games, quiz, food from home etc.)				
	(inter)cultural night						
	Good night feedback/ Midnighttalk		Feedback round: Possibility to address again problems/wishes, strengthen group feeling				
<i>DAY 3: Program Day (01.07.2019) -Monday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Warm-up every day another country/ team organized by the participants themselves				
	Dialogue Session (DS) 3 -Youth unemployment & Future opportunities/ my neighbourhood		Short input about number and changes in the last years ( provided by material from EU): What does Europe mean for young people? - also linking to the first day (https://what-europe-does-for-me.eu/), What are my future opportunities?				
	<b>Lunch</b>						
PM	Discover Pskov and University Campus (Rallye)		Discovering the campus & city of Pskov with an organized Rallye form the Russian students in little groups with tasks				
	<b>Results &amp; Feedback</b>		Feedback method 5-finger-reflexion: https://www.youngstarswiki.org/wiki/5-finger-reflexion.html				
	<b>Dinner</b>						
	Europe Cafe -Discussing		Everyone has a topic list sticking on their shirt and you can choose your dating/ talking partner i.e. my day, Russia, Europe, elections etc.; they switch after a while (everyone should talk at least with 5 different people they dont know so well)				
	Good night feedback/ Midnighttalk		Feedback round: Possibility to address again problems/wishes, strengthen group feeling				
<i>DAY 4: Program Day (02.07.2019) -Tuesday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Warm-up every day another country/ team organized by the participants themselves				
	Dialogue Session (DS) 4- multicultural society/ refugees		Finding out together by research and discussions: how is my city diversity? How many different origins we have? Whats about refugees? And which projects could help for a better living together? Input/ group discussion/ and world cafe				
	<b>Lunch</b>						
PM	<b>Feedbackround</b>		method depends on group dynamics				
	University Input : RUSSIAN-lection for runaways		Like a crash course of the RU language for better understanding representatives of different cultures; organized by students of Pskov State University				
	<b>Dinner/ Cooking together (if possible)</b>		Cooking together (group dynamics) team feeling, every * s talent is needed, creativity				
	Explore Pskov (night walk)		Walk in the district/ city (preparation team Russia?) short intro of Russian/ Ural history and Pskov (=role of Hansa); Maybe split up into two groups.				
	Good night feedback/ Midnighttalk		Feedback round: Possibility to address again problems/wishes, strengthen group feeling				
<i>DAY 5: Program Day (04.07.2019) -Thursday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Warm-up every day another country/ team organized by the participants themselves				
	Dialogue Session (DS) 5- decided by participants		All topics that are to be deepened (the wish of the TN) are dealt with again here in small groups; Method for extracting the topics: Pyramid discussion (Schneeballdiskussion), maybe World cafe- depends on the participants- afterwards still				
	<b>Lunch</b>						
PM	Excursion to Izborsk		To learn something about old Russian Community / history, How life worked in old days and what can we learn about in nowadays?				
	<b>Dinner</b>						
	EU Games from each country/ Gamesnight		Everyone is involved with outdoor (preferably) games from your countries; participants lead by themself+ confidence+ group feeling				
	Good night feedback/ Midnighttalk		Feedback round: Possibility to address again problems/wishes, strengthen group feeling				
<i>DAY 6: Program Day (04.07.2019) -Friday</i>							
	<b>Breakfast</b>						
AM	How are you? Energizer		Warm-up every day another country/ team organized by the participants themselves				
	Final Feedbackround & Filling in YOUTH PASS (+pics)		Detailed evaluation in three parts: Posters (writing), online questionnaire (detail) and talking round +Everyone fills out his/her YOUTH PASS + photo session with each other				
	<b>Lunch/ packed lunch?</b>						
PM	Halfday trip Together to St. Petersburg		To get know the city on the Baltic Sea and the history of trading in the Hansa. The most participants have a flight from there.				
	<b>dinner on the road</b>						
	Good Bye ceremony		Love letters (written on the way to St.Petersburg); People who are flying easier from St.Petersburg leaving the group here				
<i>Travelling: 05.07.2019-Friday</i>							
AM	Travelling/ Latest Flight back home		All participants going home				
	xx		xx				
PM	xx		xx				