

Handbook for the Youth Exchange



1 - 9th September 2012
Banska Stiavnica, Slovakia



Project Partners:

INEX, Slovakia

**Clube Desportivo Recreativo e Cultural Amarense,
Portugal**

Association des Compagnons Batisseurs asbl, Belgium

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1. Introduction



'Youth in Action' Programme



“Change for life” is a youth exchange, supported by the Youth in action program, of twenty one young people from three different countries who are interested in healthy lifestyle and want to learn how to live better and longer life.

Our project was focused on exchanging ideas and information about the common things and differences in the lifestyle of young people from different countries, raise their awareness on the importance of the health physical and psychical and how this things influence on their daily life. We also paid attention on the relationship between people and nature and tried to focus on it during the whole project.

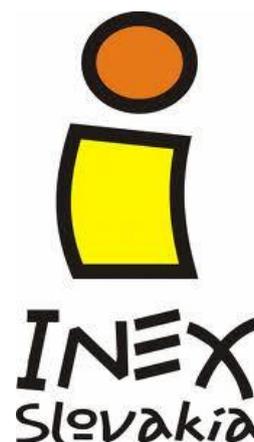
This exchange took place in Banska Stiavnica, very beautiful town in the middle of Slovakia, where the participants could realize the project and also enjoy the beauty of Slovak nature and history.

This brochure is meant to spread ideas, methods and outcomes of this project to future generations and to those who want to realize activities, connected with the Youth in Action program.

2. Partners

The protagonists of this project were first of all our participants from Slovakia, Portugal and Belgium who had the possibility to participate to this exchange thanks to our partners: the Portuguese organization “CDRC Amarense” and the Belgian “Compagnons Batisseurs”.

The promoter and organizer was INEX Slovakia, a non- profit and non-governmental organization which is mainly engaged in projects for young people focused on youth mobility, non-formal education and international volunteering.



3. The project

The youth exchange “Change 4 life” is a project focused on promoting healthy lifestyle amongst young people. We noticed that more and more young people are turning to the “closed way” of life that includes unhealthy fast food, lack of sport activities and contact with nature and a lot of time spent in front of the computer. Also, we can see negative changes in the manner of communications of young people that occurs through internet rather than in person as it used to be before. The other concern we have is that young people are starting to be less interested in the needs of their local community and are not free or interested to help the society without any compensation. These problems led us to the idea of creating this youth exchange.

4. The method

The method used to reach the goal of our project was the result of a very good combination consisting in: the participation in workshops based on the non-formal learning, games, discussions, presentations, debates, sport competitions, the contact with the nature and the intercultural exchange through national evenings.

5. Our reports... or what happened during the youth exchange

01.09.2012- Welcome to Banska Stiavnica

After long trip to Slovakia we finally met all on the train station in Bratislava and together got in the train to Banska Stiavnica. There we already had a possibility to know each other a little bit. In the evening in Scout House we, as a hosting organization of this project, prepared for the participants an introduction of the project, some ice breakers and different know-each-other games.



02.09.2012- Welcome to the project

This day was really productive in knowing our project and Slovak culture as well. After some funny morning energizers we started the day with introduction of our project for the participants and presentation of our time table with the activities for the whole project.

Mind maps



The first workshop we made was Mind Maps. In the mixed groups our participants could create their own mind maps on the themes Body, Mind and Environment, which are the dimensions of health of youngsters. Participants really loved this activity and later present their works to the group. This activity helped us to understand what we see under this dimensions and find problematic moments for future discussions.

Treasure hunting in Banska Stiavnica

As our project took place in such a beautiful place as Banska Stiavnica we prepared special treasure hunting game for our participants so they had a possibility to know better this place and also each other, as they were divide into the groups.

Slovak Evening

The best conclusion of the day could be only Slovak evening. Participants from Slovakia prepared to us beautiful presentation with traditional songs and dances and of course halushki with goat cheese and different Slovak sweets.



03.09.2012- Are you ready to change? This is the time for challenge

This day was the most difficult but the most challenging one, full of emotions and very important day for each of us.

After the joyful morning exercises prepared by Belgium team we divided the group in two groups. The first one went to the nearest forest where a surprise was waiting for them. A ladder fixed on a tree, on which we were suppose to climb and jump to reach an object, hanging on a rope. This is quite difficult rope activity in which you need to win under your fear and open yourself for changes to a better life. After this we had a group conversation about our feelings and what this jump brings to us.

During this time second group was doing another very important activity consisting of two parts. At the beginning they received 12 tasks symbolizing 12 months - one year of our life. The participants needed to do something good for them and for others, find healthy and useful thing in nearest area etc. The second part of the activity was to find 6 questions focused on changes for their better future, so they had to answer and think about their previous experience. After this they had a discussion in the calm and beautiful place - tea house.

After the lunch groups changed, so everyone had a possibility to explore his nature and understand what things need to be changed.



04.09.2012- Volunteering, healthy nutrition and Belgium

Let's try what volunteering is?

This morning we should get up earlier to go to the Calvary, one of the most unforgettable places in Banska Stiavnica, where we were supposed to try what it means to be volunteer and help to local

community in restoration of this beautiful place. We tried to show how important is volunteering and even more nowadays when young people forget about their connection with society.

Do we know what we are eating?

After the lunch we had a workshop relating to healthy food and what actually is healthy. Through brainstorming and discussion we wanted to find the best way of nutrition for us, as young people in modern society and how we can improve our life and life on the planet through food in our fridge.



Discovering Belgian culture

After the day full of different activities our Belgium team prepared for us very tasty dinner and presentation about their country. We knew that it's quite small but full of interesting things country.... The special governmental system, real and fake chocolate, languages... Belgium evening was really full of Belgium things =)



05.09.2012- Nature and puppets from newspapers =)

Beauty so close to us!

The first part of the day was dedicated to nature. And if you want to discover it you will go to the nearest park, forest or mountain, wont you? That is what we did. We had a tourist trip to The Paradise, one of the nearest hills.

During the way, which lasted more than 3 hours we were observing the beauty of nature and speaking about the lack of it in our daily life. Let's stop using our environment and become part of it! Could be the motto of that morning.

Newspaper puppets from Portugal

After the lunch Portuguese team prepared for us interesting workshop. What the most unusual you can do with old newspapers? As for us we created puppets! Each participant could model his own doll using easy Portuguese technology =) through this puppets we could show that we can recycle things in such a different ways and also could declare ourself in this art workshop.

In the evening after the dinner the local partner of our organization made a very interesting presentation about Slovakia and Banska Stiavnica to our participants from abroad. How it was before and how is it now... and what we can do for it's better future!

06.09.2012- Calvary, questionnaire with the locals and Portugal =)

The day again started earlier because of volunteering on Calvary. This time we already knew where we were going and as everyone lived that place from the first time, we had voluntary but joyfully time before the lunch.

In the afternoon participants had a task to interview local young people about their healthy and unhealthy habits and make an output from it. We learnt that Slovak youngsters are pretty similar to others one and had a lot of things to be changes. We hope they also will do this in their nearest future.



Hello Portugal!

This evening was under the Portuguese team which cooked for us their tradition barbeque and told a lot of interesting things about the most western country of the Europe. We discovered the taste of Portuguese yummy things and the beauty of this country.

07.09.2012- Mines, Youth in Action and Days of Salamander

As it was our free day we wanted to pass it actively that is why seventh day of exchange was really full with cultural events. In the morning we went to the Mine museum of Banska Stiavnica, where we had a possibility to explore Slovakia under the earth =) But it was only the great start of the great day. In the evening we became the part of the biggest festival in this town - the days of Salamander, we saw concert, danced, sang Slovak songs and tried traditional food and of course observed beautiful parade of miners.



Youth in Action and what with it?

But this day wouldn't be full with out our presentation about Youth in Action program and possibilities in it for our participants. They were really interested in it, asked a lot of questions and also had small workshop about future possible project and events for YiA. We hope they will realize some of those great ideas!

08.09.2012- Evaluation and.... Good bye Japanese =)



Model of Better Living

The last working day was really busy time. We needed to conclude everything we had done in previous 7 days and also create our model of life for future - Model of Better Living. For this we used again the method of Mind maps, so participants, divided into the groups, needed to create on a paper the way they can improve their life and the life of their ambience. We still had a lot of thing to be discussed and we hope they will do this in their countries with their

friends and families.... So the model was created and our last night together was coming....

Japanese farawell party =)

together was coming....

It happened that at the same time when we were in Scout house with our exchange there also as one bilingual workcamp organized by INEX. This work camp was unusual because they had only participants from Slovakia and Japan. And on the day of our faraway party they had a Japanese evening, so we decided to join their feast of Japanese culture. We saw very nice presentation, tried homemade sushi and had workshops on different Japanese games and calligraphy. That is how the end of our project was =)

... 09.09.2012 Departure

...was the day of our departure and time to say..... time to say good bye and see you - because we hope to see each other again in the future and discuss about how that exchange helped us to improve ourselves... we will see =)

5. Results and follow up

The Youth Exchange “Change for life” has raised awareness of 21 young people from Europe about healthy life style and its benefits for every one of us.

The project was a way for the participants to develop communicational and language skills, to learn to work in an international team and to gain experience abroad. They learned to think and act in a way that is focusing more on their own health and the health of their society. The participation in the YE helped for their self-development and for being more open minded.

Long term results were achieved through the actions of the participants, who coming back in their countries will spread the information they gathered during the project in their families, among friends and in organization where they are active members. We motivated the participants to spread their knowledge about the Youth in Action program too. This way more people will get to know about the opportunities the program gives to young people.



6. The place for our exchange - Banska Stiavnica and Calvary - history

Banska Stiavnica

Banská Štiavnica, the oldest mining town in Slovakia, played an important role as early as before the second third of the 13th century. An existing document dated 1275 in Banská Štiavnica contains the oldest town seal known to exist in Europe, picturing the town coat of arms with archaic mining tools (especially a chisel without a handle), thereby, definitively linking mining and the town from its very beginning.

The richness of the minerals found here was the cause of the inhabitation of this hilly region and its subsequent development and growth. The oldest documents about the earliest settlement connected with ore mining and processing are from the 10th to the 8th centuries B.C. (the late Bronze Age)

An agglomeration of settlements in this territory dating back to the 11th century has been confirmed by archeological finds in the town proper as well as in the „Old Town“ locality on Glanzenberg Hill. In the 1330's the town of Banská Štiavnica was of considerable area. There were two churches - three-naved basilicas, 500 metres apart from each other, which exhibited a high degree of building mastery and their artistic late Romanesque style is an evidence of the influence of Cistercian architecture from Low Austria in the 12th century.

The great prosperity of the mines in the following two centuries, reflected by utilization of new progressive technologies of mining and processing of precious metals, resulted in the densification of the town. The town developed on both slopes of later Trinity Square (respecting the adits into the mining works) and along the road to Štiavnické Bane. The spread of the town southward towards Ilija and Svätý Anton is documented by the building of the hospital Church of St. Elizabeth in the poverty quarter as early as 1310.



In 1442 - 1443 the town suffered huge losses due to battles for the Hungarian throne and a subsequent earthquake. The churches, burgher houses, castle and mining works were damaged.

From the end of the 15th and the beginning of the 16th centuries, a slow decline in the mining production began to occur in spite of considerable yields from the mines. This happened due to the problems with pumping

water from the mines as well as the slump in the prices of gold and precious metal ores on the European markets. This situation followed by social fracas in the entire central Slovak mining region, culminated in the mining revolt in 1525 - 1526. In 1526 the Hungarian army was defeated in the battle at Moháč by Turkish troops, which began moving towards the central Slovak mining towns.

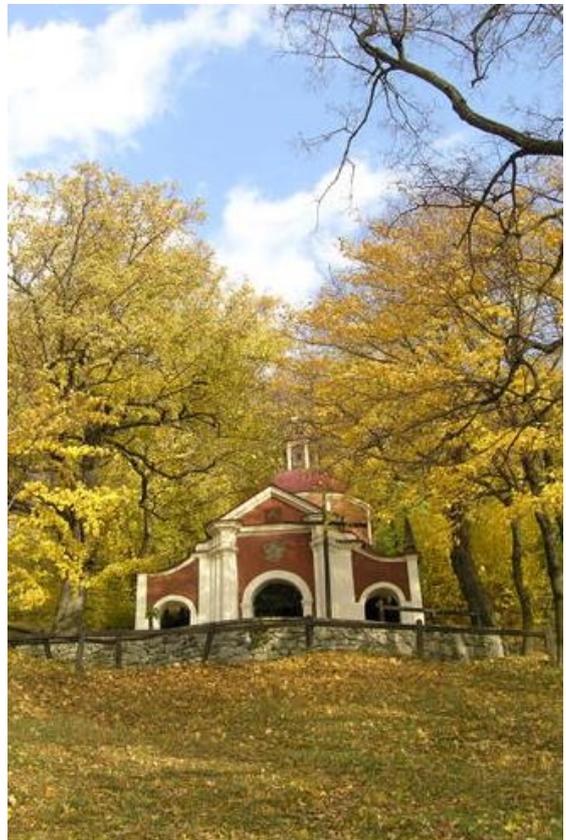
In the building boom of the 16th century, the plans of the square developing and the town rebuilding overlapped with the defence safeguarding. The older burgher houses were rebuilt and enlarged, the pompous Renaissance palaces and the seats of the the Mining Chamber and the Head Chamber Earl's Office were built. Dispersed buildings lining the main streets and the square began to take the existing form. A widely ramified sewer system was built by the town during these times and its main lines were preserved until nowadays.

In order to protect the town against the Turks, the parish church was rebuilt into the fortification, today known as the Old Castle. The guard tower, the New Castle, was built in the western part of the town.

Source:<http://www.banskastiavnica.sk/en/navstevnik/history-1/history-of-the-town-1/until-the-17th-century.html>

Calvary

The Calvary Mount of Banská Štiavnica is the most important of Slovakia and it is one of the largest and artistically most significant of all of Europe. In 1993, the Calvary Mount was included by the UNESCO in its World Heritage List, together with the historical city of Banská Štiavnica and the technical monuments in its vicinity. Since the Middle Ages, the mining of precious metals, especially silver has had a key role in the history of Banská Štiavnica. Concomitant with an extraordinary development of mining science and techniques, the city, towards the end of the 18th century, lived its “golden period” also from an artistic and intellectual standpoint.



Thanks to the influence of the imperial court in Vienna, particularly following the rise to the throne of Marie Therese (1740-1780), the desire spread to manifest devotion in a new way, that is, to give material expression to the feelings of gratitude for the blessings received. It was with this spirit that between 1744 and 1751, on the initiative of the Jesuit priest Franz Perger, the

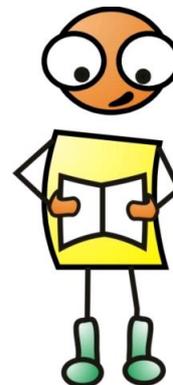
Calvary Mount of Banská Štiavnica was built on the hill of Scharffenberg. The architecture of the devotional complex is in harmony with the spirit of Mitteleuropean baroque, making use also, on a smaller scale, of the Italian style that can be noted, and in the beauty of the harmonious shapes of the ornamental sculptures. The Calvary Mount is made up of twenty-four stations, symmetrically arranged along the upward path; they depict the dolorous life of Jesus Christ and of the Virgin Mary. The main feature of this devotional complex is the upper church with two towers; it has a single ellipsoidal nave with prismatic lateral towers. The decorative works inside the church are principally the work of the painter Anton Schmidt and of the workshop of the sculptor Dionys Stanetti.

Source: http://www.sacrimonti.net/User/index.php?PAGE=Sito_en/banska_stiavnica

7. About INEX Slovakia, the hosting organization

INEX Slovakia is a non-profit, non-governmental organization founded in 1993. Its main aim is to play an active role within the international youth exchange that promotes international understanding, intercultural learning and tolerance.

INEX Slovakia organizes activities that are focused on youth mobility and non-formal education and international volunteering. We organize different voluntary activities like international voluntary work camps, trainings, seminars, various activities on national level, regular meetings of non-formal groups, workshops, activities for children with difficult background etc. We are a sending and hosting organization within European Voluntary Service. These activities provide an opportunity for young people of different national and cultural background to live and work together; facilitate personal growth and a personal responsibility.



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The exchange was realized thanks to:



..the participants:

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5. Florišová Lenka
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4. Costa Jose
5. Silva Paulo
6. Vieira Alexis
7. Vasconcelos Joao

...and to:

