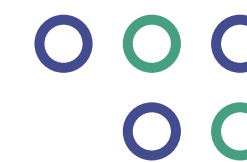


Youth Exchange project

AdultWHO -
how to cope to
adulthood



Project goals



Goal

The aim of the project "AdultWHO - how to cope to adulthood" is to prepare 32 young people aged 14-17 for adult life by offering at least 5 practical workshops and group discussions to develop life and work skills, as well as mental well-being. The content of the workshops includes career planning, mental health support, analyzing personal strengths and development needs, entrepreneurship and financial literacy, and addressing the challenges of transitioning to adulthood through peer-to-peer workshops. Additionally, the participants will create a theater performance and develop comics that address the project theme. During the project, participants will assess their development and readiness for adulthood using various self-analysis methods (group work, reflective diaries, self-assessment questionnaires and scales, metaphor cards, etc.). The project lasts for 6 months and includes not only the youth exchange and follow-up activities but also offers each participant the opportunity to develop the necessary skills and knowledge to take on an adult role, with support from youth workers throughout the process. As follow-up activities, a survey will be conducted, meetings will be held with youth groups, and the project will be presented in the community of each participating organisation.

Benefits

The project supports the development of the following skills in young people



Development of social and communication skills



Time management



Money and taxes



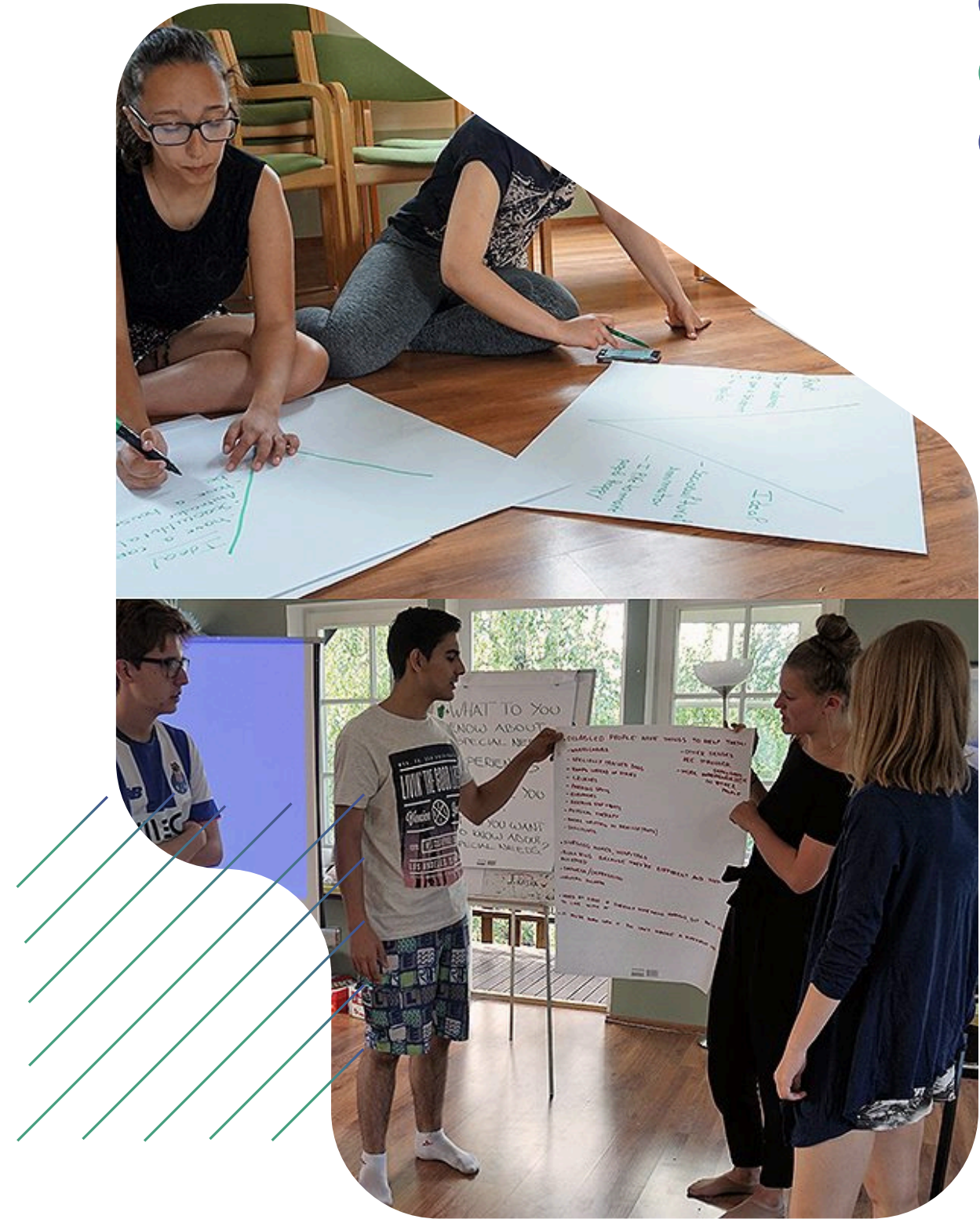
Healthy lifestyles (including supporting mental health)



Self-assertion and decision-making ability



Teamwork skills, shaping one's own career



Impact assessment



Reflective Journal

Participants are tasked with keeping a journal where they can write down their thoughts, feelings, and insights after each workshop or activity. Each day's journal entry includes reminders of the topics and activities covered, along with guiding questions. The journal serves as a valuable input for later completing the youthpass.

Self-Assessment Questionnaires and Scales

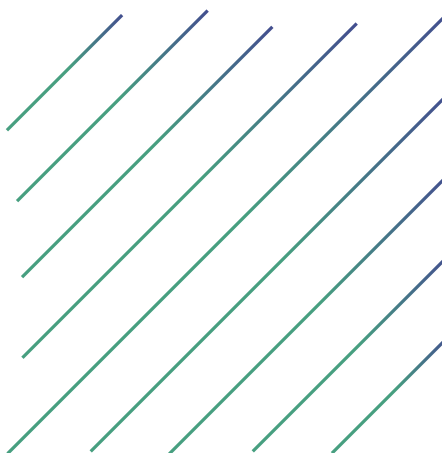
The questionnaire and scales are used in the project to assess the knowledge and skills of the youth before and after the activities (e.g., how would you rate your ability to manage time on a 1-5 scale, etc.).

Group Discussions and Feedback Sessions

Youth share their experiences and discuss how the project activities have impacted them. Supporting questions are provided to the participants if needed to guide the discussions. There will also be meetings with transnational groups.

Mentoring and Feedback

Participants receive individual feedback from their group leaders. This process helps them develop self-analysis skills and receive personalized feedback on their progress.



Preparatory stage



Infopack for youngsters

Information about the project details, participant information and parental consent

Cultural and linguistic preparation

Provide an overview of the social and cultural norms in different countries, emphasizing the importance of empathy and open-minded communication.

Discussions and sharing tasks

Discussions with young people on the topic of the project, task sharing and youth involvement. Youngsters with leaders are preparing their country's cultural evening

Online meetings and APV

Team meetings, one online meeting for participants (Discord)
Preparatory visit in Estonia (1 youth leader+1 youngster)

Risk plan preparation

During the preparatory visit

Youth Exchange



Accommodation

1st choice - Lilleoru School

2nd choice - Saku Youth camp

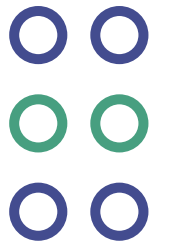
3rd choice - Liipa Recreation Center

Activities

- Most of them in the same area, where we will accommodate
 - One day in Tallinn, also some free time
 - One day in Tartu (simulation game)
 - Performance and exhibition in Rae Cultural House
 - Private bus for travel
-



Follow-up activities



Group meetings

Feedback, have they already been able to apply the knowledge gained from the project? Do they need further support?

One month after the youth exchange will be sent a questionnaire to the participant.

Padlet or some instrument what they can use after YE

All the project information and some worksheets what they can use in the future

Introducing the project

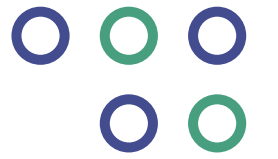
Introducing the project to the wider community - either simply informative or to share useful knowledge and skills about the topic with other young people who did not participate in the project

Online meetings

Online meetings with team members and one for youngsters

Next YE idea ;)

What next



- Please send me the information about participation with fewer opportunities - what is the number (are all the 8 participants with fewer opportunities or not)
- With every youth group, there will be 2 leaders - does some of you need some extra person to take (accompanying persons, facilitators)? - Hungary will take one extra facilitator, someone else?
- If you have some good activity of method what we can use and it would be good to add to application, then write to me before tuesday
- Accession form - please send those for me with signature this Friday - need Irish team accession form, then it will be okay! :)



Thank You

