

# ADAPT

## DIGITAL STEPS FOR THE SOCIETAL AND POLITICAL INTEGRATION OF MOBILE EU YOUTH

Project Number: 101090099

[www.adapt-youth.eu](http://www.adapt-youth.eu)



## REPORT

## Youth Exchange in Romania

08/07-11/07 2024



European Center for Research and  
Regional Development



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# Executive Summary

The ADAPT Youth Exchange, conducted from July 8 to July 11, 2024, in Bucharest, Romania, brought together 10 participants to promote civic and societal integration of mobile EU youth. Under the theme “Digital Steps for Societal and Political Integration of Mobile EU Youth,” the program aimed to empower participants to actively engage in civic life, bridge gaps in participation, and foster cultural awareness among diverse nationalities. This report provides an overview of the exchange’s objectives, methodology, results, and outcomes.



# The Consortium



**CAPITAL YOUTH  
ASSOCIATION (CYA)  
LIECHTENSTEIN**



**EUROPEAN CENTER FOR  
RESEARCH AND REGIONAL  
DEVELOPMENT (ECRRD)  
LATVIA**



**ASOCIATIA ASEL RO  
ROMANIA**



**EVROPAIKO KENTRO  
KOINONIKON EPISTIMON  
POLITISMOU KAI ATHLITISMOU  
GREECE**



**uDevelop e.V.  
GERMANY**



# Objectives

1

**To Educate on  
Civic Engagement**

2

**To Equip with  
Essential Civic  
Skills**

3

**To Encourage  
Community  
Involvement**

4

**To Promote Cultural  
Exchange**

5

**To Build Lasting  
Networks**

# Objectives

1

Highlighting the role of civic engagement in building stronger, connected communities.

2

Providing training in communication, leadership, and advocacy to enable effective civic participation.

3

Motivating participants to identify and address community needs through collaborative projects.

4

Enhancing mutual understanding among youth from different EU nations.

5

Fostering a network for ongoing collaboration and shared projects among participants.

## AGENDA

Participants began with an introduction to civic participation, examining youth engagement levels, democratic processes, and barriers to involvement through case studies and discussions. Skills development workshops followed, focusing on public speaking, debate, and advocacy through practical exercises. The third day centered on collaborative projects where teams identified community needs and presented actionable proposals in a "Dragon's Den" format. The final day was dedicated to reflection, allowing participants to share insights, solidify connections, and plan future applications of their learning.



# DAY 1

## 08/07/2024

- **9:00 – 10:00**

Welcome and Ice-Breaking Activities

- **10:00 – 11:00**

- Presentation on the importance of civic participation

- Discussion on current levels of civic engagement among youth in the EU

- **11:00 – 11:30**

Coffee Break

- **11:30 – 12:30**

- Overview of democratic processes and civic rights in the EU

- Case studies of successful youth civic engagement initiatives

- **12:30 – 13:30**

Lunch Break



- **13:30 – 14:45**

- Group discussions on common barriers to civic engagement
- Sharing personal experiences and challenges through “Barrier Bingo”

- **14:45 – 16:00**

- Role-playing scenarios to practice civic participation
- Strategies for overcoming barriers using: “Problem-Solving Carousel”

## **DAY2**

### **09/07/2024**

- **9:00 – 10:00**

- Recap of Day 1 and Introduction to Day 2

- **10:00 – 11:00**

- Short presentations on essential skills for civic engagement.

- **11:00 – 11:30**

- Coffee Break

- **11:30 – 12:30**

- Participants divided into teams
- Each team completes tasks related to different civic skills at various stations (e.g., public speaking, debate etc.)

- **12:30 – 13:30**

- Lunch Break

- **13:30 – 14:45**

- Presentation on techniques for effective advocacy and lobbying.

- **14:45 – 16:00**

- Group exercises to practice advocacy skills
- “Elevator Pitch” game where participants create and present brief advocacy pitches

## **DAY 3**

**10/07/2024**

- **9:00 – 10:00**

- Recap of Day 2 and Introduction to Day 3

- **10:00 – 11:00**

- Presentation on Identifying Community Needs

- **11:00 – 11:30**
- Coffee Break
- **11:30 – 12:30**
- Group work on planning community improvement projects
- Defining goals and objectives
- **12:30 – 13:30**

Lunch Break

- **13:30 – 16:00**
- Groups present their project proposals using “Dragon Den” format
- Feedback from peers and facilitators

## **DAY 4**

### **11/07/2024**

- **9:00 – 10:30**
- Final reflection session using “Reflection Circles”
- **10:30 – 12:00**
- Sharing final thoughts and goodbyes

## Key Activities and Outcomes 08/07

The first day focused on understanding civic participation and the importance of active involvement in democratic processes. Participants engaged in group discussions where they analyzed various case studies, exploring how individuals and communities can contribute to societal changes. The activity highlighted the barriers young people often face when trying to engage in civic life, such as lack of resources, limited access to decision-makers, or feelings of disempowerment. Through thoughtful dialogue and analysis, the group identified several strategies to overcome these challenges. By the end of the day, participants had a deeper understanding of how to foster greater youth involvement in their communities, with actionable steps outlined to promote positive change and civic responsibility.



## Key Activities and Outcomes 09/07

The second day was dedicated to honing practical skills necessary for effective civic engagement. Participants attended workshops on public speaking, advocacy, and debate, aimed at improving their ability to communicate ideas and influence others. Through hands-on activities, they practiced crafting persuasive arguments, delivering speeches with confidence, and participating in constructive debates. The workshops not only enhanced participants' technical skills but also boosted their confidence in articulating their viewpoints, a key aspect of leadership in any community or democratic setting. By the end of the day, participants felt more prepared to use their voice to advocate for causes they care about, knowing they had the tools to communicate effectively and persuasively.

## Key Activities and Outcomes 10/07

On the third day, participants worked in teams to tackle local community issues. They identified relevant problems and developed project proposals aimed at creating solutions. These proposals were presented in a “Dragon’s Den” style format, where teams pitched their ideas to a panel of peers and mentors for feedback. This activity encouraged participants to think critically about the challenges in their own communities and how they could contribute to meaningful change. By the end of the day, several actionable proposals were developed, with many participants committing to implementing these projects once the event concluded. The collaborative nature of the exercise fostered a sense of teamwork and collective responsibility, underscoring the importance of working together for a common cause.

## Key Activities and Outcomes 11/07

The final day focused on reflection and future planning. Participants took part in reflection sessions, where they had the opportunity to share their experiences and insights gained throughout the event. These discussions helped solidify the skills and knowledge acquired, while also allowing participants to envision how they would apply them moving forward. Networking activities provided an additional layer of support, helping individuals connect with one another to foster ongoing collaboration. By the end of the day, participants left with a clear plan for how they would continue to engage civically and apply their new skills in their communities. The event concluded with a strengthened sense of empowerment and a commitment to creating lasting positive change.

## EVALUATION

The training in general received outstanding feedback from all ten participants, who unanimously rated it as excellent. They highlighted the engaging content, knowledgeable instructors, and interactive activities that significantly enhanced their learning experience. Participants appreciated the practical applications of the material and felt well-equipped to implement what they learned. Overall, the training was seen as a valuable investment in their professional development, fostering a positive atmosphere for collaboration and skill-building.

The training venue was well-received, with 87.5% of participants rating it as excellent and 12.5% as good. Attendees appreciated the spaciousness and comfort of the location, which contributed to a conducive learning environment. The venue's facilities, including technology and amenities, were highlighted as excellent, making it easy for participants to engage fully in the training. While some minor improvements were suggested regarding accessibility, the overall feedback reflects a positive experience that complemented the training effectively.



## EVALUATION

The training timing received unanimous praise, with all participants rating it as excellent. They appreciated the thoughtful scheduling that balanced informative sessions with breaks, allowing for both focused learning and necessary downtime. The timing of the training aligned perfectly with participants' availability, facilitating full engagement and participation throughout. This careful consideration of timing not only maximized learning but also contributed to a positive and productive atmosphere, making the entire experience enjoyable and effective.

The organization of the training by the hosting organization was rated as excellent by all participants. They commended the seamless coordination and attention to detail that ensured everything ran smoothly from start to finish. The clarity in communication prior to the event, along with well-prepared materials and resources, contributed to a highly effective learning environment. Participants felt supported throughout the training, which enhanced their overall experience. The hosting organization's commitment to excellence was evident and played a crucial role in the success of the training.

# EVALUATION

The quality of communication during the training received strong feedback, with 87.5% of participants rating it as excellent and 12.5% as good. Participants appreciated the clarity and effectiveness of the instructors in delivering content, as well as their responsiveness to questions and discussions. The open lines of communication fostered an engaging learning environment, encouraging active participation. While some participants suggested that a bit more time for questions could enhance discussions, overall, the communication was deemed effective in facilitating understanding and collaboration throughout the training.

The exchange of information during the training was rated as excellent by all participants. They appreciated the dynamic interactions that encouraged sharing ideas, insights, and experiences, which greatly enriched the learning experience. The open dialogue fostered collaboration among participants and allowed for a diverse range of perspectives to be heard. Everyone felt comfortable contributing to discussions, resulting in a vibrant exchange of knowledge that enhanced understanding and application of the training material. Overall, the environment promoted a strong sense of community and collective learning.

## CONCLUSION

The ADAPT Youth Exchange succeeded in achieving its objectives, equipping mobile EU youth with essential skills and fostering cross-cultural understanding. The event's outcomes reflect its impact on participants' readiness to contribute to their communities as empowered citizens. This exchange serves as a model for future programs that aim to integrate civic engagement with cultural enrichment, showcasing the value of collaborative, hands-on learning.

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