



Youth Exchange

‘The more aware – the closer to the Labour Market’

Athens (5th-12th of February 2018)

Project Number: 2017-2-EL02-KA105-003335

Participants’ experiences leaflet



Thanks for everything



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52 young people and 13 youth leaders from 13 different countries were gathered in Athens for 8 days to discuss about unemployment. After these days some of them are sharing with us their learning experiences.

“I got new skills to work against unemployment; I also learned how to use new digital applications. I think I got interesting tool and information to work with it.”

“I learnt how to create videos, presentations and tutorials. We figured out the reasons of unemployment and we managed to find some solutions. We also learnt how to create an attractive CV in order to get hired.”

“I learned to work with huge group of peoples, to give out lot of videos in one week, how to work with IMovie and such. It was very positive and heartwarming project.”

“During the project I learned enough to declare that I very possibly won't need to attend to another project in the topic. The project made me self-sufficient about the Labour market. Now I'm aware enough to do the future learning in my own.”



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“Firstly, I would love to thank you guys for such a great opportunity to meet all these amazing people who changed my point of view. Thank you for letting us know that we CAN combat unemployment and that we CAN act. I was feeling hopeless, just like there’s no opportunity for me to find a job after finishing uni. Now I feel more confident about setting my own business. I would also like to thank you for motivating me to do something with my life, participate more on exchanges like this and do something good in general. Thank you all so much, it was seriously a life-changing experience.”

“I know how to write a standing out CV and be confident during the job interviews. I also learned how to handle the unemployment and what steps to take in order to get hired”

“This YE just convinced me even more that there are many opportunities nowadays, that non-formal education is very important and effective as well as self-presentation methods and motivated me to work on myself as much as possible”

“I learned about basic things that person should do/practice to get a job. I learned also a lot about media and creating video and also how to present myself, how to write CV and others. I also learned a lot about other countries and their cultures. Thank you for opportunity to be here and meet all of amazing people here.”

“I think that the way how we approached unemployment is just individualizing social problems.”



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“I learn that there are a lot of job opportunities that I didn't consider before, maybe because I didn't feel much confident; I know that a lot of things that previously I didn't consider now it's time to review and try without fear to apply for them :)”

“At first I was a bit nervous to meet new people as I find it hard to communicate with someone I don't know, but when we got to know each other it was an amazing experience, sharing stories and breaking the stereotypes, teaching and learning traditions. As to the theme of the project- it is very relevant to what is happening at the moment and tips and tricks which were shared during the youth exchange were and are definitely helpful. Workshops taught patience as well as skills, respect and everyone I had worked with had a lot of fun. Non formal education was a big part of it all and it definitely improved my skills in a good way so now I'm more ready for my future when it comes to employment.”

“I really liked the exchange, i learned a lot about current situations about unemployment in different countries, and I get to know different cultures. I learned some new things about cv writing, job interviews, gained some new skills with public speaking, which i think it is very important, learned some new tools for design.”

“Thanks to this exchange, I am more aware about the unemployment situation in Europe, which is a big problem; this experience has helped people to be more aware and conscious about it. Also I was able to develop skills that are useful in many working environment (intercultural awareness, media skills, team working, self-confident.) and to get a job. How to tackle it and motive others to do the same. Brainstorming about the situation helps to create new ideas and promotes entrepreneurship which is essential for the development of employability in European countries.”



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“I learned that the issues are happening everywhere but we don’t summarize it correctly.”

“I learned about the differences and the similarities in the participants in countries in terms of youth unemployment problems. The advices for improving my CV, given to me by the other participants, were priceless and I feel better prepared for future job interviews as well.”

“I improved my multicultural skills, public speaking, I learned about youth unemployment, how to easily get a new job, how to better cooperate with others.”

“I learn new people, new cultures, and new opinions. I improved my computer skills.”

“To be honest: I expected more. It is just an Exchange and not a training course, but I think that we could have done more. Also many people had no clue at all of the basics: for example I think we have to know what employment is and what unemployment means according to macroeconomics in order to understand something and to reflect on the topic.”

“I learnt how to create a good CV and I especially liked that people from different countries could take a look at our CV's and give feedback. Added to that I learnt about the situation of unemployment in other European countries and figured out that the causes are not very different from each other. Doing the interviews with Greek people i learnt directly what the people actually think about unemployment and this helped me understand the matter. In addition I learnt what to avoid during a job interview and what to definitely do during a job interview and the importance of body language.”



“Thanks to this project I became more aware on the unemployment situation in the European Union; I learned that youth unemployment is real not only in our country but also in other European ones. Moreover, sharing different ways to overcome unemployment helped me a lot to expand the mindset on this problem, so that I became more prepared to face it in the future. I also gained skills on how to write an appealing CV and what do employers search for in their employees nowadays. Really helpful information served in an interesting way! A big Thank you!”

“Improved communication skills, learnt new programmes, made new network of people.”

“I love the project and the tasks, and activities we had to get to know a problem of unemployment in different countries, found out in which country it’s easier to start your own business-startup, where government invest more and complicate less with bureaucracy a life of entrepreneurs. Great tasks to know different people opinion of your cv so you can improve it, develop it and find better job in the future”

‘I learnt Media skills and how to work in multicultural team

“I have improved my skills in languages, communication, emotional and social interaction, as well as technology, computer skills and such. Mostly though, I hope to use the learned skills in the future...”

“I can fill more effectively my cv and I have a more complete picture of the situation of unemployment in other EU countries.’



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“I can write a CV now, and I'm more aware”

“I liked how I could observe the process of the growing of my awareness. Firstly, we got a lot of interesting and surprising information related to the situation of unemployment in different countries to start to solve these tasks in many ways. Later we had the possibility to gather some ideas from different countries about the reasons and consequences. It gave me a point to think of what is the major source of the problem in my country and how it can be solved. I'm not skilled at IT and I could discover during the programme how to be more involved in looking for a job using a new technology. Thank you for all this experience :-)”

“I learned how to manage my time and how to cooperate

I learned a lot about the participating countries' cultures especially about Greece

I realized that the unemployment is really a worldwide problem

I got motivated in empowering others how to be more efficient in finding a job”



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