



Be The Change



International youth exchange
Slovenia, July 8th-20th 2019



Erasmus+

"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do."

Mahatma Gandhi

Inspired by this great wisdom of M. Gandhi, we joined in the project

Be The Change

- our small contribution to bring more tolerance, understanding and cooperation into the world, as well as more affection, honesty, and warmth among its people.

Project's activities culminated in youth exchange, which took place in July 2019 in Slovenia.

It brought together 30 wonderful young people from Slovenia, Italy, Germany, Hungary and the Czech Republic.



The exchange consisted of a network of complementary workshops aimed at exploring relationship with oneself and others within a group, as well as promoting active participation in the society.

Main methods used were:

- Psychodrama (action method aiming to activate spontaneity and creativity, thus offering new perspectives/insights and enabling participants to overcome non-functional patterns in their lives),
- Dragon Dreaming (simple and playful holistic method used to design and implement sustainable and inclusive projects, built upon the principles of personal growth, community building and service to the Earth), and
- Open Space (participant-driven process through which we shared our knowledge and skills).



Living in a natural surroundings, outdoor activities, and environmental care, also promoted environmental awareness and a healthy lifestyle.

We were exploring natural and cultural heritage of Slovenia by visiting »Soržev mlin«, one of the oldest still functioning mills in Slovenia.

Together we created a traditional Indian sweatlodge and experienced a deep-cleansing ritual for body and soul. By ourselves, we have been cooking healthy, tasty and wholesome meals, and have been cleaning and arranging the area, thus developing the concept of shared responsibility.

An important element of the exchange was voluntary work, which promoted solidarity and built a closer connection to the local environment.





We can happily confirm that the project reached its goals, as we

- adopted effective tools for deeper self-awareness and a constructive approach to our personal and social present and future;**
- learned how to successfully enter group processes and create solid and effective support groups;**
- recognized our strengths, and learned how we can impact the course and the quality of our life;**
- learned intercultural co-operation, and how to create sustainable and inclusive projects;**
- recognized and accepted our responsibility in the world: the project encouraged peer-to-peer exchange and support in order to promote active social participation and co-creation of our common reality.**

"The greatest discovery of all time is that a person can change his future by merely changing his attitude" - Oprah Winfrey

*"Good enough for now,
Safe enough to try."*

*"ZEIT HAT MAN NICHT,
ZEIT NIMMT MAN SICH!"*

*"The measure of intelligence is the ability to change"
Albert Einstein*

"We can change our destiny only by changing our thoughts."

"Happiness is when what you think, what you say and what you do are in harmony."

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."
Harriet Tubman*

"There is nothing permanent except change." - Heraclitus



"See the good in people and help them."

"Observe your dreams, they are a big part of your life. A dream that you don't care about is like a letter for you which you don't open."

**Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.
Margaret Mead**

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW" -SOCRATES

"Play to your strengths. If you aren't great at something, do more of what you're great at." -Jason Lemkin

**"NOTHING IS PERMANENT IN THIS WORLD, NOT EVEN OUR TROUBLES."
— CHARLIE CHAPLIN.**

"An ounce of practice is worth more than tons of preaching."

**"Remember everything is as it should be.
Go with the flow."**

Project partners:

Društvo Metta, Slovenia

APS La Fenice, Italy

Szatyor Egyesület, Hungary

ICM Jindřichův Hradec z.s., Czech Republic

GEN Deutschland, Germany



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