

Info pack about 2nd Youth Exchange in Bant, the Netherlands:

dates: arrival on 12 May 2025 - departure 23 May 2025

"Trash to Treasure: Creating a Green and Inclusive World"

- 8 countries: each country 1 group leader and 1 helper + 4 participants (of which a minimum of 2 people with physical or mental disabilities)
- Preferred ages (or mental age) between 16 and 25 (exceptions no problem)
- Together with the participants and the other partners we did decide what is the topic of the youth exchange
- In the APV in March we will finalize the program, and we will adapt it as good as possible to the group.
- As preparation for the Youth Exchange, we ask you to have local meetings with your group to prepare for the YE
- You should organize in every country some small local events and make video and photo content of it to share
- We will do the APV on 28-31 March 2025 (including travel)
- For the transport we will arrange pick up and turn back from the airport, please inform us if you need special transport or not. (this is part of the travel budget, so we will charge you from the budget 35 euro for the pick-up)
- Please book your tickets in an early stage to keep the costs down. And send us ASAP the details of your groups,
- you will get an excel file for it and we did make the Facebook group, so please join: <https://www.facebook.com/groups/896074072713772>

country	partner organisers	pax including helpers or trainers facilitators etc.
Netherlands	Rock Solid Foundation	4 participants and 1 leader and one helper and two facilitators (leader and helper can be over 30)
Greece	KANE	4 participants and 1 leader and one helper (leader and helper can be over 30)
Egypt	Programs have a dream	4 participants and 1 leader and one helper (leader and helper can be over 30)
Azerbaijan	Common Sense	4 participants and 1 leader and one helper (leader and helper can be over 30)
Ukraine	UNIT	4 participants and 1 leader and one helper (leader and helper can be over 30)
Palestine	Alamer	4 participants and 1 leader and one helper (leader and helper can be over 30)
Serbia	Srednja strucna skola Pirot	4 participants and 1 leader and one helper (leader and helper can be over 30)
Romania.	ADAPTO	4 participants and 1 leader and one helper (leader and helper can be over 30)

the number of participants will be 50 in total, including overall leader and staff, organizer: Rock solid Foundation the Netherlands

Main Trainer: Chris van Maanen, Netherlands,

Your team☺: <https://www.facebook.com/chris.vanmaanen>



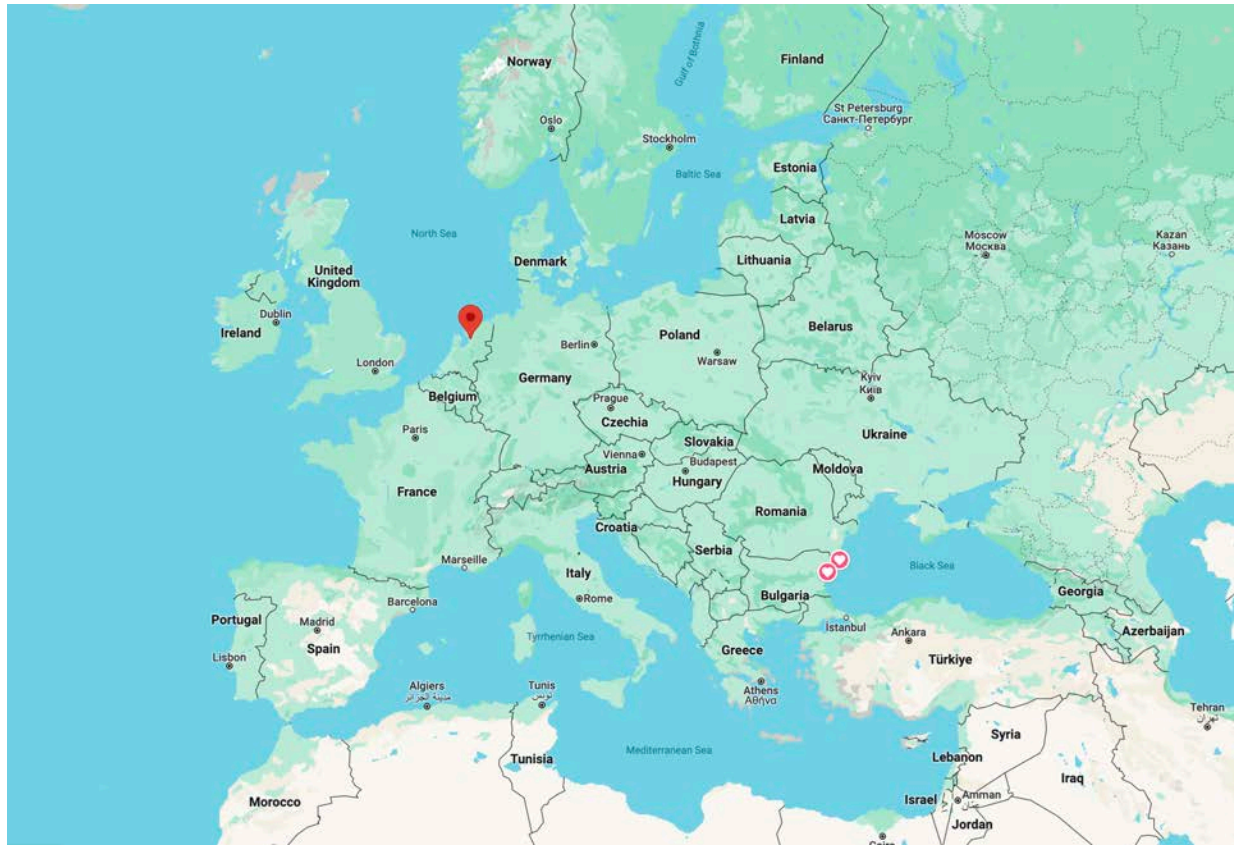
<https://www.facebook.com/raluca.oancea.11>



Facebookgroup: <https://www.facebook.com/groups/1851590188934235>



Venues: for the APV and the YE we will be in Bant: <https://www.vakantieparkeigenwijze.nl/>



In the APV we will be in 2 fishermans houses and one bungalow for 6 people, as “workspace” we will use the “beach house”



In the YE we will be hosted in fishermans cottages for 6 people, and 4 stone bungalows for 6 people as "conference room" we will use the "kapschuur"



The [Netherlands](#) is known as the land of tulips, windmills, canals, clogs and coffee shops, but there's also much more to this wonderful country than meets the eye. We've dug deeper to find 13 fun facts about the Netherlands you might not know. Impress your friends and family or use them at your next trivia night – the Netherlands is a fascinating place.

1. Dutch men are the world's tallest people (not me, but the others are 😊)

The tallest people in the world live in the Netherlands. The average height for Dutch men is 183cm (6ft), while women average 171cm (5ft 7in). According to military records, the average male height in the Netherlands has risen by 20cm in the last 200 years.

This fun fact about the Netherlands remains a mystery, as the reason for their height is still uncertain. Some theories attribute Dutch genetics, universal healthcare, low social inequality and a diet rich in cheese and dairy products.



2. The Netherlands is the world's biggest flower exporter



The Netherlands is known as 'the flower shop of the world' and for good reason. They produce 80% of the world's flower bulbs and the flower industry makes up over 5% of the Netherlands's GDP.

The country accounts for nearly 90% of the world's total area of tulip farms (around 11,000 hectares), and they produce 4.3 billion tulip bulbs annually.

The flowers are also one of the Netherlands's biggest tourist attractions, with thousands of people flocking to see the beautiful fields each year. Haarlem is one of the best places to see the flowers, with many commercial fields and a Flower Parade.

You can also visit Keukenhof Park, known as the 'Garden of Europe'. It's the largest flower garden in the world, with around 800 varieties of tulips.

3. Amsterdam has over 1,200 bridges

Amsterdam's beautiful bridges are an icon of the city. There are 1,281 bridges in Amsterdam which connect the city's 165 canals.

There are several historic bridges, while others are decorated with bright flowers or lit up at night. You can even see 15 bridges at once, by crossing the Reguliersgracht and Herengracht bridges.



4. One-third of the Netherlands is under sea level



"The Netherlands" translates to "the lowlands" and there's no secret how the country got its name! It is the most low-lying country in Europe, with almost one-third of it below sea level. Zuidplaspolder is the lowest point, at 6.7 metres below sea level, while the highest point is Vaalserberg hill, at 323 metres above sea level.

A further 50% of land in the Netherlands is only one metre above sea level and 60% of the population lives five metres below sea level. Even Schiphol Airport, the country's main international airport, is over three metres below sea level. Thankfully, the Netherlands is one of the world's best at dredging and avoiding flooding.

Bonus Amsterdam fact

Amsterdam is built on more than a million wooden poles, which extend around 12 metres into the ground. The city was founded on swampy land, and the first builders drove the wooden poles into a solid sandy layer of the river floor.

They also built the Royal Palace at Dam Square on 13,659 wooden poles. Even some trees in Vondelpark are held up by wooden poles to stop them from sinking into the soft ground. Nowadays, builders use concrete or steel poles in construction for better stability.



5. The Netherlands was the first country to legalize same-sex marriage

History was made on 1 April 2001 when the Netherlands became the world's first country to legalize same-sex marriage. Job Cohen, the mayor of Amsterdam at the time, married four couples at midnight on 1 April to mark the occasion. Many same-sex couples have since happily tied the knot.

Amsterdam is also known for being one of the world's most LGBTQ-friendly cities, with plenty of gay bars. You can also see the Gay-monument in the city center, a tribute to gay men and women.

6. The Dutch consume the most liquorice in the world



One of the sweetest facts about the Netherlands is that the Dutch adore liquorice. They eat around two kilos per person per year. That's around 32 million kilos of the sweet treat consumed each year!

You'll be spoilt for choice, with shops in the Netherlands selling over 80 different kinds of drop (the Dutch word for liquorice).

7. There are over 1,000 windmills in the Netherlands

In a country that's famous for its windmills, it's no surprise there are over 1,000 windmills spread across the Netherlands.

The windmills traditionally harnessed the wind for a variety of purposes, such as grinding grain and draining wetlands, but there are only a few still in commercial operation. The UNESCO World Heritage Site of Kinderdijk is the best place to see Dutch windmills, with 19 traditional windmills.

Bonus fact about Holland: The Dutch are pioneers in wind energy, and even their trains are powered by the wind. The country's electric train system serves around 600,000 passengers every day, and every train runs on 100% renewable wind energy.



8. Home births are still popular in the Netherlands

The Netherlands has one of the highest home birth rates in the developed world. Around 30% of Dutch women deliver their babies at home, and this figure has changed little since 1990.

So why are home births still cherished in the Netherlands? It's partly because Dutch health insurance fully covers home births but doesn't always cover hospital births without medical necessity. The Dutch medical system also has a good screening system and provides midwives (verloskundige) who help mothers have a safe delivery at home.



9. Carrots are orange because of the Netherlands



Back in the 10th century, carrots were originally white, purple, or pale yellow. So how did they get their distinct orange color?

The story goes that when William of Orange (King William III) helped the Dutch win independence from Spain in the 17th century, Dutch farmers honored the King by turning their carrots orange through clever breeding. The new color became hugely popular and is still the Netherlands' official color and the color of the Dutch Royal family. The Dutch celebrate King's Day by wearing orange and even the national sports teams wear orange.

10. The Dutch own more bicycles than any other country in the world

The Netherlands is home to more bicycles than people, with over 22 million bicycles in the country. There's an average of 1.3 bicycles per person (many people own two bicycles). Cycling is a necessary part of life in the Netherlands and is part of the reason the country consistently ranks as one of the healthiest in the world. The Dutch cycle an average distance of 2.9km per day and use bicycles for over 25% of all trips, compared to just 2% in the UK. They often use bakfiets, a clever combination of a bike and a wheelbarrow, perfect for transporting the groceries or the kids to school. Thankfully, most of the Netherlands is flat terrain, and in 2013, the European Union deemed it the most bike-friendly country in Europe, along with Denmark.



11. The Netherlands has the biggest pub in Europe



This fun fact about the Netherlands may entice beer-lovers to visit – they have the largest pub in all of Europe.

The Drie Gezusters (Three Sisters) pub in Groningen holds the title for the biggest pub on the continent and is a national heritage site. We hope it's also got the most bathrooms of all the pubs in Europe!

Bonus fact about Holland

The Netherlands is the world's second-biggest exporter of beer after Mexico. Dutch brewers exported US\$2 billion of beer in 2018 and were the world's biggest beer exporter until 2010 when Mexico took the top spot.

12. The Dutch invented gin

This fun fact about the Netherlands dates back to the 16th century when the Dutch invented gin (jenever) and introduced it to the British. It became popular in Great Britain after William of Orange (King William III) held the English, Irish and Scottish thrones.

Ever wondered where the term 'Dutch courage' comes from? It's said to originate from when the Brits and Dutch drank gin during the Thirty Years' War from 1618 to 1648.



13. The Dutch national anthem is the oldest in the world

The music of Wilhelmus, the Dutch national anthem, dates back to between 1569 and 1572. This makes it the oldest melody used in a country's national anthem, although it did not become the official Dutch anthem until 1932.

The lyrics were also written at least 400 years ago and they refer to "Dietse Bloed", an old word for Nederlands (Dutch)

What to prepare:

- **There will be 4 intercultural evenings: in that evening 2 countries will present their organisation and their country, but also will teach us something interactive, like a song or a dance or be creative! and a table with some drinks and food!**
- **Every country should prepare a small presentation about their NGO and their wishes for cooperation for the future.**
- **the participants/leaders should prepare an old-fashioned game to play with the whole group/ game should be around 15-20 min (need to send in advance so we don't have the same games from different countries**
- **BRING A WHITE T-SHIRT FOR T-SHIRT PAINTING**
- **BRING YOUR OWN TOWELS FOR SHOWER AND YOUR OWN HAIRDRYER. (BED SHEETS ARE PROVIDED)**
- **BRING SOME CLOTHES FOR CARNIVAL NIGHT!**
- **FOR THE EVENINGS WE WILL TRY TO PROVIDE DRINKS FOR SUPERMARKET PRICES, SO YOU CAN PUT IT ON THE LIST AND IN THE END OF THE WEEK PAY WHAT YOU USED ☺**

Summary of the project:

We are going to carry out an intercultural youth exchange "**Trash to Treasure: Creating a Green and Inclusive World**" with youth and leaders that work with young people, because we have found out that there is a lot of need for education projects regarding inclusion projects in the field of disabilities. Inclusion should not be something special, it should be an automatic and natural thing, it's a right that unfortunately in many countries and places is disregarded. No inclusion is one of the main cause of people with disabilities (and not only) inactiveness, unemployment, exclusion. Narrow mentality is the other. In this project we intend to attack both of those issues, raise awareness and hopefully empower young people to do the same in their communities, create campaigns and raise more awareness. This YE will prepare young people to plan and run youth activities on inclusion and accessibility for disabled persons especially in the frame of the Erasmus+ program.

The project is also directed to establish a bridge between our organization and the European network of trainers, multipliers and youth organizations active in promoting these issues especially in neighborhood countries where we still need to increase the amount of contacts. The participating countries include eight different countries to diversify the background of the youth and leaders participating. The YE will be held in the Netherlands, there will be 8 countries, 4 participants for each country + 1 helper and one group leader. the countries involved are: Netherlands, Romania, Croatia, Georgia, Bulgaria, Palestine, Tunisia and Ukraine

The main focus of the activities during the project will be the sharing and learning about the different situations in different countries and learning about opportunities and active European citizenship. The expected result will be to create network of organizations for people with disabilities and to bring ideas for projects they can organize themselves, at a local or European level.

We want to give to the participants information about disability, human rights, accessibility and inclusion, and to help them develop skills to implement the information acquired in their communities: maybe raising awareness campaigns, work for involvement of people with disabilities or other minorities (or pertaining to other disadvantaged situations) in youth activities in the frame of the Erasmus+ Program and in other programs that can help them to get aware of their condition of European citizens and that can help them to trust in their abilities and skills, etc.

Daily program made by the group ☺ already and will be finalized and adapted in the APV and presented after that for the participants.

How to get to Bant?

EASY WAY

We will arrange a bus from Schiphol (Amsterdam airport) to the venue to pick you up from the airport on Friday 21 February around 20.00

We will arrange a bus from the venue to Schiphol to bring you back to the airport on 03 March around 6.00

Then you need to book your tickets accordingly of course, if there are slight differences in time we will adapt the hours. (if you have many waiting hours then you can go (on your own expenses) to Amsterdam in your waiting time, it is 15 min by train directly from the airport)

The meeting point in the airport is in the arrival hall and is close to the burger king, now it is just a small billboard on a stick (not the cube anymore)

HARD WAY

You can fly on every available airport in the Netherlands, and from there travel by train. (Amsterdam is the most convenient, but Eindhoven will do also)

You can travel by train to Lelystad central station (from every airport) it will cost you 1-3 hours, from there you take the bus to Emmeloord and from

Emmeloord you take the bus to Bant, then it is about 5 km walking (if possible we will pick you up)

You can book the train tickets quit easy online on www.ns.nl , you can switch to English, you book 2nd class, no discount one way tickets, so one one-way ticket for coming and one for going, in the Netherlands we don't have fixed seats in the train and also you can use the train ticket all day long. So there is no fixed time. You can also go out and back in, so you can go from Schiphol to Amsterdam central and go a few hours to the city and then go back in the train and go to Lelystad. we calculate them of course for the travel costs.

DON'T FORGET TO SAVE EVERY PROOF OF YOUR TRAVEL FOR THE REFUND!: *tickets – bookings – proof of payment – boarding passes etc.*

WHAT TO BRING?

- *Rain clothes and warm clothes - Umbrella*
- *Presentation and food/drinks for intercultural eves*
- *Clothes for Carnival Night*
- *Presentation of your NGO and the participants of the YE*
- *Presentation of your local projects*
- *White T-shirt*
- *Bring towels, shampoo, soap and hair dryers yourself*

ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE: "Trash to Treasure: Creating a Green and Inclusive World"

Activity n°						
Participating organisations						
Venue			Duration			
City/Town	Country	Start date	End date	Activity leader (including travel days)	Travel days	
Bant	The Netherlands	12 May 2025	23 May 2025	10	2	
Timetable	Activities	Non-formal and informal learning methods used				
DAY 1. Arrival day Monday 12 May						
Arrival day						
DAY 2. Tuesday 13 May: Leading the workshops: Romania + Ukraine						
9:00-10:00	Breakfast					
10:00-10:20	Names.	One participant has the ball, says their names and countries pass the ball to another, to say their names and countries. Everyone writes their names on masking tape for the first day.				
10:30-11:00	Lecture by Chris	Introducing the agenda / first explanation of youth pass				
11:00-11:15	Lecture by Chris	Establishing ground rules+SF introduction				
11.15-11.30	Lecture by Chris	overview of the week program				
	Name game:	Snow ball: Name + favourite animal (Romania)				
11.30-11.45	energizer	Ball with sound + name (Romania)				
11:45-12:15	Coffee break					
12:15-13:00	Hopes, fears and expectations:	Backpack (hopes, fears, contributions) (Ukraine)				
13:00-15:00	Lunch					
15:00-15:15	Energizer.	I have a little house (adaptation: first practice with movements and then add the lyrics and movement)				
15:15 - 16:00	team builder	Tell about your experience: Divide people in groups (5-6 people in a group) and discuss their journey to the project and choose one that you need to depict in a comic and present to the entire group. Adaptation: if someone has visual impairment than they create text. (Ukraine)				
16:00-16:30	getting to know each other	Walk of interview - family, hobby, friends, pets, music, dreams (Romania)				
16:30-16:40	Reflection.	Smiley Areas - we will designate 3 areas with smileys (one happy, one sad and one so-so) and people will go near the smiley that reflect their experience during the day. If someone want they can share with others their emotions/impressions at the end of the day, but it's not obligatory. Backpack (hopes, fears, contributions) (Ukraine)				
		I have a little house (adaptation: first practice with movements and then add the lyrics and movement)				
		"Tell about your experience: Divide people in groups (5-6 people in a group) and discuss their journey to the project and choose one that you need to depict in a comic and present to the entire group. Adaptation: if someone has visual impairment than they create text. (Ukraine)				
		Alternative: Collage - a group should find common thing and create collage about this thing using natural materials (leafs, paper, fabric, etc)"				
		Walk of interview - family, hobby, friends, pets, music, dreams (Romania)				
		Smiley Areas - we will designate 3 areas with smileys (one happy, one sad and one so-so) and people will go near the smiley that reflect their experience during the day. If someone want they can share with others their emotions/impressions at the end of the day, but it's not obligatory.(Ukraine)				
19:00	Dinner					
20:30	Welcom party					

DAY 3. Wednesday 14 May: Azerbaijan + Serbia

9:00-10:00	Breakfast	
10:00-10:30	SF. Activity -	
10.30-10.45	Energizer	energizer according suggestion of team members (Azerbaijan)
10:45-11:45	Name game:	Crossword Names - Engaging icebreaker to introduce name-knowing to groups. (Serbia)
11:45-12:15	Coffee break	
12:15-12:30	Energizer.	energizer according suggestion of team members (Azerbaijan)
12:30-13:00	Team builder 1	Tallest Tower Activity (Serbia)
13:00-15:00	Lunch	
15:00-15:15	Energizer.	energizer according suggestion of team members - Connected legs & one blind partner (Azerbaijan)
15:15-16:15	creative activity	socks puppet workshop - each participant will creat individaul puppet (Serbia)
16:15-16:30	Coffee break	
16:30-16:50	Team builder:	Participants will be divided into groups and will work on a performance about environmental protection. also, they will use their Sock puppets (Azerbaijan)
16:50-17:20	theater activity	Participants will present the performance with their Sock puppets each team will do the presentation in 5-10 mins (Serbia)
17:20-17:35	Reflection.	Reflection will be done into National groups to give more flexibility and comfort zone to participates (mainly because of language barriers) (Azerbaijan)
19:00	Dinner	
20:30	Cultural evening	intercultural eve by the Netherlands and Romania

DAY 4. thursday 15 May: Leading the workshops: Palestine + Netherlands

9:00-10:00	Breakfast	
10:00-10:15	SF+Energizer:	Simon says (Palestine)
10:15-11:00	Team builder	Butterfly on the back-The participants all make a butterfly from paper and stick it on their back and then everyone walks around writing small messages to each other to spread some positivity (Netherlands)
11:00-11:30	Coffee break	
11:30-12:00	Energizer.	Banana game-The participants stand in cirlice and there is one volunteer in the middle the organisers hand a banana to someone in the circle behind thir back and people try to pass the banana around wihtout being detected by the person in the middle if so they go next in the middle (Palestine)
12:00-13:00	Creativity	Participants are devided in gruops of 6 and each group is given a secrtain disability written on a paper that they need to secretive about and they need to prepare a small sketch about any issue that mght be encountered by a person with that disibility in societal life(or do the presentation about their organisation instead) (Netherlands)
13:00-15:00	Lunch	
15:00-15:15	Energizer	Pass the energy (Palestine)
15.15-15.45	presenting	presentations about the sending organizations (Netherlands)
15:45-16:45	creative getting to know each other	find someone who (come up with few statements some more specific than others print them and give to each participants and they need to figure out who has done any of those statements and let them walk around and talk to each order in order to find at least 1 person for each statement) (Palestine)
16:45-17:00	Coffee break	
17:00-18:00	Presentation.	(or presentation of the sketch prepared with a discussion about disability) (Netherlands)
18.00		reflection groups (Netherlands)
19:00	Dinner	
20:30	Cultural evening	intercultural eve by the Azerbaijan and Serbia

DAY 5. Friday 16 May: Leading the workshops: Egypt + Greece

9:00-10:00	Breakfast	
10:00-10:30	SF and energizer	Energizer "Animal Voices" participants will be blind folded and divided in four groups by animal voices. (Egypt)
10:30-11:15	Lecture by Chris	About Erasmus+ programme (Chris)
11:15-11:30	get to know each other activity	interview cricle activity; participants will stand in two circles and each participant will introduce themselves to the other participant faces them. And after 3 min one circle will move and the participants will introduce themsleves to the new participant facing them. (Egypt)
11:30-12:00	Coffee break	
12:00-13:00	Team builder:	Share your favorit memory: participants will be divided into groups and each participants will take 5 min to think of a good memory of their own and share it with the rest of the group. They may share how they felt in this memory, who are the people that was with them, when the memory took place and etc. (Greece)
13:00-15:00	Lunch	
15:00-15:15	Energizer.	Energizer " Go in, go out, go right, go left" participants will stand in a circle and a leader will say go out so they go out of the circle, he/she says go right, they go right and so fourth. Then they might play it in the opposite way so when the leader says go right, they go left and so on. Who do it wrong, is out of the game till we are left with only one winner. (Egypt)
15:15-16:00	creative Art:	Be proud (part one): Participants will be divided into groups, and share their challenges and fears with the rest of the group. (Greece)
16:00-16:15	energizer	Not decided yet. (Egypt)
16:15-17:00	Creative Art 2	Be proud (part two): Same group will share with each others three things they are proud of. (Greece)
17:00-17:15	Coffee break	
17:15-17:45	Creative Art 3	Be proud (part three): Same groups will share with each others their dreams and what they hope to do when they are back home. (Greece)
17:45-18:00	Reflection	
19:00	Dinner	
20:30	Cultural evening	intercultural eve by the Greece and Palestine

DAY 6. Saturday 17 May: Leading the workshops: Palestine + Romania

9:00-10:00	Breakfast	
10:00-10:15	SF. Energizer.	Batinella-batinella: all the people stay in circle and 1 in the middle and says and shows the simple move that everyone need to make after the example. (Palestine)
10:15-12:00	team builder	Clay sculptures and creating a story with the sculptures + making a video (Romania)
12:00	Excursion	dinner on the spot and contact with local community
19:00	Free relaxing evening	

DAY 7. Sunday 18 May: leading the workshops: Greece + Serbia

9:00-10:00	Breakfast	
10:00-10:20	SF+Energizer	knots(We all wear masks. 5 animals are given out and the participants have to find the group they belong to just by listening to the voice of the animals.) (Serbia)
10:20-12:20	Theatre Activity	present a song without singing (DIVIDE IN GROUPS OF 6-7 PEOPLE AND EACH GROUP USES MATERIALS AVAILABLE IN THE CHORUS TO CREATE A SONG (45-60min). (Greece)
12:20-12:35	energizer	draw on each others back (WE DIVIDE INTO 4 GROUPS FORMING 4 LINES. WE STICK A PIECE OF PAPER ON OUR BACKS AND THE FIRST ONE DRAWS A SIMPLE SHAPE ON THE BACK OF THE NEXT ONE WHO HAS TO DRAW THE SAME SHAPE ON THE BACK OF THE NEXT ONE WITHOUT BEING SEEN. AT THE END WE COMPARE THE ORIGINAL WITH THE FINAL DRAWING.) (Serbia)
12:35-13:00	team builder	pass the Ball to your back neighbour (Greece)

13:00-15:00	Lunch	
15:00-15:15	Energizer	word true circle-broken telephone. (in the circle we say a word as a secret to the person next to us and he have to say the word that he/she hear to the person next to him/her as a secret too. When the circle is finish the last person have to say loud the word she/he hear) (Serbia)
15:15-16:45	Blind walks	blind walks (Greece)
16:45-17:00	Coffee break	
17:00-17:30	outside team builder	treasure hunt(the hunt for the lost treasure. we are divided into groups of 5-6 people. we are given a color and we search the outdoor area following the instructions that each time we find the candy of the color our group has. when we find all the candy we have achieved our goal. the first team wins a prize) (Greece)
17:30-18:15	inside teambuilder	be my brush (we divide to 4 people group. 2 are blind and hold the brush-are the brushes- and the other two give them instructions and help them to draw- are the hand- after 15 min they change . Finally we create a big collage with the final painting) (Serbia)
18:15-18:30	Reflection	thumbs
19:00	Dinner	
20:30	Cultural evening	intercultural eve by the Egypt and Ukraine
DAY 8. Monday 19 May: Leading the workshops: Ukraine + Egypt		
9:00-10:00	Breakfast	
10:00-10:15	SF. Activity -	Secret friend box
10:15-10:30	energizer	Fire Ball energizer: participants will stand in a circle, they will pass the ball to each other (Randomly so no one will know when they will get the ball) and they can't have it for more than a second. (Egypt)
10:30-11:00	traditional games	Romanian traditional game: Country, country, we want soldier! = Children's game in which two teams make a turn in front, consisting of players who are holding hands. First team shouted "Country, Country, we need a soldier!". The other team answer "Who?". It answers "... (name of the person on the opposite part) and choose a player on the second team. Player selected must run and try to break the chain of hands formed the first echipă. Unii players when running joins hand-stands in front and hit them with full force, hand-stands the opponent players to undock. If he manages to break the chain means to save and return to his team after the rules stabilite possibly can choose a player as punishment. If this fails to break the chain will move the team who called.
11:00-11:15	Coffee break	
11:15-12:15	traditional games	Ukrainian game: "Cold and Hot" This is a game in pairs. One of the participants is blindfolded. Another participant hides the object and gives verbal cues "Hotter or colder" so that the blind participant can find the object. Then the participants change places. This game can be played outdoors or indoors.
12:15-12:45	traditional games	Egypt Game: "Fish Hunters" is a traditional Egyptian game often played outdoors. The players are divided into two teams: the "fish" and the "hunters." The hunters throw a ball to hit the fish, and any fish hit by the ball is out of the game. The last fish remaining wins, making it a lively and competitive game that encourages teamwork and strategy.
12:45-13:15	traditional games	Greek traditional game apples. try to "hit"/catch eachother with a (soft) Ball (adapting when we know all participants to make it fair and playable for everyone.
13:15-15:15	lunch and siesta	

13:15-15:15	lunch and siesta	
15:15-15:45	traditional games	<p>Serbian team: "Hide and Seek" The game starts by dividing the participants into two groups. Group 1 those who hide and group 2 those who seek. The searching group then counts down (to the agreed number) and during that time the members of the other group hide. After the countdown is over, those who counted are looking for them. When all members of the group are found, rotation follows and now those who were hiding are the seekers.</p> <p>In case of bad weather: - A game blindfolded seeker One player is chosen and his eyes are blindfolded so that he cannot see anything. Then the others turn it slightly around its own axis, so that it loses a little sense of orientation in space. It shouldn't take long so it doesn't fall. Then he should be looking for you. Players should stand around the seeker, call him by name, push him, and when he moves towards you, you should move away from him. If he catches someone, then he should guess who he caught, while not removing the blindfold. He has the right to touch your face and body with his hands and words to "get" a word out of you. If he guesses who he caught, that person is the new blind seeker!</p>
15.45-16.15	traditional games	<p>Azerbaijani Traditional Game: "Desmalatdi" (Towel Game) • Game Setup: Players sit in a circle, and a towel or scarf (the "desmal") is used in the game. The game is best played in a spacious indoor area where players can move around easily.</p>
16.15-16.45	traditional games	Dutch traditional game: Donkey stick, shitting nails, sack run, egg run, walking on blocks, catching cake
16.45-17.00	Coffee break	
17:00 - 17.30	traditional games	Palestinian traditional games: the Hat
17.30	evaluations	Youth Exchange Evaluation Form by Ukraine
19:00	Dinner	Free evening / movie night
<i>DAY 9. Tuesday 20 May: Leading the workshops: Ukraine + Egypt</i>		
9:00-10:00	Breakfast	Leading the workshops: Dutch
10:00-10:15	SF. Activity -	Energizer
10:15-10:30	energizer	baking the pizza
10:30-11:00	adapted sport	Netherlands
11:00-11:15	Coffee break	
11:15-12:15	adapted sport	Palestine
12:15-12:45	adapted sport	Azerbaijan
12:45-13:15	adapted sport	Romania
13:15-15:15	lunch and siesta	
15:15-15:45	adapted sport	Ukraine
15.45-16.15	adapted sport	Egypt
16.15-16.45	adapted sport	Serbia
16.45-17.00	Coffee break	
17:00 - 17.30	adapted sport	Greece
17.30	evaluations	Reflection will be done into National groups
19:00	Dinner	
	game night	

DAY 10, Wednesday 21 May: Leading the workshops: Azerbaijan + Palestine

9:00-10:00	Breakfast	
10:00-10:05	energizer	Energizer (Azerbaijan)
10:05-10:45	informative activity	Presentation about 3R - The 3Rs explained (Reduce, Reuse, Recycle) (Palestine)
10:45-11:30	implementing activity	sorting activity - according the knowledge which participants will get during the 3R presentation they will do in practice (Azerbaijan)
11.30-11.45	Coffee break	Coffee break
11.45-12.00	Energizer	Energizer (Palestine)
12.00-13:00	creative activity	Recycling art - Make the shape from the waste (Azerbaijan)
13:00-15:00	lunch and siesta	lunch and siesta
15:00-15:15		energizer (Azerbaijan)
15:45-16:30	Team building activity	Trash fashion (Palestine)
16.30-16.45	Coffee break	Coffee break
16.45-16.50	Energizer	energizer (Azerbaijan)
16.45-17.30		Cat walk (Palestine)
17.40 -18.30	Reflection	Reflection will be done into National groups(Azerbaijan)
19.00	dinner	
20.30	C U soon party / Carnival night	

DAY 11, Thursday 22 May: Leading the workshops: Netherlands

9:00-10:00	Breakfast	
10:00-10:15	SF+Energizer	(Pictionary) (Netherlands)
10:15-11:45	Youth Pass	(finish before 13.00) coffee in between (Netherlands)
11:45-12:00	Energizer	Pillow racing (Netherlands)
12:00-12:25	Doing financials, signature list	nobody leaves the room :)
12:25-13:25	SF. Revelation	the end of your secret friendship and the start of love (Netherlands)
13:25-15:00	Lunch	bread etc.
15:00-15:15	Energizer.	Catch my finger, be quick (Netherlands)
15:15-17:15	Persons evaluation	nobody leaves the room :) nobody takes his papers (Netherlands)
17.15 - 17.45	Cleaning the rooms, packing	make sure it is clean, not to pay a fine (Netherlands)
17:45 - 18.15	final evaluation	the boats (Netherlands)
18.15	finalizing the project and	shedding some tears (Netherlands)
19:00	Dinner	(brought in chinese) (Netherlands)
19:00	Relaxing evening	not too much drinking and sleeping in time

DEPARTURE DAY 12, Friday 23 May

05.30	IN THE BUS TO THE AIRPORT AND C U SOON	
-------	--	--