

GO OUT BE IN!

18TH TO 25TH JULY 2016 IN VÄXJÖ, SWEDEN



A FEW WORDS TO SAY...

For the 4th time, Globala Kronoberg arranged a youth exchange with a focus on Outdoor Activities, Go Out Be In. 2016 the partners were from Hungary (Fiatalok a Vidékért Egyesület), Cyprus (Neolea gia Antallagi kai Katanoisi), Spain (ADEGUA) & Armenia (International Center for Intercultural Research, Learning and Dialogue). Some of the main goals with the exchange was to promote group games, team building and outdoor experiences. Each of the days in the project have different focuses regarding the outdoors and physical activities.

The MediaGroup's purpose was to give all the participants a memory to take home from Sweden, and it took the form of this book.

Best Wishes from the MediaGroup

Anna, Julianne, Anouk, Balázs, Márton, Giannis, Kosta, Kamilla & Maria

Under the supervision of Laura & Amanda.

« I TRULY BELIEVE THAT ALL EXPERIENCE GAINED IN THE YOUTH EXCHANGE WILL IMPROVE MY PERSONALITY IN THE WAY I PERCEIVE NATURE. SOCRATES ONCE SAID THAT EVERYBODY SHOULD FEEL LIKE "A CITIZEN OF THE WORLD". AFTER THIS EXCHANGE I RECOMMEND EVERY ONE OF US TO LIVE BY THIS PHRASE. »

UNKNOWN PARTICIPANT



Day 1 / Tuesday, 19th July 2016

GET-TO-KNOW & TEAM-BUILDING



We had a workshop about learning methods, comfort zones, personality types, being outside and inside of our comfort zone and we also learned about leadership. We've made group activities to learn the power and the capacities of the group.

We learned about Globala Kronoberg, we had reflective discussion and we talked about the House Rules.

We made posters answering what sports meant to us. We also had a Interactive presentation of Swedish culture throughout a quiz game and some small competitions. After dinner we had an activity where we were supposed to find out each other's passions.

What we learned: We learned about the importance of team spirit, team work, learning, how to be a supportive leader, where to get motivation to learn and different ways of supporting people.

Gossip:

We turned on the sauna & it did not work
Kosta has an extensive collection of snow globes

MENU OF THE DAY

LUNCH

Hungarian Lecsò
with rice and sausages

DINNER

Couscous & Chicken
with garlic and vegetables



DICIONARY

SWEDISH

Hej	Hello
God Morgon	Good Morning
Ha en trevlig dag!	Have A Nice Day
Jag heter ...	My name is...
Jag kommer från ...	I am from...
Jag älskar dig	I love you
Fika	A break for coffee and cake at anytime of the day
Lagom	Just perfect, not too little and not too much

SPANISH

Una pechá	A lot of something
Llover a cántaros	Raining a lot
Estas cañón	You are very sexy
Repeluz	I get goosebumps
Ir follao	Go quickly
Tajá	You are drunk
Café manchado	Coffee with one drop of milk
descuajeringado	It's broken in a lot of pieces

ARMENIAN

Barev	Hello
Bari luys	Good morning
Vonts es?	How are you?
Inch ka chka?	What's up?
Jigyar jan	My liver!
Es sirum em qez	I love you

HUNGARIAN

Jó Reggelt	Good morning
Jó estét	Good night
Egészségére	Cheers
Köszönöm	Thank you
Szia	Hi
A nevem ...	My name is...

GREEK / CYPRIOT

καλημέρα	Kalimera	Good morning
γαμάτο	Gamato	Awesome
καληνύχτα	Kalinichta	Good Night
πολύ καλά	Poli Kala	Very Good
Τι κάμνεις;	Ti kamnis	How are you?
Αγαπώ σε	Agapose	I love you
Φιλούθκια	Filouthkia	Kisses
Πονησιτίτσι	Ponistitzi	Someone who is hungry "for" food or any other basic need



Day 2 / Wednesday, 20th July 2016

NATURE & ENVIRONMENT

« BEING IN SILENCE, SITTING IN A CIRCLE, LISTENING TO THE SOUNDS OF NATURE, THINKING ABOUT LIFE IS HABITS THAT WE SHOULD INCLUDE IN OUR LIVES.»

UNKNOWN PARTICIPANT

MENU OF THE DAY

LUNCH

Soup and Couscous

DINNER

Pasta Bolognese



We started with an energizer by Sofia & Rafaél. Felix, representing the scout, organised a couple of workshop (e.g. about trust, reflection, nature, water usage) next to the lake. We also had the opportunity to draw our best outdoor activity. There were four workshops in total:

1. 1 minute silence in the forest
2. Being blindfolded and recognizing trees
3. Fitting into a spider web
4. Getting insight into how much water we use

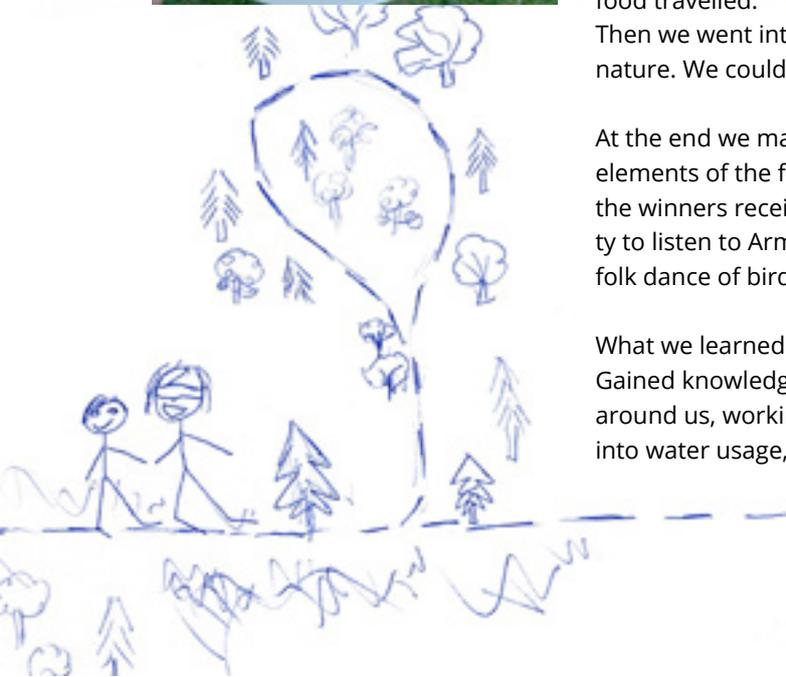
These exercises should show how we can use nature for our personal development. In the afternoon we had an energizer by Sargis and Lydia. Afterwards we had to figure out where products presented on the table came from. It was named "tracking your food". We had to pin down the route the food travelled.

Then we went into the woods to make land art without interfering with the nature. We could only use things we found in the forest.

At the end we made a group photo with us wearing a funny hairstyle using elements of the forest. At the cultural evening we had a Spanish quiz where the winners received little bottles of Spanish olive oil. We had an opportunity to listen to Armenian poetry to see Spanish flamenco, play an Armenian folk dance of birds.

What we learned:

Gained knowledge on diverse reflection methods to be aware of the nature around us, working in small groups, listening to each other, trust, insight into water usage, use nature as an temporary impression tool



Day 3 / Thursday, 21st July 2016

SPORTS & HEALTH

MENU OF THE DAY

LUNCH

Wraps

DINNER

BBQ



« I WAS IMPRESSED BY AN OLD
LADY, WITH HER DOG WITH THE
SPECIAL SWIMSUIT.
I REALLY ENJOYED IT. »

MIGUEL

We woke up and had an Armenian breakfast with rose marmalade and mint tea. Our energizer was a tictactoe game with bananas and flip-flops. After we walked to the lake and met our Swedish canoe instructor, Klaas, who gave us safely instructions about this sport.

We took our life vests and in couples we started the canoeing to the beach. It didn't go too easy for everyone but after one hour we arrived safely.

We had a cold lunch with wraps made by ourselves and after we had a little group activity and a free siesta on the beach! We had nice weather all the day, fortunately not too sunny.

Julianne and Kamilla were the fastest to arrive so they had a chance to speak with a nice local woman who does yoga on a surf desk.

In the evening after the BBQ we had the Cypriot and the Hungarian Cultural night. The Cypriots prepared a theater play about their general behaviour at home in their families. So we learned how much the typical mothers of Cyprus care about their children. After, they made a little presentation about Cyprus and its history. The Hungarian team made a quiz about their country and for all the good answers, the groups got a typical Hungarian chocolate.

What we learned: The importance of working together in the canoes, having good teamwork, communication and trust will make the canoe go faster. We enjoyed the day and the nature a lot, we were in an amazing environment. The water seemed black, sometimes red and sometimes orange. The green and the blue colors were more than a million shades.

Fun fact: Sausage, salami and Cypriot sweets.

The final competition was that five people should keep a little Hungarian chilli pepper on their tongue. The one who kept it for the longest time won a Hungarian notebook. The team who had the best answers in the quiz won a handmade Hungarian tablecloth. After that we all danced Cypriot and Hungarian dances.



Day 4 / Friday, 22nd July 2016

URBAN CHALLENGES



In the morning we went to the city by bus. In Växjö there were tasks for the four mixed groups. The first task was about getting to know the city. After the city rally we had to exchange insignificant items with people whom we found in the streets of Växjö. We had to make selfies to prove all the exchanges that were made. We had falafel for lunch at Linnéparken. And after that we had freetime to buy souvenirs.

In the afternoon we had an activity in which we had to do different acts of kindness in the city centre. Such as saying compliments to stranger, sharing kind messages around the

city and just hug people. We had to make videos of all the acts that we did. Afterwards we went together to the SIP office to edit the videos, organize the travel reimbursment and then we had pizza for dinner. After the dinner, we went to the city center to get some impressions about the nightlife of Växjö.

MENU OF THE DAY

LUNCH
Falafel

DINNER
Pizza

What we learned: How Swedish people act when we are trying to be kind to them. Being kind to others can get us into some fun situations.



« IT WAS INSPIRING THAT PEOPLE FROM ALL OVER THE WORLD WORKED TOGETHER, COLLABORATED, SHOWED THEIR IDEAS, STORIES AND NOW NEW FRIENDSHIPS ARE EMERGING. »

Bora Bora + dictionary

EGÉSZSÉGEDRE (HU) → cheers! salute! (For your health!)

Kalimera (GR) → good morning

ela (GR) → come (you can also use it when you answer the phone)

via sou^(op) → hello!

JÓ REGGELT! (HU) → GOOD MORNING!

ohladi (GR) = pear (αχλάδι)

Efharisto (GR) = thank you (Ευχαριστώ)

Alca (PT) = moose (alg)

Leite (PT) = milk (mjalk)

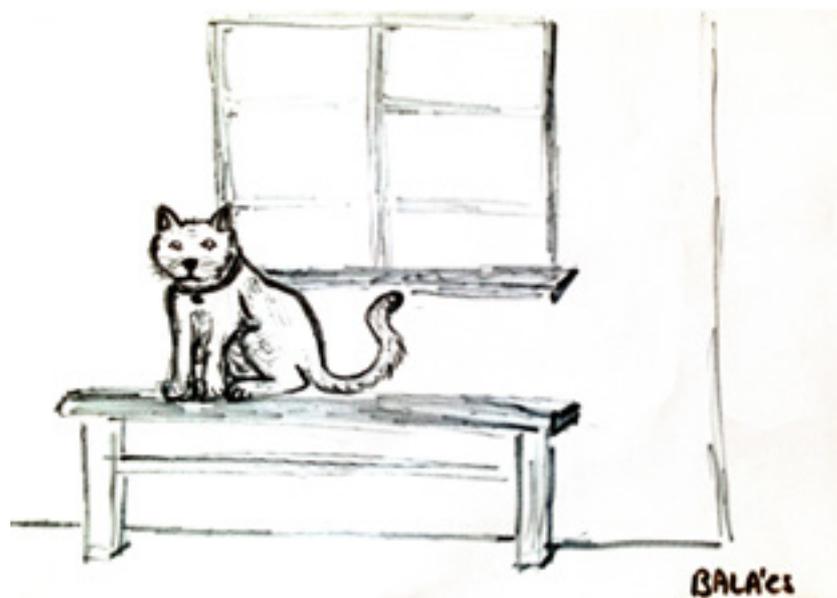
BAREV = Hello (Armenian)

ΞΟ ΞΣΖΑΚΑΤ / ΞΟ ΞΣΤ! [YO 8] ⇒ GOOD NIGHT!

PARAKALO = (GR) → You are welcome or Please. :)

KALINIHTA = (GR) → GOOD NIGHT

to do a Miguel (en) → to get lost everywhere and meet strangers who will join the odyssey



Day 5 / Saturday, 23rd July 2016

CULTURAL DIVERSITY



« TODAY I CLIMBED A TREE DURING THE ACTIVITIES.
I FELT THE CONNECTION WITH THE NATURE. »

NAMHFON

MENU OF THE DAY

LUNCH
Hamburgers

DINNER
Risotto

Today we learned about cultural differences and how to place ourselves in the hierarchy. Then we all got a new personality and we had to stand in a line. Amanda read statements and if it was true, you took a step forward, if not, then a step backwards. In the end we had to say how to change our status. After lunch, we had a siesta at the lake. After that we had a game in which we had to decide who we want to help first in an emergency. The last task was about our hopes and fears in the world.

What we learned: Communicating without words, and trying to find out our role in the hierarchy. What kind of likely/unlikely hopes and fears do we have in the world, for example a World War III or to stop racism. Can we make the right decisions while lacking in information?

« IN GENERAL I COULD INTEGRATE THESE ACTIVITIES TO INVOLVE REFLECTION IN MY DAILY LIFE IN ORDER TO
THINK ABOUT THE FUTURE AND THE WAY I ACT TOWARDS THE ENVIRONMENT AROUND ME. »

ZÓLTAN

ONE WEEK'S EXPERIENCES GATHERED IN ONE BOOK, PLEASE MAKE THE NEXT ONE SHORTER BECAUSE IT TOOK SO MANY HOURS OF OUR VALUABLE TIME TO FINISH THIS MEMORY BOOK!

WE HOPE THAT YOU WILL APPRECIATE THE WORK OF OUR MEDIA GROUP. FOR US THIS WEEK WAS AN AMAZING EXPERIENCE AND IT WAS NICE TO MEET YOU ALL :)

Globala Kronoberg

(Amanda, Laura, Joana, Sara, Giulia, Natasa, Miguel, Carla, Gabriella & Haruno)

If you want to have something that you've never had, you need to do

something that you've never done!!



GET OUT OF YOUR COMFORT ZONE