



Yes to Sustainability - Training Course



GRAIN & SENS 2023

How to Create Youth Exchanges

SEPTEMBER 2023

We are a group of young people from various countries, aged between 23 and 48 years old, brought together by the 'Yes to Sustainability' initiative to learn how to create Youth Exchange programs in the beautiful eco-initiative community of Grain&Sens in France, located in the plateau of Ardeche, surrounded by a chestnut forest with a stunning view of the Alps.



The main goal of this training was, from the beginning, to facilitate the formation of groups in which participants collaborate to create their own Youth Exchange projects.

The first day was dedicated to settling into the space and creating a safe environment to build group dynamics. We began with a general overview of the program, including discussions on institutions, Erasmus+ goals, priorities, and initiatives, as well as the 'Yes to Sustainability' project.

Afterwards, we opened the floor to dream about our own projects. Step by step, as participants connected with their inner project ideas, common concepts began to emerge. We had the opportunity to explore specific ideas in detail, creating shared spaces such as 'Walk & Talk,' 'Open Spaces,' and 'Storytelling.'



Ultimately, we formed five common groups with shared objectives. As we got deeper into the theoretical aspects of project development needed for the applications, we clarified our needs, objectives, target audience, learning outcomes, and impact.

Throughout the entire project, we had the support of facilitators who provided tips and answered our questions.

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We also had time for networking, social interactions, celebration, and cultural discoveries, including a pizza night with a concert, a bonfire, storytelling sessions about alternative forms of living, a no-talent show, and more.



HERE'S SOME TESTIMONIALS FROM THE PARTICIPANTS:

Marion: « I did not fully know what would happen in the YE creation training. I just knew I was meant to be there. Now, I'm just amazed by all the projects, by the beautiful people that gathered, by all the initiatives that have sprout and come to fruition. In just 6 days, connections emerged, partnership and friendships , all going in one direction : contributing from our heart »

MariaChiara: «When I first arrived at this training, I didn't have any specific expectations about what I would encounter. However, as I've placed my trust in the process, I've been pleasantly surprised to discover something new every day. It feels like I'm steadily progressing towards my ultimate goal, and the transformative power of Erasmus+ is already beginning to unfold»

Pedro: « After an interesting local bus journey through the beautiful french mountains and plateaus I arrived to a little magic place surrounded with green forests and overwhelming view to the mountains. After 7 days of intensive and productive work I feel really proud about all the exchange of knowledge, culture and ideas that happened in that cozy and centenarian stone house. Connections were made and projects to build a better future born :) »