

EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.

 *Please provide one sheet per event (one event = one workpackage = one lump sum).)*

PROJECT	
Participant:	Municipality of Starachowice
PIC number:	927702084
Project name and acronym:	"Cities 4 YOUth - Next Generation (C4YOU - NEXT GEN),

EVENT DESCRIPTION	
Event number:	1
Event name:	EU 4 YOUTH EVENT IN POLAND
Type:	Debate EU 4 YOUth in Poland, World Café discussion, Workshop, Test of knowledge on the Kahoot platform
In situ/online:	in-situ
Location:	Starachowice, Poland
Date(s):	19-24/02/2025
Website(s) (if any):	https://starachowice.eu/ https://www.facebook.com/MRM.starachowice https://www.instagram.com/mrm_starachowice/
Participants	
Female:	29
Male:	16
Non-binary:	0
From city 1 [Starachowice]:	18
From city 2 [Kielce]:	8
From city 3 [Alzira]:	5
From city 4 [Faenza]:	5
From city 5 [Valongo]:	4
From city 6 [Pissouri]:	5
Total number of participants:	45
From total number of countries:	5

Description

Provide a short description of the event and its activities.

From February 19 to 24, 2025, the international workshop "Cities 4 YOUth - Next Generation" took place as part of a broader initiative aimed at empowering young people and strengthening their role in local communities. The event brought together youth and youth workers from several partner countries, fostering collaboration, learning, and cultural exchange.

On February 20, the workshop focused on team building and preparing for cooperation throughout the project. The day began with a warm welcome from representatives of the Municipality of Starachowice, the host of the event. Each project partner had the opportunity to introduce their organization, present their work with young people, and discuss local community challenges. This session allowed participants to gain a deeper understanding of each other's backgrounds and perspectives. The workshop continued with a series of integration activities. Following some energizers, participants engaged in an icebreaker game called "Get-to-Know BINGO," which helped establish initial connections and identify common interests. The atmosphere of collaboration was further strengthened through a speed-dating-style integration activity, which encouraged deeper interactions among participants. Once initial connections were established, the focus shifted to team challenges. Divided into smaller groups, participants took part in various competitions that led to a discussion on teamwork and the key elements of effective cooperation. This activity helped the group reflect on the importance of collaboration and the strategies necessary to work effectively throughout the project's duration. One of the most thought-provoking tasks involved designing an imaginary island with no young people and brainstorming ways to make it attractive to them again. This exercise shed light on the challenges young people face in different countries, fostering meaningful discussions on youth policies and approaches to youth work.

On February 21, the participants gathered at the Pałacyk Creativity Center for a workshop led by Kama Kępczyńska, who introduced techniques for improving confidence in public speaking. The session began with exercises on using the diaphragm to project one's voice more effectively. The first activity was particularly engaging, as the Polish team prepared ten facts about Poland, while volunteers from other countries participated in a challenge to recall and relay this information. This activity served as a powerful demonstration of how rumors and misinformation can spread. The group then analyzed tweets by Donald Trump, focusing on grammatical errors made by a public figure. In national teams, participants prepared speeches about politicians who had made notable grammatical or behavioral mistakes, followed by a reflection on how public figures influence communication standards. After a short break, the group took part in a singing exercise, learning an old English song and experimenting with different octaves. This activity was both educational and energizing, creating a lively and engaging atmosphere. The afternoon session was dedicated to an Oxford-style debate on the advantages and disadvantages of formal education. Participants were divided into two groups, each selecting leaders to present their arguments. The debate was engaging and well-prepared, with both teams delivering strong arguments. Ultimately, the facilitator concluded that both groups performed exceptionally well. While the participants had a break, a meeting was held for project leaders, during which key project issues were discussed, upcoming activities were planned, and administrative matters were addressed. The evening concluded with an Intercultural Night, where each group presented their region through interactive and creative performances. This event provided a fantastic opportunity for cultural exchange and strengthened the bonds between participants.

On February 22, the fourth day of the workshop, activities resumed at the Pałacyk Creativity Center. The morning began with a yoga session led by Kama Kępczyńska, who explained the benefits of relaxation exercises and guided participants through a series of movements. Following this, a group from Portugal introduced an activity called "Gossip Box," in which participants wrote anonymous positive messages to one another, expressing appreciation and sharing their thoughts about the project. This activity created an atmosphere of encouragement and strengthened group cohesion. Another highlight of the day was learning and performing a traditional Polish song from the Świętokrzyskie region. This task proved to be quite challenging for participants from Cyprus, Italy, Spain, and Portugal, but despite the difficulties, everyone managed to sing the song successfully. Kama then introduced a rhythmic concentration game to test participants' focus. Interestingly, many of the first participants to be eliminated were from Poland, highlighting a common issue with concentration levels. In the end, two winners emerged. After a coffee break, the final task of the day involved group work on local youth initiatives. Divided into six teams, participants developed project proposals that addressed specific community challenges, taking into account financial constraints, logistical issues, and necessary approvals. Each team presented its proposal, followed by a discussion led by Kama, who provided feedback and asked insightful questions. This was the last session led by Kama, marking the end of an inspiring and enriching series of workshops.

On February 23, the participants gathered once again at the Pałacyk Creativity Center for a session dedicated to reviewing project details and summarizing the entire workshop experience. The day began with final adjustments to presentations and a thorough explanation of the project's objectives and upcoming activities. Each national team was tasked with planning how they envisioned the upcoming "Cities 4 YOUth" visits in their respective cities and how they intended to develop the Youth Activity Maps. These plans were then presented and discussed with the larger group to ensure that all cities could provide meaningful experiences for visiting participants. The session continued with a reflection exercise in which participants identified five key takeaways from the workshop, ultimately selecting and sharing the most valuable lesson they had learned. A creative activity followed, in which participants created portraits of one another, adding personal messages and kind words. This exercise allowed everyone to appreciate and acknowledge each other's presence, reinforcing the sense of community built throughout the workshop. To conclude the event, each participant received a certificate of participation, marking the end of an intensive yet rewarding training experience.

On the first and last day we had travels, managements, evaluation and promotion strategy meetings.

The "Cities 4 YOUth - Next Generation" workshop received highly positive feedback from participants. Approximately 80% of attendees reported that the workshop met their expectations, with only a few expressing dissatisfaction. The overall rating averaged 4.4 out of 5, reflecting a high level of satisfaction. The facilitators were also well received, with the Thursday session earning an average rating of 4.8 out of 5, particularly for its engaging and clear presentation. The sessions on Friday and Saturday received slightly lower but still strong ratings of 4.4 out of 5. Participants appreciated the enthusiasm and interactive approach of the facilitators, which made learning both enjoyable and effective. Many highlighted the engaging presentation style, practical exercises, and the relevance of personal experiences shared by the trainers. These elements contributed to an interactive and relatable learning experience.

A key outcome of the workshop was skill development in areas such as debating, moderating, and public speaking. Participants assessed their competencies before and after the workshop, with self-evaluation scores increasing from an average of 3.4 out of 5 before the event to 4.5 out of 5 afterward. This demonstrates the significant impact of the workshop in improving these essential skills. Organizational aspects were also highly rated, with the event schedule receiving an average score of 4.7 out of 5. Participants appreciated the well-structured program and the balance between different activities. Final comments from attendees were overwhelmingly positive, with statements such as "Everything was great!" and "Thank you for the amazing work!" The overall feedback suggests that the workshop was well-organized, engaging, and highly beneficial, with only minor areas for improvement.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	28.02.2025	Initial version (new MFF).