



3P
Prevention
Priority
Potential

JUNE 20 - 29, 2022 CRISTURU SECUIESC

AUGUST 2 - 11, 2022 TISZALADÁNY

ROMANIA, HUNGARY, NORTH MACEDONIA, CZECH REPUBLIC



Erasmus+



About the project

Heuréka Regional Association implemented an Erasmus Plus project called “3P – Prevention, Priority, Potential” in Cristuru-Secuiesc, Romania from the 20th to the 29th of June, 2022.

The second part of the project was in Tiszaladány, Hungary from the 2nd to the 11th of August, 2022. It was implemented by Heuréka Regional Association.

The topic and the ideas of the project were based on the initiative of active young people and the vision of the organizations.

The direct target group of the project were young people aged 16-25 delegated by the countries of the organizations participating in the project. The working program and the agenda were created in a way to make each participant feel welcomed and included.

Each national team had a leader in the proper age limit. The leaders had experience in the youth field as well as foreign language skills. It was important to select the right group leaders, as they were the ones who motivated young people to participate continuously and who supported their development by building an atmosphere of trust with the participants.

In addition, a facilitator took part in the exchanges too. He was responsible for the professional implementation of the programs. The facilitator moderated and coordinated the entire exchange program, acted as a kind of trainer, and monitored the expansion of knowledge of young people.

The participants found the motivation, discipline, and the will to actively take part in the energisers, workshops, discussions and overall methods.

The profile of each organization was youth support, youth work, among them the focus was activism and spreading awareness.



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The aim of our project called “3P” was to improve the knowledge of the participating young people with drugs and drug use in order to equip them with self-defense mechanisms that would help them deal with drug related emergencies and to develop a preventive approach to them. And at the same time, help them acquired knowledge, abilities and skills that will enable them to identify the appearance of drugs among their contemporaries and their environment, to help young people who have come into contact with the drug, and to convey a preventive approach to them. The title of the project also suggested that, by developing a preventive approach to provide a potential by developing the young people, with which they can be an example for their peers, thereby also contributing to increasing the effectiveness of youth work and youth workers and they can appear as a resource in youth organizations. The project had a goal to respond to a very serious problem, which is the development and spread of drugs, drug-use, even addiction among young people. The project itself was a bottom-up initiative from the part of young people who are interested in the topic and want to do to solve the growing problems and find an answer to the pressing questions. The main stream of the exchange was the acquisition of knowledge about drugs, drug addiction and the development of a preventative method with young people that can become a part of peer support. During the project, non-formal pedagogical methods came to use discussions, roundtable talks, project work, film club method and presentation all took place, while everyone also focused on learning from each other. The project consisted of two exchanges, both implemented twice for a period of 10 days, including travel days. The exchanges were attended by young people aged 16-25 delegated by organizations from four countries (Romania, Hungary, North Macedonia, Czech Republic).



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Activities



Throughout both exchanges the following methods were used: discussions, group work, presentations, ice-breaking activities, teambuilding, activities, simulations, storytelling, theatre, sports, roleplay, and evaluation.

Romania

Health Damaging Behaviors

During this activity the participants learned about the meaning of health and behaviors that can have a negative effect on it. The methods used in this activity were: brainstorming, discussing and team work. By the end of the activity, the participants shared their knowledge, but also learned many new information.

Drug Prevention

During this activity, the participants worked in their national groups. They were challenged to use their research abilities and find the newest methods and initiatives that their countries introduced in order to prevent drugs.

After the presentation of each group, great discussions were opened and the participants learned many new and useful information.

Self-Discovery Day

During the self-discovery day, the participants used methods like brainstorming, storytelling, debating to learn more about themselves and the affect of the environment on their personal growth and development. The participants paid close attention to self-analysis and self-discovery.

Role Play

One of the activities was the role-play. All participants enjoyed it and actively took part in it. Everyone showed their acting skills, but more important than that – everyone tried to solve a moral dilemma. The participants were divided in two groups that dealt with different cases. Each group acted out a scenario in court. By the end, the situations were rightfully solved. This activity was great because it got to show how does the youth think.

Drug situation in countries

During this activity, the participants worked in their national groups. They researched relevant information about the use of drugs and the drug policy in each of their countries. Later, after creating a flip-chart, they had to present their project in front of the whole group. This activity enabled the participants to work in teams and to broaden their research skills.

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Romania

Drug prevention

Interview with the locals - As a part of the activities the participants had to conduct a short survey with the local people of Cristuru-Secuiesc. The locals were asked a few questions about their knowledge related to drugs and drug use. Most of the citizens never used drugs, but they were aware about the pressing issues surrounding the subject. This was a great exercise because the participants got to socialize and use new skills.



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Hungary

First Day Activities

The day was exceptionally planned, and the activities were greatly executed. The main themes of today's sessions were meeting each other's, getting to know each other's, and developing the bond between the teams. Some of the activities today included: remembering each other's names throughout an interactive game of repetition, speed dating used in a way to make a conversation in-between the participants. Many more activities and energizers that allowed the participants to introduce and communicate with each other. Everyone had so much fun and was very excited to participate in the activities.

Open discussion

This activity was performed with the goal to create a broad discussion and to hear the thoughts of the participants regarding the main topic: Drugs and Drug use. During the activity different questions were asked from the hosts and then the participants had to answer if they agree or disagree all while making a strong statement.



Brainstorming A - Z

Brainstorming is a method of generating ideas and sharing knowledge. But yesterday there was a small twist to the idea. The participants had to suggest different terms (synonyms, homonyms, even antonyms) that are related to health and begin on every letter of the English alphabet. Everyone took active participation in this game and showed great interest. The result was pleasing, as there were around four words for each letter, a total of 104 vocabularies.

Debate

Topic: Should Drugs be Legalized?

During this activity the participants were divided into two teams, each consisting of five members. There was a jury of three judges and the rest of the participants had to act out the audience. Before the debate the groups had time to research and prepare for the speech. One of the groups was pro legalization, while the other was against. While debating, all the speakers had the chance to speak their mind freely and to defend their statements. The debate resulted in the against side winning.

Group work & flipchart making

Throughout this method the participants were divided in four groups. Each group was given a research topic. The topics focused on the three types of health (Physical, Mental, Social Health) and on Prevention. The groups worked hard and created artistic flipcharts. Afterwards, the presentation of everyone was eloquent and professional.

Scavenger Hunt

During this activity the participants were divided into four teams. Then they were given instructions on where to go and find certain clues, questions, tasks, and challenges. There was a total of 13 tasks and one of the group members had to be blindfolded, while another one couldn't talk. The Scavenger Hunt was a great idea because it allowed building trust, loyalty, and a sense of responsibility between the group mates. Everyone had to work together, depend on each other, and even coexist for the lasting of the game.

Interview

Interview with Local People

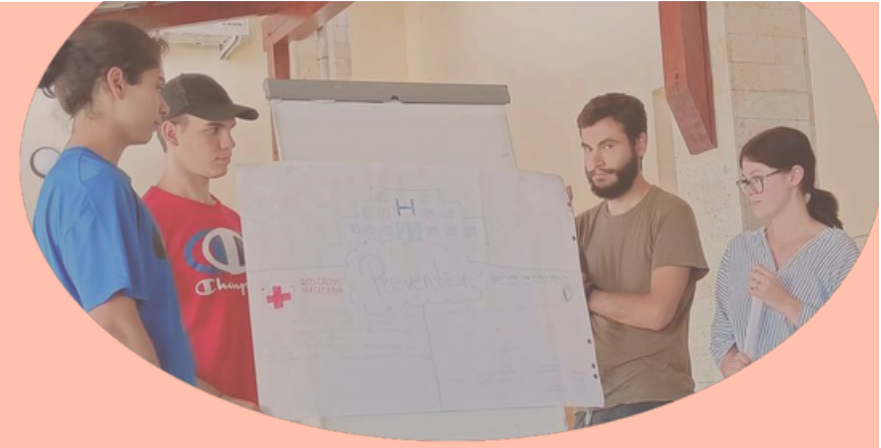
During this activity the participants went around the village and asked locals about their thoughts and experiences regarding drugs. Twenty locals answered to the questions and their answers were the mostly the same. The locals stated that they think that drugs are mostly harmful and that they make people become miserable. The people said that they have not tried drugs but are aware of people who have and they said that drugs should be illegal. The questionnaire was a great idea.



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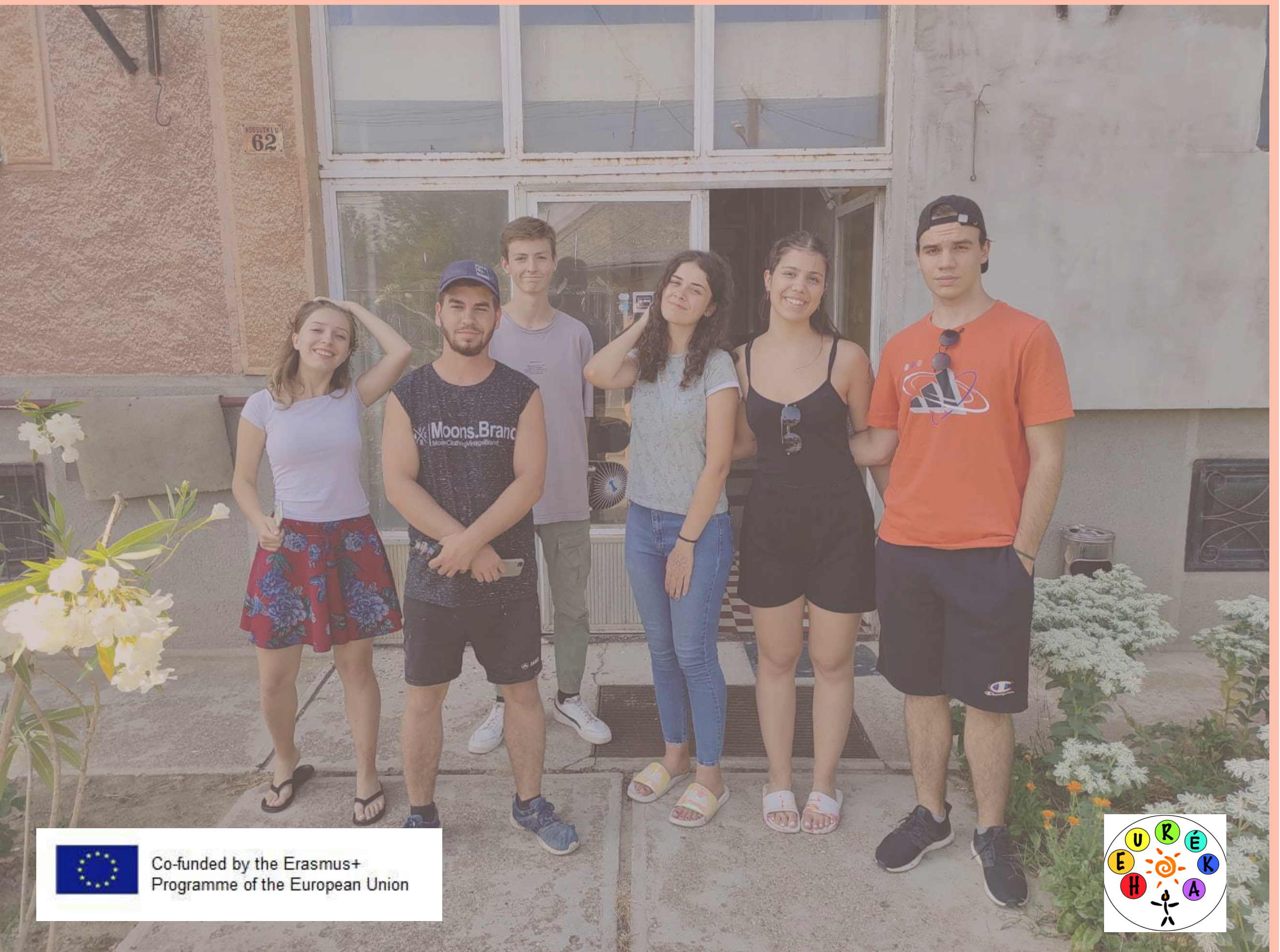


Hungary



Theater Play

The participants were divided into their national groups and were responsible for creating a play. The main idea of the play was acting out situations involving drugs all while suggesting a solution for problems permanent in the participating countries. The theater play worked as a great method that helped with the participants' creativity, artistic compliances, and critical thinking. After the preparations the groups performed their theater plays in the cultural in house and received positive feedback from the audience



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Open day

The open day for this project was held in Tokaj, a small town in Northern Hungary exceeding in wine culture and production of wine. The town holds a historical value related to wine and it offers a well-constructed museum which the participants had the chance to visit. The museum was spacious and offered interactive boards and games for the visitors. The museum also displayed a variety of different artifacts of great importance. While in Tokaj the participants also had the chance to have a panoramic view of the town and to experience its souvenir shops, streets, culture and overall – beauty.



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Intercultural nights

During the day, the participants showed great dedication, but they were also interested during the evenings. After the sessions had ended, every national team had to prepare a night celebrating their country. Tasty food was displayed (later eaten) and great music was played. The intercultural nights allowed participants to learn about the history, culture, cuisine, and tradition about each of their countries.



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