

## „With or without drugs”

Topic: Health and welfare

Participating countries: Hungary, Macedonia, Romania, Serbia

Number of participants: 7 young people + 1 group leader/country

Age: 16 – 24

Starting date: 04 July 2018

End of the project: 12 July 2018

Location: Ada, Serbia

### **Short description of the program:**

The aim of our project called „With or without drugs” is to implement a double youth exchange in Ada and Tiszaladány between 16-24 year old young people (from whom 16 are disadvantaged) of 4 countries. During the twice 9 day long youth exchanges implemented as a bottom-up initiative we want to focus on the one hand on the development of the youth’s knowledge in connection with drugs so that they learn such mechanisms that help them ward off emergency in connection with drugs and a preventive view should be formed in them. On the other hand our aim is that they learn knowledge and abilities through which they can identify the appearance of drugs in their surroundings, help the young people who got in contact with drugs and can transmit them the preventive view. By reaching these goals we contribute to the decrease of drug use of young people, the increase of youth communities, peer groups in this respect in the long run too. The programme draws attention to a quite serious problem and we want to emphasize with our program the lack of space of the drug prevention work: the importance of learning from each other and peer help.

The main aim of the thematic work planned on the youth exchanges is to make the young people understand what are the reasons inside us that make somebody be dependent. Over the understanding of the reasons to get the information, abilities that help the emergence of drug use, and/or what we can do if we need help or somebody in our surroundings needs help.

Over the understanding the social reasons the aim is the understanding of ourselves, our motives, since it helps a young person very little if he understands what socially leads to the drug use. Through this only his intellect got impulse and he can get it from anywhere, from books and the internet. Through the workshops and programme elements planned during the youth exchange we help the young people in interactive way know themselves better, form their motives and we give them

experience-based self-knowledge methods, knowledge that can make the personality stronger and more conscious against drug use. Of course, we do not neglect the theoretical plan either, since it is an essential aspect also to the better understanding and knowing how to help. The palette is very colorful in terms of methods, primarily non-formal pedagogical methods appear but the lecture, discussion, project work, and individual sessions are also located.

The project is implemented jointly by organizations from Hungary, Romania, Serbia and Macedonia who work closely together from working out the project idea.

Participants should prepare for the exchange at home. The facilitator will contact the contact persons at each partner organization and write the tasks participants should prepare with.

Participants should bring towel and the necessary things for the national evening (food, drink, etc.)

Our NGO will send a minibus for the participants.

The detailed agenda is sent attached.

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