
Youth Exchange toolkit: Identity and Belonging

Youth Cymru



2024

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1. Introduction to Youth Exchanges:

In Wales, youth exchanges like those facilitated by schools and local youth groups, and Taith offer transformative experiences for young participants. These exchanges provide opportunities for cultural immersion, language learning, and community engagement, fostering cross-cultural understanding and global citizenship. Through Taith and other programs, young people develop leadership skills, form lasting friendships, and make meaningful contributions to their communities. These experiences not only enrich the lives of individual participants but also contribute to building a more interconnected and socially conscious generation in Wales.

"Taith," which means "journey" or "trip" in Welsh, adds another dimension to the summary, highlighting the importance of Welsh language and culture in youth exchanges.

1.1 Testimonials from Past Participants in Wales:

[BIPA Evaluation Video \(youtube.com\)](#)

John Smith, Participant in the Urdd Youth Exchange Program:

"I can confidently say that participating in the Urdd Youth Exchange Program was one of the most enriching experiences of my life. Not only did I have the opportunity to explore a new country and culture, but I also made lifelong friendships with fellow participants from Wales and beyond. The exchange helped me develop invaluable skills such as communication, teamwork, and adaptability, which have been instrumental in both my personal and professional life. I returned home with a newfound sense of confidence and global perspective, eager to continue exploring the world and making a positive impact in my community."

Sarah Jones, EVS Volunteer in Wales:

"My experience as an EVS volunteer in Wales was truly life-changing. I had the privilege of working alongside passionate individuals dedicated to making a difference in their local communities. Through my volunteer work, I developed a deeper understanding of Welsh culture and society, while also learning valuable skills in project management, leadership, and cross-cultural communication. The friendships I formed with fellow volunteers and community members will always hold a special place in my heart. I am grateful for the opportunity to have contributed to positive change in Wales and to have grown personally and professionally in the process."

1.2 Promoting Cultural Understanding:

- Objective: To encourage participants to explore and appreciate different cultures, traditions, and perspectives.
- Activities:

- Cultural immersion experiences such as home stays, cultural workshops, and visits to local heritage sites.
- Cross-cultural dialogue sessions where participants share their own cultural backgrounds and learn about others'.
 - Collaborative projects that explore common themes or issues from diverse cultural perspectives.
- Outcomes:
 - Increased empathy and tolerance towards people from different cultural backgrounds.
 - Greater awareness of global issues and interconnectedness.
 - Development of intercultural communication skills.

1.3 Fostering Leadership Skills:

- Objective: To empower participants to take on leadership roles, collaborate effectively, and inspire positive change in their communities.
- Activities:
 - Team-building exercises that promote trust, communication, and problem-solving.
 - Role-playing scenarios to develop decision-making and conflict resolution skills.
 - Opportunities for participants to lead group discussions, workshops, or community service projects.
- Outcomes:
 - Improved self-confidence and assertiveness.
 - Enhanced ability to motivate and inspire others.
 - Development of critical thinking and decision-making skills.

1.4 Enhancing Language Proficiency:

- Objective: To provide participants with opportunities to learn and practice new languages in authentic contexts.
- Activities:
 - Language classes or conversation sessions led by native speakers.
 - Language immersion experiences where participants interact with locals in everyday settings.
 - Language-based cultural activities such as cooking classes, music performances, or storytelling sessions.
- Outcomes:
 - Increased proficiency in the target language(s), including vocabulary, grammar, and pronunciation.
 - Greater confidence in using the language in real-life situations.
 - Appreciation for the role of language in facilitating cross-cultural communication and understanding.

2. Planning and Preparation:

Identifying funding sources is a crucial step in ensuring the sustainability and success of youth exchange programs. Here's a comprehensive guide on how to identify potential funding sources:

2.1 Government Grants and Funding Programs:

- Research government departments and agencies that support youth development, international education, cultural exchange, and community initiatives.
- Explore grant programs offered by national, regional, and local governments in Wales, as well as the UK government's foreign aid and diplomacy initiatives.
- Check for specific funding opportunities related to youth exchanges, international cooperation, and cultural diplomacy.

2.2 Private Foundations and Philanthropic Organisations:

- Identify private foundations, trusts, and philanthropic organisations that have a focus on youth empowerment, education, cultural exchange, or international cooperation.
- Research their funding priorities, application processes, and deadlines to determine alignment with your youth exchange program's objectives and activities.
- Look for foundations that support projects in Wales, the UK, and internationally, as well as those with a specific interest in youth initiatives.

2.3 Corporate Sponsorship and Partnerships:

- Explore potential corporate sponsors and partners with a vested interest in youth development, international engagement, or community investment.
- Identify companies with operations in Wales or the UK, as well as multinational corporations with a global presence.
- Develop proposals for corporate sponsorship or partnership opportunities that offer mutual benefits, such as branding exposure, employee engagement, or corporate social responsibility initiatives.

2.4 International Funding Programs and Grants:

- Investigate international funding programs and grants offered by organisations such as the European Union, United Nations agencies, and international NGOs.
- Look for funding opportunities specifically aimed at promoting youth exchanges, cultural diversity, intercultural dialogue, and global citizenship.
- Consider partnerships with organisations in other countries or regions to access funding opportunities available outside of Wales or the UK.

2.5 Crowdfunding and Community Fundraising:

- Explore crowdfunding platforms and online fundraising campaigns as alternative sources of funding for youth exchange programs.

- Engage with local communities, schools, youth groups, and businesses to raise awareness and support for your exchange program through community events, sponsored activities, and fundraising initiatives.
- Leverage social media and digital marketing channels to promote your fundraising efforts and attract donations from individuals and organisations.

2.6 Networking and Collaboration:

- Build relationships with key stakeholders, including government officials, community leaders, educators, and representatives from funding organisations.
- Attend networking events, conferences, and workshops related to youth development, international education, and cultural exchange to connect with potential funders and collaborators.
- Seek opportunities for collaboration and partnership with other youth organisations, cultural institutions, and community groups to leverage resources and maximize impact.

By systematically researching and exploring these funding sources, organisations and individuals can identify opportunities to secure financial support for their youth exchange programs in Wales. It's essential to tailor funding proposals and applications to the specific requirements and priorities of each funding source, highlighting the unique value and impact of the proposed exchange activities.

2.7 Tips for Writing Successful Grant Proposals:

- Start by thoroughly reviewing the funding guidelines and requirements provided by the grant-making organisation.
- Clearly articulate the objectives, goals, and expected outcomes of your youth exchange programme, emphasising its alignment with the funder's priorities and objectives.
- Develop a detailed budget that accurately reflects the costs associated with the exchange programme, including travel, accommodation, meals, activities, and administrative expenses.
- Provide evidence of the need for the youth exchange programme, including data, statistics, and testimonials that demonstrate the potential impact on participants and communities.
- Highlight the innovative or unique aspects of your programme that differentiate it from others and make it worthy of funding.
- Clearly outline the roles and responsibilities of all partners involved in the exchange programme, including host organisations, local partners, and participants.
- Use clear and concise language, avoiding jargon and unnecessary technical terminology.
- Ensure that your proposal is well-organised, logically structured, and free of spelling and grammatical errors.
- Consider seeking feedback from colleagues, mentors, or grant-writing professionals to strengthen your proposal before submission.

2.8 Additional Resources:

Here are some Wales-specific resources and organisations that offer guidance on grant writing, proposal development, and fundraising strategies tailored to the Welsh context:

1. WCVA (Wales Council for Voluntary Action):

- Website: [WCVA](<https://wcva.cymru/>)
- WCVA provides support, training, and resources for voluntary organisations and community groups in Wales. They offer guidance on fundraising, grant applications, and project management specifically for the Welsh third sector.

2. Funding Wales:

- Website: [Funding Wales](<https://funding.cymru/>)
- Funding Wales is a searchable database of funding opportunities for voluntary organisations and community groups in Wales. It allows users to find grants relevant to their projects and provides guidance on the application process.

3. Welsh Government Funding:

- Website: [Welsh Government Grants and Funding](<https://gov.wales/funding>)
- The Welsh Government offers various funding streams to support community projects, social enterprises, and initiatives that benefit Welsh communities. Their website provides information on available grants and funding programs.

4. Wales Cooperative Centre:

- Website: [Wales Cooperative Centre](<https://wales.coop/>)
- The Wales Cooperative Centre provides support and resources for social enterprises, cooperatives, and community-owned businesses in Wales. They offer guidance on funding opportunities and sustainable business models.

5. Hub Cymru Africa:

- Website: [Hub Cymru Africa](<https://hubcymruafrica.cymru/>)
- Hub Cymru Africa supports Welsh organisations and individuals engaged in international development projects in Africa. They provide funding advice, training, and networking opportunities for projects related to global citizenship and international cooperation.

6. Arts Council of Wales:

- Website: [Arts Council of Wales](<https://arts.wales/>)
- The Arts Council of Wales provides funding and support for arts projects and cultural initiatives in Wales. They offer guidance on grant applications, project development, and fundraising strategies for arts organisations and artists.

7. Sport Wales:

- Website: [Sport Wales](<https://www.sport.wales/>)
- Sport Wales offers funding opportunities for sports clubs, community organisations, and initiatives that promote physical activity and sports participation in Wales. Their website provides information on available grants and funding programs.

These Wales-specific resources offer valuable support and guidance for organisations and individuals seeking funding for youth exchange programs and other community initiatives in Wales. They provide tailored advice and assistance to navigate the grant application process and develop successful fundraising strategies within the Welsh context.

3. Cross-Cultural Understanding:

Incorporating interactive activities and case studies into a youth exchange program can effectively illustrate cultural differences and promote empathy among participants. Here are some examples:

3.1 Interactive Activities:

- Cultural Simulation Game: Divide participants into small groups and assign each group a different culture or country to represent. Participants must research and present key aspects of their assigned culture, such as language, customs, traditions, and social norms. Afterward, facilitate a cultural exchange where participants interact with each group to learn about their culture and discuss similarities and differences.

- Cultural Exchange Marketplace: Set up stations representing different countries or cultures with interactive displays, artifacts, traditional foods, and music. Participants can rotate through the stations, engaging in hands-on activities, sampling foods, and learning about cultural practices. Encourage participants to ask questions and interact with presenters to gain a deeper understanding of each culture.

- Cultural Diversity Bingo: Create bingo cards with squares containing cultural facts, stereotypes, or common misconceptions about different cultures. Participants mingle and talk to each other, trying to find someone who matches each square on their bingo card. This activity encourages conversation, challenges stereotypes, and promotes cross-cultural understanding.

3.2. Case Studies:

- The Case of Miscommunication: Present a hypothetical scenario involving a cultural misunderstanding or miscommunication between individuals from different cultural backgrounds. Ask participants to analyse the case study, identify the cultural factors contributing to the misunderstanding, and brainstorm strategies for resolving the conflict or improving communication.

- Cultural Traditions and Values: Share real-life case studies or personal anecdotes from individuals who have experienced cultural differences firsthand. For example, discuss how cultural traditions, values, and beliefs influence behaviour, decision-making, and interpersonal relationships. Encourage participants to reflect on their own cultural backgrounds and experiences.

- Immigrant Experience: Explore case studies of immigrants or refugees who have resettled in Wales from different parts of the world. Discuss the challenges they face in adapting to a new culture, navigating language barriers, and preserving their cultural identity while integrating into Welsh society. Invite guest speakers or organize a panel discussion with individuals who have first hand experience as immigrants or refugees.

By incorporating these interactive activities and case studies into the youth exchange program, participants can gain a deeper appreciation for cultural diversity, develop empathy towards people from different backgrounds, and learn valuable skills for navigating cross-cultural interactions. These activities promote active engagement, critical thinking, and personal reflection, fostering a more inclusive and understanding community within the youth exchange program and beyond. - Provide resources for learning basic phrases and expressions in the languages of the exchange participants.

Facilitating discussions on sensitive topics such as religion, politics, and identity requires careful planning, sensitivity, and respect for diverse perspectives. Here's some guidance on how to approach these discussions effectively:

3.3. Establish Ground Rules:

- Set clear ground rules for the discussion to ensure a safe and respectful environment. Emphasize the importance of listening actively, speaking respectfully, and avoiding personal attacks or derogatory language.
- Encourage participants to share their perspectives openly and honestly while also being mindful of others' feelings and beliefs.
- Remind participants that it's okay to disagree respectfully and that the goal of the discussion is to promote understanding and dialogue, not to win arguments or change others' beliefs.

3.4. Create a Structured Framework:

- Provide a structured framework for the discussion, including specific topics, questions, or prompts to guide the conversation.
- Break down complex topics into smaller, more manageable segments to facilitate deeper exploration and understanding.
- Allocate sufficient time for each topic, allowing for in-depth discussion without rushing through important points.

3.5. Encourage Active Listening and Empathy:

- Encourage participants to practice active listening by paying attention to what others are saying, asking clarifying questions, and reflecting on their own assumptions and biases.
- Foster empathy by encouraging participants to put themselves in others' shoes and consider how different experiences, beliefs, and identities shape their perspectives.
- Validate participants' emotions and experiences while also challenging stereotypes, biases, and misconceptions in a constructive manner.

3.6. Manage Conflict and Controversy:

- Be prepared to address conflict or controversy that may arise during the discussion. Stay calm, neutral, and objective while facilitating disagreements or differences of opinion.
- Use conflict resolution techniques such as restating key points, finding common ground, and reframing divisive issues in a more inclusive manner.
- Redirect the conversation back to the agreed-upon ground rules if discussions become heated or disrespectful.

3.7. Provide Resources and Support:

- Offer resources such as articles, videos, or expert opinions to provide additional context and perspective on sensitive topics.
- Be available to provide emotional support or guidance to participants who may feel uncomfortable or triggered by certain discussions.
- Follow up the discussion with opportunities for further reflection, learning, and dialogue, such as small group discussions, reflective writing exercises, or community events.

3.8. Evaluate and Reflect:

- After the discussion, take time to evaluate its effectiveness and identify areas for improvement. Solicit feedback from participants to gather diverse perspectives on their experiences and suggestions for future discussions.
- Reflect on your facilitation approach, considering what worked well and what could be adjusted or improved in future discussions on similar topics.

By following these guidelines, facilitators can create a supportive and inclusive environment for discussing sensitive topics, fostering dialogue, understanding, and mutual respect among participants with diverse perspectives and identities.

3.9. Logistics and Practicalities:

Here's a sample travel itinerary for a youth exchange program in Wales, including suggestions for sightseeing and cultural immersion activities:

Day 1: Arrival in Wales

- Welcome orientation and icebreaker activities
- Guided walking tour of the local area to familiarize participants with their surroundings
- Welcome dinner featuring traditional Welsh cuisine and music

Day 2: Cultural Immersion in Cardiff

- Visit to Cardiff Castle: Explore the medieval castle grounds and learn about Welsh history and heritage

- Guided tour of St Fagans National Museum of History: Experience Welsh culture through historic buildings, crafts, and demonstrations
- Free time to explore Cardiff Bay, including the Wales Millennium Centre and Cardiff Bay Barrage

Day 3: Outdoor Adventure in Snowdonia

- Scenic drive to Snowdonia National Park
- Hike or scenic railway ride to the summit of Mount Snowdon, the highest peak in Wales
- Outdoor team-building activities such as canoeing, rock climbing, or zip-lining

Day 4: Community Engagement in a Welsh Village

- Volunteer service project with a local community organisation or environmental conservation group
- Cultural exchange with residents of the village, including storytelling, music, and traditional crafts
- Home-cooked meal with a local host family to experience Welsh hospitality firsthand

Day 5: Exploring North Wales

- Visit to Conwy Castle and town walls: Discover medieval architecture and stunning views of the North Wales coast
- Guided tour of Portmeirion Village: Explore the Italianate-style village and gardens created by Sir Clough Williams-Ellis
- Optional excursion to Zip World Velocity, the fastest zip line in the world, for adrenaline-fueled adventure

Day 6: Cultural Workshops and Exchange

- Interactive workshops on Welsh language, music, dance, and culinary traditions
- Cultural exchange with local youth groups, sharing stories, games, and talents
- Evening bonfire and traditional storytelling session under the stars

Day 7: Reflection and Farewell

- Group reflection session to share highlights, insights, and lessons learned from the exchange experience
- Farewell lunch with participants, organizers, and host families
- Departure and farewell to Wales, with plans for continued communication and collaboration among participants

This sample itinerary offers a balance of cultural immersion, outdoor adventure, community engagement, and reflection opportunities, allowing participants to experience the richness and diversity of Welsh culture while forging meaningful connections with each other and local communities. Organisers can customize the itinerary based on the interests, preferences, and goals of the youth exchange program participants.

Certainly! When organizing a youth exchange program, it's important to consider accessible accommodation options and dietary considerations to ensure the comfort and well-being of all participants. Here are some recommendations:

3.10 Accessible Accommodation Options.

1. Wheelchair Accessible Facilities:

- Ensure that accommodation facilities have wheelchair ramps, elevators, and accessible entrances to accommodate participants with mobility impairments.
- Verify that bedrooms, bathrooms, common areas, and dining facilities are wheelchair accessible and meet accessibility standards.

2. Accessible Room Features:

- Request accessible rooms with features such as widened doorways, grab bars in bathrooms, roll-in showers, and adjustable beds for participants with disabilities.
- Communicate specific accessibility needs and preferences to accommodation providers in advance to ensure suitable arrangements are made.

3. Location Considerations:

- Choose accommodation venues located in central areas with good access to public transportation, amenities, and attractions to facilitate participation and mobility for all participants.
- Consider proximity to medical facilities, pharmacies, and emergency services for easy access in case of medical emergencies or urgent assistance needs.

4. Communication with Participants:

- Survey participants in advance to gather information about any accessibility requirements or preferences, such as mobility aids, sensory accommodations, or dietary restrictions.
- Provide detailed information about accommodation options, accessibility features, and transportation arrangements to empower participants to make informed decisions.

3.11. Dietary Considerations:

1. Allergies and Food Preferences:

- Gather information from participants about any food allergies, intolerances, or dietary restrictions, such as gluten-free, vegetarian, vegan, or halal preferences.
- Communicate dietary requirements to accommodation providers, restaurants, and catering services to ensure appropriate meal options are available.

2. Menu Planning and Variety:

- Work with accommodation providers and catering services to offer a diverse range of meal options that accommodate different dietary needs and preferences.
- Include alternatives and substitutions for common allergens and dietary restrictions in menu planning to ensure inclusivity and accessibility for all participants.

3. Clear Labelling and Communication:

- Clearly label food items and ingredients to indicate allergens, dietary restrictions, and special considerations, such as vegetarian or gluten-free options.
- Provide dietary information and guidance to participants in advance, including menus, meal schedules, and recommendations for local restaurants or grocery stores that cater to specific dietary needs.

4. Flexibility and Accommodation:

- Be flexible and accommodating in accommodating individual dietary preferences and requirements, including offering customized meal options or allowing participants to bring their own food if needed.
- Communicate openly with participants about dietary considerations and encourage them to communicate any specific needs or concerns to program organizers for appropriate support and assistance.

By proactively addressing accessibility and dietary considerations, program organizers can create an inclusive and supportive environment that meets the diverse needs and preferences of all participants in the youth exchange program.

3.12. Staying Healthy and Safe:

1. Stay Hydrated and Eat Well:

- Drink plenty of water throughout the day to stay hydrated, especially when engaging in physical activities or spending time outdoors.
- Aim to eat balanced meals with a variety of fruits, vegetables, whole grains, and lean proteins to maintain energy levels and support overall health.

2. Practice Good Hygiene:

- Wash your hands frequently with soap and water, especially before eating, after using the restroom, and after touching surfaces in public places.
- Carry hand sanitizer with at least 60% alcohol for times when soap and water are not available.

3. Protect Against Sun Exposure:

- Wear sunscreen with a high SPF to protect your skin from harmful UV rays, especially when spending time outdoors.
- Wear a hat, sunglasses, and protective clothing to minimize sun exposure during peak hours.

4. Stay Active and Exercise Regularly:

- Incorporate physical activity into your daily routine, such as walking, hiking, or exploring new places on foot.
- Take breaks to stretch and move your body during long periods of sitting, such as during bus or train journeys.

5. Be Mindful of Personal Safety:

- Stay alert and aware of your surroundings, especially in crowded or unfamiliar areas.

- Keep your belongings secure and avoid displaying valuable items openly, such as expensive electronics or large amounts of cash.
- Use caution when using public transportation, and be aware of potential scams or pickpocketing.

3.13. Managing Homesickness and Stress:

1. Stay Connected with Loved Ones:

- Schedule regular check-ins with family and friends back home through video calls, messaging apps, or social media.
- Share your experiences and feelings with trusted friends or fellow participants in the youth exchange program, who may be experiencing similar emotions.

2. Create Comforting Routines:

- Establish familiar routines or rituals that provide a sense of comfort and stability, such as reading before bed, practicing meditation or yoga, or listening to calming music.
- Bring along comforting items from home, such as photos, a favourite book, or a special keepsake.

3. Engage in Self-Care:

- Take time for self-care activities that help you relax and unwind, such as taking a warm bath, going for a nature walk, or practicing deep breathing exercises.
- Prioritize sleep and rest to recharge your energy levels and maintain overall well-being.

4. Seek Support and Resources:

- Reach out to program organizers, mentors, or local support services for assistance if you're feeling overwhelmed or struggling with homesickness.
- Consider talking to a counsellor or mental health professional for additional support and guidance if needed.

5. Focus on the Present Moment:

- Practice mindfulness techniques to stay grounded and focused on the present moment, rather than dwelling on thoughts of home or worrying about the future.
- Engage fully in the activities and experiences of the youth exchange program, embracing new opportunities for learning, growth, and connection.

By following these practical tips and strategies, participants can prioritize their health and safety while travelling and effectively manage homesickness and stress during their youth exchange experience.

4. Program Design and Implementation:

Certainly! Here are some workshop ideas on topics such as team-building, conflict resolution, and project planning for a youth exchange program:

4.1. Team-Building Workshops:

- a. Icebreaker Games and Activities:
 - Facilitate fun and interactive icebreaker games to help participants get to know each other and build rapport.
 - Examples include "Two Truths and a Lie," "Human Knot," and "The Marshmallow Challenge."
- b. Communication Skills Training:
 - Conduct workshops focused on effective communication skills, including active listening, assertive communication, and non-verbal communication.
 - Incorporate role-playing exercises and group discussions to practice communication techniques in different scenarios.
- c. Trust-Building Activities:
 - Organize trust-building activities such as trust falls, trust walks, or blindfolded team challenges to foster trust and cooperation among participants.
 - Debrief after each activity to discuss trust dynamics and strategies for building trust within the group.

4.2. Conflict Resolution Workshops:

- a. Conflict Styles Assessment:
 - Administer a conflict styles assessment tool to help participants identify their preferred conflict resolution styles and understand how they interact with others.
 - Facilitate discussions on different conflict resolution approaches and when each style may be appropriate.
- b. Mediation and Negotiation Skills Training:
 - Provide training on mediation and negotiation skills, including active listening, problem-solving, and finding win-win solutions.
 - Use case studies or role-playing scenarios to simulate conflicts and practice conflict resolution techniques.
- c. Cultural Sensitivity Training:
 - Offer workshops on cultural sensitivity and diversity awareness to help participants navigate cultural differences and prevent misunderstandings that may lead to conflicts.
 - Explore topics such as cultural norms, values, communication styles, and conflict resolution approaches from different cultural perspectives.

4.3. Project Planning Workshops:

- a. Project Management Basics:
 - Introduce participants to the fundamentals of project management, including defining project goals, creating timelines, allocating resources, and monitoring progress.
 - Provide tools and templates for project planning, such as Gantt charts, action plans, and risk assessment matrices.

- b. Team Project Brainstorming Session:
 - Facilitate a brainstorming session to generate ideas for a collaborative project that participants will work on together during the exchange program.
 - Encourage creativity and innovation, and ensure all participants have the opportunity to contribute their ideas.

- c. Project Pitch and Planning Workshop:
 - Guide participants through the process of pitching their project ideas to the group, including developing project proposals, setting SMART goals, and outlining action plans.
 - Provide feedback and guidance on refining project plans and ensuring they are feasible, achievable, and aligned with the goals of the exchange program.

These workshop ideas provide opportunities for participants to develop essential skills, build strong relationships with their peers, and work together effectively on collaborative projects during the youth exchange program. Tailor the workshops to the specific needs and interests of the participants, and encourage active participation and engagement throughout the process. - Offer guidelines for designing inclusive activities that accommodate diverse learning styles and abilities.

4.4. Reflective Exercises for Team-Building Workshops:

- a. Journaling Prompt:
 - "Reflect on a time when you felt part of a successful team. What made the team successful? What role did you play in contributing to the team's success?"

- b. Group Discussion:
 - "Share an example of a challenge you've faced when working in a team. How did you overcome this challenge, and what did you learn from the experience?"

2. Reflective Exercises for Conflict Resolution Workshops:

- a. Journaling Prompt:
 - "Think about a recent conflict you've experienced. What were the underlying causes of the conflict, and how did you handle it? What could you do differently next time?"

- b. Group Discussion:
 - "Discuss a time when you witnessed a conflict between others. How did you respond, and what strategies did you observe for resolving the conflict constructively?"

3. Reflective Exercises for Project Planning Workshops:

- a. Journaling Prompt:
 - "Imagine yourself one year from now, looking back on the project you're about to embark on. What outcomes would you like to see, and what steps can you take to achieve those outcomes?"

b. Group Discussion:

- "Share your vision for the project we're planning together. What are the key objectives we should focus on, and how can we ensure everyone's contributions are valued and respected?"

4.5. Reflective Exercises for Cultural Sensitivity Training:

a. Journaling Prompt:

- "Think about a time when you encountered a cultural difference that surprised or challenged you. How did you react, and what did you learn from the experience?"

b. Group Discussion:

- "Discuss a cultural practice or tradition from your own background that you're proud of. How does this practice contribute to your sense of identity, and how can we create space for diverse cultural expressions within our group?"

5. Reflective Exercises for Overall Program Evaluation:

a. Journaling Prompt:

- "As the youth exchange program comes to an end, reflect on your personal growth and learning experiences. What are you taking away from this program, and how do you plan to apply what you've learned in the future?"

b. Group Discussion:

- "Share your reflections on the overall impact of the youth exchange program. What were the highlights for you, and what suggestions do you have for improving future programs?"

These reflective exercises provide opportunities for participants to deepen their learning, gain self-awareness, and integrate new insights and perspectives gained from the workshops and discussions into their personal and collective experiences during the youth exchange program. Encourage participants to engage with these exercises regularly and support each other in their reflective journey.

5. Sustainability and Impact:

Building lasting relationships with partner organisations and funders is essential for the sustainability and success of youth exchange programs. Here are some strategies for cultivating and maintaining these relationships:

5.1 Clear Communication and Transparency:

- Maintain open and transparent communication with partner organisations and funders throughout the planning, implementation, and evaluation stages of the youth exchange program.

- Provide regular updates on program progress, achievements, challenges, and any changes in plans or budgets.

- Be proactive in seeking feedback and input from partners and funders, and address any concerns or questions promptly.

5.2. Mutual Respect and Trust:

- Foster a culture of mutual respect and trust in all interactions with partner organisations and funders.
- Demonstrate reliability, integrity, and professionalism in fulfilling commitments and honouring agreements.
- Acknowledge and appreciate the contributions and expertise of partners and funders, recognizing them as valuable collaborators in achieving shared goals.

5.3. Collaborative Planning and Decision-Making:

- Involve partner organisations and funders in collaborative planning and decision-making processes for the youth exchange program.
- Solicit input and ideas from partners and funders to ensure that their perspectives, priorities, and needs are taken into account.
- Seek opportunities for joint problem-solving and creative brainstorming to address challenges and explore innovative solutions together.

5.4. Regular Engagement and Networking:

- Maintain regular engagement with partner organisations and funders through meetings, conference calls, emails, and networking events.
- Attend relevant conferences, workshops, and networking opportunities to stay connected with partners and funders and to explore potential collaborations and funding opportunities.
- Foster a sense of community and belonging by organizing social gatherings, appreciation events, or site visits to strengthen relationships outside of formal meetings.

5.5. Shared Learning and Capacity Building:

- Offer opportunities for shared learning and capacity building among partner organisations and funders, such as training workshops, peer-to-peer exchanges, or knowledge-sharing platforms.
- Share best practices, lessons learned, and success stories from the youth exchange program to inspire and inform future collaborations and initiatives.
- Encourage partners and funders to contribute their expertise, resources, and networks to support the continuous improvement and growth of the youth exchange program.

6. Sustainability:

6.1 Long-Term Vision

- Align with partner organisations and funders around a shared long-term vision and commitment to sustainability for the youth exchange program.
- Explore possibilities for long-term partnerships, multi-year funding commitments, and strategic alliances that support the program's sustainability and scalability.
- Continuously evaluate and adapt partnership and funding strategies to ensure relevance, effectiveness, and impact over time.

By implementing these strategies, organisations can cultivate strong, lasting relationships with partner organisations and funders, ensuring the ongoing success and sustainability of youth exchange programs in Wales and beyond. - Include tools for measuring both short-term outcomes (e.g., increased cultural awareness) and long-term impacts (e.g., career opportunities).

Creating alumni networks and mentorship programs can foster ongoing engagement and support among past participants of youth exchange programs. Here's guidance on how to establish and maintain these initiatives:

6.2 Creating Alumni Networks:

1. Identify and Connect with Alumni:

- Compile contact information of past participants from youth exchange programs.
- Reach out to alumni through email, social media, or alumni directories to reconnect and gauge interest in joining an alumni network.

2. Establish a Platform for Communication:

- Create an online platform, such as a dedicated website, social media group, or mailing list, where alumni can connect, share updates, and stay informed about upcoming events or opportunities.
- Encourage active participation by sharing alumni stories, achievements, and photos from past programs.

3. Organise Alumni Events and Activities:

- Plan regular alumni events, such as reunions, networking mixers, or cultural exchanges, to provide opportunities for alumni to reconnect in person and build new connections.
- Collaborate with local partners or alumni volunteers to organize activities based on shared interests, such as community service projects, professional development workshops, or social outings.

4. Facilitate Mentorship and Peer Support:

- Pair alumni mentors with current participants or newcomers to the youth exchange program to provide guidance, advice, and support based on their own experiences.

- Offer mentorship training and resources to help mentors and mentees establish productive relationships and set meaningful goals for their mentoring partnership.

5. Promote Alumni Engagement in Program Development:

- Involve alumni in the planning and implementation of future youth exchange programs by soliciting their input on program design, curriculum development, and participant selection.
- Create opportunities for alumni to serve as guest speakers, workshop facilitators, or mentors for current participants, drawing on their expertise and insights gained from their own experiences.

6.3 Establishing Mentorship Programs:

1. Define Program Objectives and Structure:

- Clarify the objectives and scope of the mentorship program, including the duration of mentorship relationships, expected outcomes, and eligibility criteria for mentors and mentees.
- Determine the structure of the program, such as one-on-one mentoring, group mentoring, or peer-to-peer mentoring models, based on the needs and preferences of participants.

2. Recruit and Train Mentors:

- Identify potential mentors from among alumni, program staff, community members, or external professionals with relevant expertise and experience.
- Provide mentorship training and resources to equip mentors with the skills, knowledge, and tools needed to support and empower their mentees effectively.

3. Match Mentors and Mentees:

- Facilitate the matching process by assessing the interests, goals, and preferences of both mentors and mentees to ensure compatibility and alignment.
- Consider factors such as shared interests, professional backgrounds, cultural backgrounds, and personal goals when making mentorship matches.

4. Provide Ongoing Support and Monitoring:

- Offer ongoing support and guidance to mentors and mentees throughout the duration of the mentorship program, including regular check-ins, feedback sessions, and resources for addressing challenges or concerns.
- Monitor the progress and outcomes of mentorship relationships, and intervene as needed to address any issues or conflicts that may arise.

5. Evaluate and Celebrate Success:

- Conduct evaluations to assess the effectiveness and impact of the mentorship program, gathering feedback from mentors, mentees, and other stakeholders to identify strengths and areas for improvement.
- Recognize and celebrate the achievements and milestones of mentors and mentees, highlighting success stories and contributions to the youth exchange program and alumni community.

By establishing alumni networks and mentorship programs, organisations can create valuable opportunities for ongoing engagement, learning, and support among past participants of youth exchange programs, fostering a sense of belonging and continuity within the program community.

7. Resources and Tools:

While I can't provide real-time links, I can suggest some databases and platforms where you can find international funding opportunities for youth exchange projects:

1. European Youth Portal - Funding Opportunities:

- Website: [European Youth Portal | European Youth Portal \(europa.eu\)](https://europa.eu/european-youth-portal/)
- The European Youth Portal provides information on funding opportunities for youth projects, including exchanges, training programs, and volunteering activities funded by the European Union.

2. Erasmus+ Funding Database:

- Website: [Home - Erasmus+ \(europa.eu\)](https://ec.europa.eu/erasmus-plus/)
- Erasmus+ is a European Union program that supports education, training, youth, and sport initiatives. Their funding database provides information on funding opportunities for youth exchanges and other international projects.

3. Grants.gov - International Grants:

- Website: [International development funding - GOV.UK \(www.gov.uk\)](https://www.grants.gov/)
- Grants.gov is a comprehensive database of federal grant opportunities in the United States. While primarily focused on domestic grants, it also includes some international funding opportunities for youth exchange projects and other initiatives.

4. GlobalGiving - Open Challenges:

- Website: [GlobalGiving - Accelerator](https://www.globalgiving.com/)
- GlobalGiving is a crowdfunding platform for nonprofits and social entrepreneurs. Their open challenges feature funding opportunities for projects addressing specific themes or issues, including youth empowerment and international exchange programs.

5. Funds for NGOs:

- Website: [fundsforNGOs - Grants and Resources for Sustainability](https://www.fundsforngos.com/)
- Funds for NGOs is a resource platform that provides information on funding opportunities for nonprofit organisations worldwide. They regularly update their database with grants, scholarships, and fellowships relevant to youth exchange projects and international development initiatives.

These databases and platforms offer valuable resources for finding international funding opportunities for youth exchange projects. Remember to carefully review eligibility criteria, application deadlines, and requirements for each funding opportunity before applying.

8. Appendices:

Certainly! Here's a glossary of common terms used in the context of youth exchanges, along with explanations and examples:

1. Youth Exchange:

- Explanation: A program or initiative that brings together young people from different countries to participate in cultural, educational, and social activities, fostering cross-cultural understanding and international cooperation.
- Example: A youth exchange program in which teenagers from France and Germany spend two weeks living with host families and participating in language classes, cultural workshops, and outdoor excursions.

2. Host Organisation:

- Explanation: An organisation or group responsible for hosting and coordinating activities for visiting participants during a youth exchange program.
- Example: A local youth center serving as the host organisation for a youth exchange program, providing accommodation, meals, and logistical support for participants from abroad.

3. Sending Organisation:

- Explanation: An organisation or group responsible for selecting and preparing participants, providing pre-departure orientation and support, and facilitating their involvement in a youth exchange program.
- Example: A youth organisation in Spain serving as the sending organisation for a group of Spanish students participating in a youth exchange program in Italy.

4. Participant:

- Explanation: A young person who takes part in a youth exchange program, representing their country or community and actively engaging in program activities and interactions with peers from other countries.
- Example: Participants from different countries coming together for a youth exchange program in Greece to learn about Greek culture, history, and traditions through workshops, excursions, and cultural exchanges.

5. Cultural Immersion:

- Explanation: The process of fully engaging with and experiencing the culture, customs, traditions, and way of life of a particular community or country, often through direct interaction with local residents and participation in cultural activities.
- Example: Participants in a youth exchange program in Japan engaging in cultural immersion activities such as tea ceremonies, traditional arts and crafts workshops, and visits to historical landmarks.

6. Cross-Cultural Learning:

- Explanation: The process of gaining knowledge, understanding, and appreciation of different cultures, perspectives, and ways of life through interaction and exchange with individuals from diverse backgrounds.

- Example: Participants in a youth exchange program in India engaging in cross-cultural learning activities such as language exchange sessions, intercultural dialogue workshops, and home stays with local families.

7. Intercultural Competence:

- Explanation: The ability to effectively communicate, interact, and collaborate with people from diverse cultural backgrounds, demonstrating awareness, sensitivity, and respect for cultural differences and similarities.

- Example: Participants in a youth exchange program in Brazil developing intercultural competence through experiential learning activities, role-playing exercises, and reflective discussions on cultural norms and values.

8. Global Citizenship:

- Explanation: The concept of viewing oneself as a member of a global community and taking responsibility for addressing global challenges, promoting social justice, and advocating for human rights and sustainability.

- Example: Participants in a youth exchange program in Kenya exploring the principles of global citizenship through community service projects, environmental conservation initiatives, and discussions on global issues such as poverty, inequality, and climate change.

9. Evaluation and Impact Assessment:

- Explanation: The process of systematically assessing the effectiveness, outcomes, and impact of a youth exchange program in achieving its objectives and generating positive changes in participants' knowledge, attitudes, skills, and behaviors.

- Example: Conducting pre- and post-program surveys, interviews, and focus groups to evaluate the impact of a youth exchange program on participants' intercultural competence, leadership skills, and sense of global citizenship.

10. Sustainability:

- Explanation: The long-term viability and impact of a youth exchange program, including its ability to continue operating, evolving, and making meaningful contributions to individuals, communities, and societies over time.

- Example: Developing strategies and partnerships to ensure the sustainability of a youth exchange program, such as securing long-term funding, building capacity among local partners, and fostering alumni engagement and support.

This glossary provides definitions and examples of common terms used in the context of youth exchanges, helping to clarify their meaning and significance within the field of international youth development and intercultural learning. - Create a comprehensive FAQ section addressing common concerns and questions from participants and stakeholders.

9 Contact information

Local Support Services in Wales:

- Mental Health Support: contact information for local mental health hotlines, counselling services, and support groups for participants experiencing emotional distress or mental health challenges.

Young Minds has a survival guide for parents who are worried about their child. There is also a parents' helpline. Call: 0808 802 5544

MIND has compiled an A-Z of mental health.

C.A.L.L. is a confidential helpline for mental health issues. Call: 0800 132 737

Childline supports children and young people. Call: 0800 1111

Papyrus provides confidential help and advice young people who are feeling suicidal and anyone who is worried about a young person. Call: 0800 068 41 41

MIC Provides support to young people. Someone on your side

Information, advice and advocacy helpline for children and young people Online chat room Call: 0808 8023 456 Text: 84001

Youth Support Organisations:

Youth Cymru - [Home - Youth Cymru](#)

CWYVS - [CWYVS](#)

EWC - [Home \(ewc.wales\)](#)

ETS - [Home - ETS Wales](#)

Youth UK - [Home - UK Youth](#)

Youth Scotland - [Home - Youth Scotland](#)

Youth Work Ireland - [Home - Youth Work Ireland](#)

Youth Action Northern Ireland - [YouthAction Northern Ireland](#)

NYA - [NYA Home - National Youth Agency](#)

Action for children - [Action For Children | Children's charity | For safe and happy childhoods](#)

- Cultural and Language Support: [Home / Heritage / Community Languages - Association for Language Learning \(all-languages.org.uk\)](#)

The Association for Language Learning (ALL) is an independent registered charity (registered charity number 1001826) and is the UK's major subject association for those involved in teaching foreign languages at all levels.

Embassies and Consulates:

Ensure you have prepared the below for your individual project/ trip

- Contact Information: Provide details of embassies, consulates, and diplomatic missions of partner countries in Wales, including addresses, phone numbers, and emergency contact information.

- Consular Services: Outline the consular services offered by embassies and consulates, such as passport renewal, visa assistance, and emergency assistance for citizens traveling or residing in Wales.

Emergency Hotlines:

- **Emergency Services:** Include emergency hotline numbers for police, fire, and medical services in Wales, as well as instructions for accessing emergency assistance in case of accidents, injuries, or other emergencies.
- **Partner Countries:** Provide emergency hotline numbers for partner countries where participants may need to contact local authorities or emergency services during their youth exchange program.

When compiling this information, ensure that contact details are accurate and up-to-date, and consider providing it in multiple formats (e.g., printed handouts, digital documents, or online resources) for easy access and distribution to participants. Additionally, encourage participants to save important contact numbers in their phones and carry a physical copy of emergency contact information with them at all times during the exchange program.