



# Youthpass

## YOUTH EXCHANGES

**Melisa Balta**

BORN ON **29/09/2000** IN **Istambul, Türkiye**

PARTICIPATED IN

**EVA-FEM2 GREECE YE,**

A YOUTH EXCHANGE WITH 49 YOUNG PEOPLE  
FROM CROATIA, GREECE, ROMANIA, SPAIN, TÜRKİYE, AND UNITED KINGDOM.

THE PROJECT TOOK PLACE FROM **19/10/2019**  
TO **26/10/2019** IN **Athens, Greece.**

## YOUTH EXCHANGES

In Youth Exchanges supported by Erasmus+, groups of young people from different countries jointly design, prepare and carry out a work programme. It is usually a mix of workshops, debates, role-plays, simulations, outdoor activities. The young people are supported by experienced youth workers and leaders in this. Youth Exchanges allow them to develop competences, become aware of socially relevant topics, discover new cultures, and strengthen values like solidarity, democracy, etc.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



Representative of the organisation

The ID of this certificate is LXP5-5A6Q-U4YG-E8SH.  
If you want to verify the ID, please go to the web site of Youthpass:  
<https://www.youthpass.eu/verify>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+: Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



## Youthpass

This document certifies that **Melisa Balta** took part in the Youth Exchange **EVA-FEM2 GREECE YE** organised by **Ikkaido** - **Changing Perceptions, Changing Lives**.

**The exchange project was developed and implemented in cooperation with the following partners:**

Athens Lifelong Learning Institute Eastiki Mi Kerdoskopiki Etairia, Institute of Youth Power, Asociatia Babilon Travel, KyuShinKan, Izmir Valiligi Turkey, Ikkaido LTD, Ikkaido IMA.

**The aim and the specific objectives of the project were:**

To empower young women, giving them a stronger sense of identity, competences, value and strengths by exploring the self-confidence gained through the increase of the knowledge of different tools, technology, use of communication skills and the exploration of the need to create the tools to do this.

**Main activities:**

Communication, Fake news and critical thinking, Emotional Intelligence, body image, Maslow's Pyramid of Needs, Hart's ladder, Self-esteem, meditation and Self-knowledge



Person in charge of the project