



### THE KEY WORDS OF THE YOUTH EXCHANGE TO ME:

Five horizontal red bars for writing.

### MY EXPECTATIONS OF THIS YOUTH EXCHANGE ARE:

Five horizontal red bars for writing.

### HOW CAN I USE THE SKILLS I HAVE LEARNT ON THIS YOUTH EXCHANGE:

Five horizontal green bars for writing.



Five horizontal blue bars for writing.



## INTRODUCTION WHAT IS THIS? HOW TO USE IT?

Erasmus + is a programme which enables people in the age of 13 and 30 to experience different life-learning moments in Europe. Either you prefer to be a part of the youth exchanges, European voluntary service, seminars, youth initiatives, youth policy making or other educational, but interesting projects, Erasmus + is sharing your values, your motivation, creativity & entrepreneurship. Join us and explore your potentials!

This is The Book of Skills, a reflection self-assessment book that is guiding you through the youth exchange. Every youth exchange is also preparing you to acknowledge what you have learnt during the project and guides you to write your own Youthpass. This book is offering you a funny, but simple way to follow your learning process from the day one till the last day of the youth exchange.

Pages in RED colour are to be filled in on the first day of your youth exchange and pages in GREEN should be filled in on the last day. Pages in BLUE are there for you to use them according to your inspiration, time and motivation. This is your diary and you don't have to share it with no one, if you don't want to. Use it the way you like it and enjoy reflecting one of the greatest experiences of your life so far. Ignite your Skills with The Book of Skills.

- Karmen Murn



### MY DICTIONARY

Five horizontal blue bars for writing, separated by a vertical line.



**A TOTALLY NEW EXPERIENCE FOR ME TODAY IS:**

Five horizontal light blue bars for writing.



**RANDOM THOUGHTS:**

Five horizontal light blue bars for writing.



**THINGS THAT WORRY ME:**

Two horizontal light blue bars for writing.

**THINGS THAT MAKE ME HAPPY:**

One horizontal light blue bar for writing.

**WHAT DO I KNOW ABOUT THE TOPIC OF THE PROJECT?**

Five horizontal light blue bars for writing.

**THINGS I WILL REMEMBER:**

Five horizontal light green bars for writing.

**NOTES:**

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**MY RATINGS FOR THE YOUTH EXCHANGE (FROM ONE TO TEN)**

**FUN**    **LEARN**    **FOOD**    **PLACE**    **PROGRAM**    **TEAM**

**MY FAVORITE ACTIVITY ON THE YOUTH EXCHANGE IS:**

**THE WORST ACTIVITY FOR ME ON THIS YOUTH EXCHANGE IS:**