

2018



ECTP

European Citizenship Trimester Programme

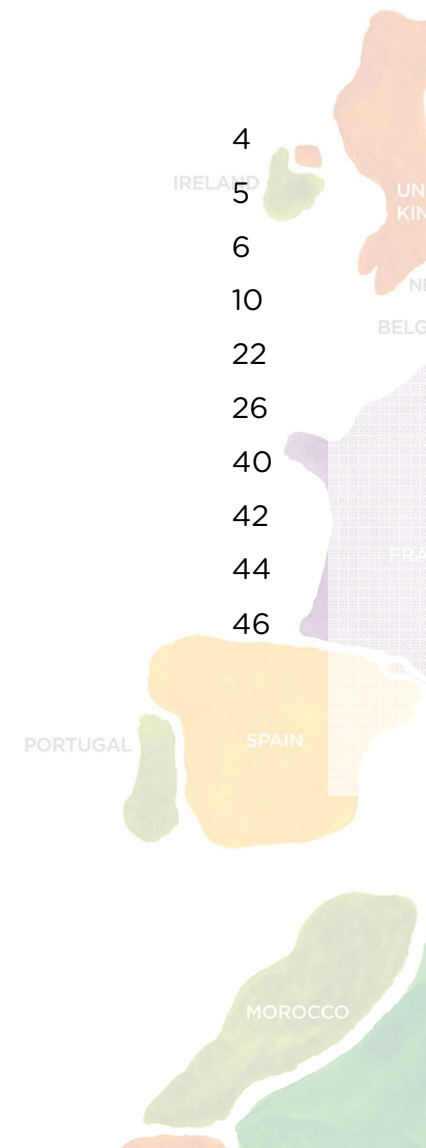
This booklet belongs to:

Name:

From:

Content

Welcome message	4
Important contacts	5
Badges	6
Before departure	10
My exchange	22
Europe Camp	26
Going back home	40
...Now what?	42
Dictionary	44
Some words about EFIL	46



If you think you are too small to make a difference, try sleeping with a mosquito.

LATV - Dalai Lama XIV

The key to this Booklet!

If you see a star - stop!

You have space for reflection!



Dear ECTP participant,

Congratulations on making the great choice to become a part of the European Citizenship Trimester Programme!

We would like to warmly welcome you on the journey, where you will explore another European culture and find out what it means to be an Active European Citizen.

Have you ever wondered why this programme is called European Citizenship Trimester Programme and not just AFS Trimester Programme? What is European citizenship, after all? What is Europe? What is Active Citizenship?

This all may sound complicated, but don't worry if you don't know the answers to these questions. The ECTP Programme is here to help you experience all this, especially through the Europe Camp! At the Camp, you will spend four unforgettable days together with more than 300 students from all over Europe, who will have just gone through a similar experience as you, and 50 volunteers, who will be there just for you!

With this Booklet, we want to help you to start looking at your exchange with European and Active eyes, so that you can take the best out of your experience, where you will do extraordinary things, meet many new people and learn a lot about yourself.

Don't be afraid of English, we try our best to use easy language. If you have any doubts, check the dictionary at the end of the Booklet.

Are you ready for the adventure ahead of you?

We wish you a great journey!

EFIL, the Federation of AFS organisations in Europe

Important contacts



Telephone of my host family:



AFS Office of my country:



AFS Office of my host country:



EFIL Secretariat in Brussels, Belgium
(only for information about the Europe Camp):

Phone: +32 -2-514-5250

Email: jenny.larentsinusdottir@afs.org or ectp@afs.org

<http://efil.afs.org/>

<http://www.ectp.eu>

ECTP Facebook Group:

<https://www.facebook.com/groups/ECTP2018>



Remember to join the ECTP 2018 Facebook Group!

It is a safe place for sharing your thoughts, questions and experiences with other ECTP students and volunteers.

ECTP Instagram Account

<https://www.instagram.com/efilectp>



ECTP Twitter Account

https://twitter.com/efil_ectp



Badges

WHAT

Badges are **digital images** that you can collect **during your exchange and after**. You can get a badge after completing a certain task. Each badge is a proof of a **competence** that you gain during your exchange.

HOW

By signing in on the Badge platform on www.badgecraft.eu.
In the project **ECTP 2018**, you will find all the Badges.

When you click on a Badge, it will tell you which task you need to complete in order to get it.

There are **sub-Badges** and **main Badges**. When you collect the sub-badges, you can claim the main Badge too!

WHY

- Badges will **help you to reflect** on your exchange and **to better understand** what you are going through and what you are learning.
- By earning them, you will have an **overview of your competences**.
- They can be useful for you in the near future, as you can present them as competences when you get back to **school in your home country** and in order to enter **university**.
- You can include the certificate in **your CV**.

The Badges of ECTP 2018



Departure - you are starting your exchange adventure

— — —



Language discovery - you have already learned some words and sentences in your host country language



Language use - you can already have a short conversation in your host country language and present yourself



Pro-active language - you feel comfortable in your host country language



My new language - Main Badge

— — —



Host country - you are aware of the cultural characteristics of your host country



Host family - you are aware of the differences between your home family and host family



Host school - you are aware of the differences in school in your home and host country



My new country - Main Badge



Explorer - you like to be adventurous and analyze the new situations you experience



Learner - you set some goals for your exchange and you are achieving them



A new me - you are aware of how you have changed during your experience abroad



Me - Main Badge



Problem solving - you can solve a problem you are experiencing



Cultures - you understand what stereotypes are and how you fight them during your exchange



Relations and emotions - you can compare and understand how situations with your family or near friends are different in your home and host country



Intercultural me - Main Badge



Europe - you are interested in and informed about Europe



Active Citizen - you understand the differences between civic rights in the two countries, as well as the



Ready! - you know what ECTP Europe Camp is and have certain expectations from it



ECTP Europe Camp - you are active during your workshops and have learnt a lot



European Active Citizen - Main Badge



Host country Ambassador - you can understand how your perspective of the host country has changed since the beginning of the exchange



Intercultural Ambassador - you are aware of what you have learned from people from different countries on your exchange



European Active Citizen Ambassador - you are implementing your Changemaking project from the Camp



Back in my home country - you are ready to go back to your home country and are aware of the potential challenges



Ambassador - Main Badge



English - you are confident in your English and have improved it during your exchange



Digital - you are using digital means to make the most out of your exchange

Before departure

It's time to pack your luggage and to prepare yourself for the journey of your life! Here are some pieces of advice to help you in your preparation.

This may be your first longer period of time that you spend abroad. Don't worry, it will be great! You are going to face a lot of new things and challenges, so it is good to prepare yourself to encounter the exciting experience.

Before leaving!



- Find out information about your hosting country.
- Learn some words of the local language.
- Tell your friends about ECTP and that you won't be available all the time.
- Join the ECTP 2018 Facebook group.
- Start packing (and make sure to leave enough space for souvenirs)! :)

Packing check list



- Personal stuff (clothes, passport, medicine, camera...)
- Pictures of your home country, family, friends, hobbies
- Map, postcards or a book about your country
- Music, traditional dress or some other specialties of your country
- Small gifts to give to your host family and new friends
- A lot of open mind and humor! :)
- What else?

What else would you want to bring with you?

-
-
-
-
-
-
-

Who am I?

Name:

Age:

Hometown:

Inhabitants in your hometown:

Nationality/ies:

Mother tongue/s:

Hobbies:

My family

Write about your parents and siblings!

Name & Surname:

Place of birth:

Profession:

Pets?

My country

Official name:

Number of inhabitants:

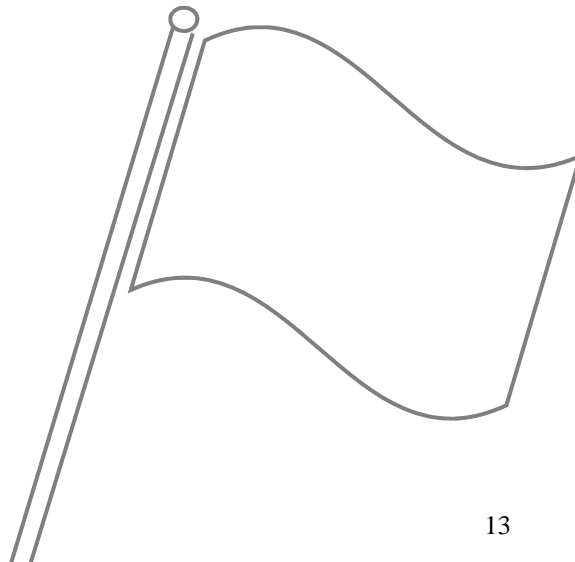
Official language(s):

System of government:

Leader of the state: (President, Prime minister, King, Queen...)

What else would you like to tell about yourself, your family or your country?

What is the flag of your country? What do the colours mean?



My identity/ies

"Men and women are not only themselves; they are also the region in which they were born, the city apartment or the farm in which they learnt to walk, the games they played as children, the tales they overheard, the food they ate, the schools they attended, the sports they followed, the poets they read and the God they believed in."

W. Somerset Maugham, *The Razor's Edge*

Everybody has their own identity; two people won't have exactly similar identities. Identity is defined by one's family, hometown, school, country, hobbies, friends — everything that has made them who they are.

One person may have many different identities; they may feel being a part of one's family, neighborhood, town, region, country and continent at the same time. They may also feel being a member of a music group, political party or religious society.

National identity/ies

Every country or state consists of different people. **Nationality** is the status of belonging to a nation - being a citizen of a state by birth or naturalisation (e.g. marriage or residence). In one country, there may be many nationalities living beside each other; living in a country doesn't mean being a citizen of a country.

People of the same nationality may be part of different ethnic groups. It is important not to confuse the term **minority** with ethnic group. Whether an ethnic group is a minority or a majority in a population depends on the perspective: some ethnic groups may be a majority in their region, but, at the state level, they may be considered as minorities.

REF: http://anthro.palomar.edu/ethnicity/ethnic_1.htm

- ✓ How would you **define your identity**? Which groups or communities do you feel you belong to?



- ✓ Who or what has **shaped your identity** the most (family, school, society)? Why?



Personal goals

It is good to think about what you are expecting from ECTP and why you are taking part in this programme. It also helps you to make the best out of your experience. Try to set your goals on a reasonable level, so you may feel the joy of success.

Here are some questions to help you set your goals:

✓ What do you want to **learn** during your exchange?

✓ What **new** things would you like to **try**?

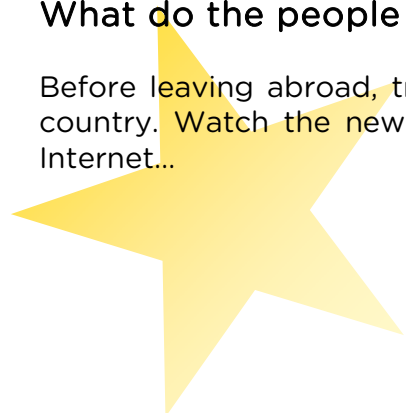
✓ Write down five things you **expect** the most:

- 1.
- 2.
- 3.
- 4.
- 5.



What do the people in your country talk about?

Before leaving abroad, try to find out what is going on in your country. Watch the news on TV, read newspapers, surf on the Internet...





My host family

Write about your host parents and siblings!

Hometown:

Inhabitants:

Nationality/ies:

Mother tongue/s:

Hobbies:

Pets:

My host country

Official name:

Number of inhabitants:

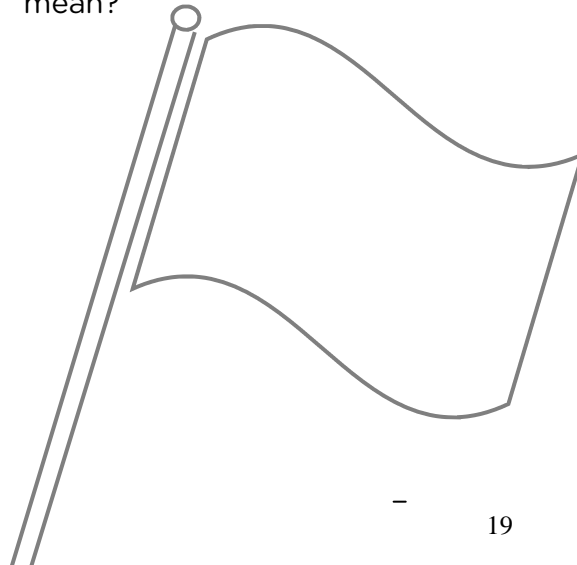
Official language(s):

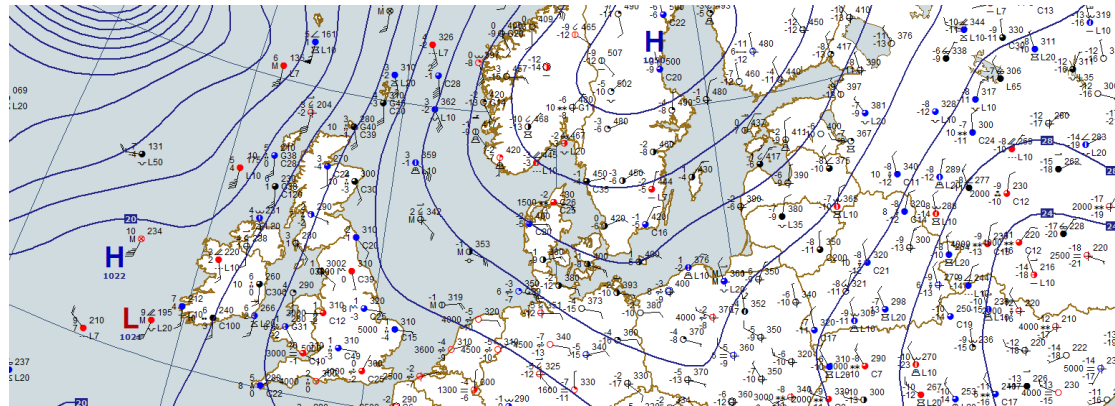
System of government:

Leader of the state: (President, Prime minister, King, Queen...)

Do you already know some people from your host country? If yes, what are they like? If not, what kind of people do you think you will meet?

What is the flag of your host country? What do the colours mean?





Draw a map of your host country!

Mark your new hometown and the capital city of your host country on the map.



What do the people in your host country talk about?

Before leaving abroad, try to find out what is going on in your host country. Watch the news on TV, read newspapers, surf on the Internet...



It is time for your
Departure Badge!
Go to
www.badgecraft.eu
and START!

My exchange

You have now reached your host country! Many emotions difficult to express are running through you. Don't worry, you are not alone: there is your AFS organisation back home, the AFS organisation hosting you, and your new family, school and those, who will become your friends! Dive into this experience, and enjoy swimming with open eyes!

During your stay:

- Try new things, make new friends, stay active! All of it will help you to feel at home in your hosting country.
- Ask questions! People like to help you and to tell you about their culture.
- Tell about your home reality (country, people, habits) — if you don't know something, admit it. Find the answer if possible.
- Don't spend too much time on the Internet or your phone. Three months is too short of a time period to experience a new culture if you spend half of it on Facebook or Instagram...
- Remember to ask for permission of the AFS Office in the hosting country if you are travelling abroad during your exchange.
- Do you know who your **contact person** is? This person will support you and help you throughout your exchange. Write his/her name here!



My contact person



Culture shock and homesickness

If you feel homesick, **don't be afraid to talk about it** with your host family or AFS volunteers. They'll understand you, and talking could make you feel better. Spending too much time speaking to your family and friends in your home country may cause more homesickness.

After some time you may feel that the new reality isn't that interesting anymore and the way things are begins to annoy you. **Don't worry, it's normal.** You may be suffering from **culture shock**. Try to find positive things of your hosting culture every day and don't stay alone, talk to people!

Accept the fact that you may encounter problems during your three-month journey, but remember that you come across them in your home country as well! Every problem has a solution, so don't hesitate to ask for help or for advice.

Remember the AFS slogan about culture:

It is not better, it is not worse, it is just
different!




Stereotypes

Stereotypes are characteristics given to groups of people involving gender, race, national origin and other factors. These characteristics often tend to be oversimplifications.

For example, someone who meets a few individuals from a particular country and finds them to be quiet and reserved may spread the word that all citizens from the country are quiet and reserved.

Generalisation doesn't allow diversity within groups and may result in stigmatisation and discrimination if the stereotypes are largely negative. Even so-called positive stereotypes can be harmful due to their limiting nature.

REF: <http://racereactions.about.com>

- 
- ✓ Have you experienced stereotyping? How did it feel?
 - ✓ What kind of stereotypes are there about the people of your home country?
 - ✓ What kind of stereotypes are there about your host country?
 - ✓ Have you been stereotyped in other ways than based on what country you come from?

It's time for Badges!



Values

Values are important beliefs or ideals shared by the members of a culture about what is good or desirable and what is not. Values have major influence on the behavior of an individual and serve as general guidelines in all situations.

- ✓ What are the main values of your home country? What do you appreciate the most?

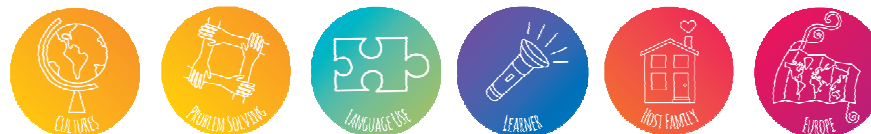
- ✓ What do you think are the main values of your host country?



Your host country through your eyes

- ✓ What's going on in your host country? What is on the news? What is happening in your host town?
- ✓ What do you see around you in your new neighbourhood? What is different from their neighbourhood in your home country? What issues do you see? What things do you think are better?
- ✓ Post in a blog, check the ectp.eu website and the ECTP 2018 Facebook group!

It's time for Badges!





Time for goodbye

It is time to say goodbye to your new friends and family, and go to the ECTP Europe Camp in Belgium! We hope that you have enjoyed your exchange and have a lot of nice memories to share with other ECTP participants from all over Europe, but, more importantly, also to bring home.

Have a look at the whole section „Europe Camp” to get prepared for the great experience that is waiting for you next!

It's time for Badges!



Europe Camp

When: 2 December 2018 – 6 December 2018

Where: Belgium. There will be 2 venues (2 parallel camps!): Destelheide (near Brussels) and Malle (near Antwerp). You will find out which venue you have been assigned to in mid-November.

Who: more than 300 participants (aged 15 to 18, from 25 European and Mediterranean countries), who have been on a trimester exchange in Europe! Plus a group of more than 50 volunteers from all over Europe, coordinating the programme of the four unforgettable days spent at the Europe Camp.

Sun 3 Dec	Mon 4 Dec	Tue 5 Dec	Wed 6 Dec	Thu 7 Dec
Arrivals	My exchange experience: Sharing session	Visit to places related to European institutions	Workshop: Citizens in Action (including Changemaking)	Departures
	Workshop: Citizens of Europe	Sightseeing in Brussels	Re-Entry session	
Welcome evening	Evening programme	Evening programme	Goodbye party	

Want to find out more?

- Join the Facebook group “European Citizenship Trimester Programme 2018”.
- Read the e-mails that you will receive from the ECTP Europe Camp Preparatory Team as from August 2018, from the address ectp@afs.org.
- Surf the website www.ectp.eu!

European identities

Every day you are confronted with the word “Europe”, either through newspapers, TV, school or AFS. What does it mean to you? Have a look at page 14 to refresh your memory on identities, and don't forget to search online for further information on the topics below!

- ✓ What are the most represented nationalities in your country? What about your host country?
- ✓ What is common and what is different between the major nationality groups in your home country? What about your host country?
- ✓ What ethnic groups are there in your home country? Which are minorities and which are majorities? What about your host country?
- ✓ Who is European? What makes *YOU* European?

✓ What is Europe? What are the borders of Europe?

✓ What would be the common values of Europe?

✓ Are there common values among all peoples of the world?
What would they be?



It's time for Badges!



What are the European institutions?

There are two separate institutions with different statuses in the European affairs: the European Union (EU) and the Council of Europe (CoE).

The **Council of Europe** was founded in 1949 by 10 countries, and it covers virtually the entire European continent with its 47 Member States. The Council of Europe seeks to develop common and democratic principles throughout Europe based on the European Convention on Human Rights and other reference texts on the protection of individuals.

The main bodies:

- The Parliamentary Assembly (PACE) represents the political forces (majority and opposition) in its Member States;
- The Committee of Ministers consisting of the Ministers of Foreign Affairs, meeting usually at the level of their deputies;
- The Congress of Local and Regional Authorities consists of 636 representatives of Regional or Municipal Councilors or Presidents of regional authorities;
- The European Court of Human Rights, which is a supranational court established by the European Convention on Human Rights;
- The Conference of INGOs (international non-governmental organisations), “the voice of civil society”, is the chief body representing the INGOs with the Council of Europe and has more than 400 participants (EFIL is one of them).



REF: <http://www.coe.int/>

The **European Union** traces its origins from the European Coal and Steel Community (ECSC) and the European Economic Community (EEC), formed by six countries in 1957. The Maastricht Treaty established the European Union under its current name in 1993. The decisions are made by a vast set of institutions.

The main bodies:

- The European Council brings together national and EU-level leaders (representatives of national Ministries) to discuss specific policies;
- The European Parliament, consisting of directly elected Parliamentarians (Members of the European Parliament, also known as MEPs), representing EU citizens;
- The European Commission, whose members are appointed by national governments, with their role being to implement the decisions of the European Parliament and the Council of the European Union;
- In the Council of the European Union, the representatives of governments have the chance to defend their own countries' national interests;
- The Committee of the Regions (CoR) is an advisory body representing local and regional authorities in the European Union;
- European Economic and Social Committee (EESC) is a consultative assembly, which represents Europe's employers, workers and other interest groups in respect of EU issues;
- The Court of Justice of European Union interprets EU law to make sure it is applied in the same way in all EU countries.

REF: <http://europa.eu/>



Differences between the European Union

The European Union

- Based in Brussels, Strasbourg and Luxembourg City
- 28 Member States
- Founded in 1957
- Concentrates on economic and political integration
- Has a strong power and influence on its Member States

The Council of Europe

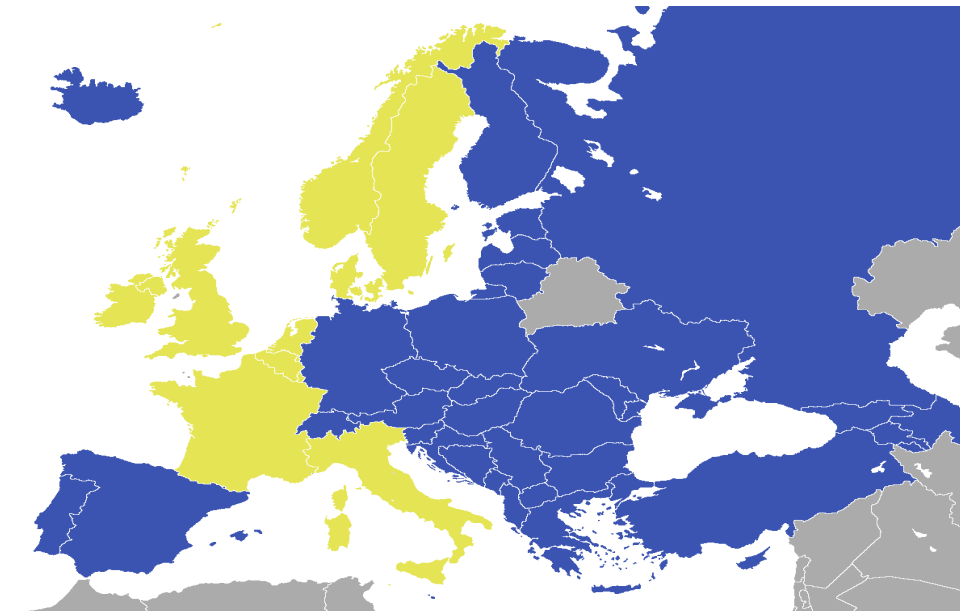
- Based in Strasbourg
- 47 Member States
- Founded in 1949
- Concentrates on promoting democracy and human rights
- Can only give recommendations to its Member States

- ✓ Is your home country a part of the EU? What about your host country? Is any of them a candidate for the EU Membership?
- ✓ What are the news about Europe in your country? What kind of topics do the news include when they talk about Europe?





THE EUROPEAN UNION: Albania, FYROM, Montenegro, Serbia and Turkey are candidate countries. Find them on the map and colour in!

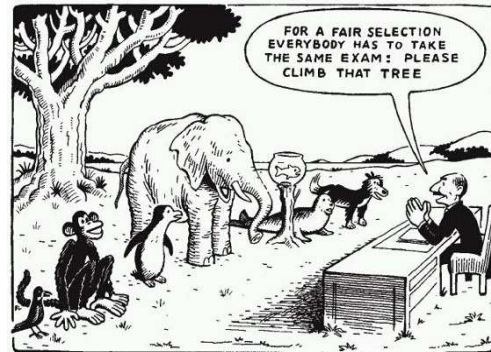


THE COUNCIL OF EUROPE: The founding nations in yellow.

Me as an Active Citizen

Citizenship - what does it mean?

Citizenship is the state of being a citizen of a particular social, political, national, or human resource community. Citizenship status includes both rights and responsibilities: political participation in the life of the community, the right to vote and the right to receive certain protection from the community.



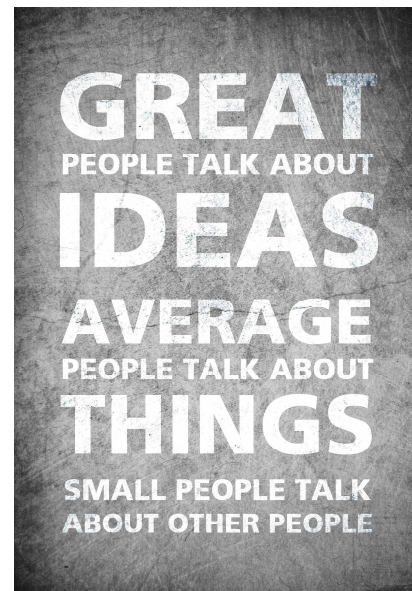
REF: wikipedia

What is Active Citizenship?



An Active Citizen:

- Takes part in community life (decision making, voting, etc.);
- Looks for information, tries to understand how the society works;
- Does volunteering (for an organisation like AFS or Scouts, for the school or the community);
- Takes part in public discussion (by writing a blog or writing to a newspaper, or Internet debates);
- Organises fundraising;
- Saves energy;
- Fights injustice;
- Does anything and everything to make the world a better place!



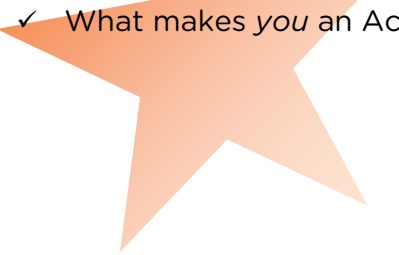
Active Citizenship stands for active participation of citizens in the economic, social, cultural and political fields of life. In the youth field, much emphasis is on learning the necessary competences through voluntary activities. The aim is not only to improve the knowledge, but also gain motivation, skills and practical experience to be an Active Citizen.

REF: Siurala, Lasse (2005): European framework of youth policy

Me as an Active European Citizen

We are citizens of our own countries, but, at the same time, we are Citizens of Europe and the whole world. You are a Citizen of Europe if you are a citizen of a European country, even though you may not be a Citizen of the European Union. Being a **European Citizen** means that you share the same basic values, such as democracy and human rights, with other Europeans.

Being an **Active European Citizen** means that you are an Active Citizen on the European level. An Active European Citizen wants to learn about more the world (especially about Europe) to make it a better place to live.

- 
- ✓ What makes *you* an Active European Citizen?
 - ✓ What are the rights and responsibilities of a European Citizen?
 - ✓ If you come from an EU Member State, did you know that only 50% of EU citizens voted at the last elections for the European Parliament? Why do you think this is? Would you or did you vote? Why or why not?

European Citizenship

- European Citizenship is a citizen-citizen relation, a process of peaceful interactions based on human rights and responsibilities of people.
- European Citizenship does not mean a “belonging” to a particular territory (country, Europe, the EU), but a “belonging” to a value-based community.
- Europe is meant to be not only a continent of many countries, but rather a community of communities, community of people, people with different backgrounds but common history, common values and shared perspectives of political, economical, social and cultural development.
- Europe is a way of thinking and acting, and European Citizenship does not replace the national identity/citizenship or any other belonging.
- European Citizenship is not a given formal status, but **an active social, political and cultural role** (voluntary identity and capacity) of citizens to participate in building and shaping a new Europe.
- European Citizens are co-citizens, living and co-operating with others, caring for European affairs, promoting peace, equality, democracy, wider social solidarity and justice, seeking the compromise, respecting and protecting minorities.

REF: Training course on European Citizenship, Concepts of
Citizenship and European Citizenship,
<http://www.european-citizenship.org/documents/>



Reflection time

- ✓ Are you an Active Citizen? How do you participate in the life and decisions of your home community? How could you improve such participation?
- ✓ Have you volunteered for any activity in your home or host country — in school, in your community, somewhere else? Do you know how you can get involved?
- ✓ Are you allowed to vote in your country? If yes, did you vote in the last elections? If no, will you vote in the next ones?
- ✓ Should youth aged 16 have the right to vote? Why?
- ✓ What forms of participation, other than voting in elections, are possible for the ordinary citizen? What kind of activities have you taken part in?

Going back home

It's time to settle down back home and to try to adapt to your old way of life with your new way of thinking. The best way to do it is to look back at your experience and things you have learned during your ECTP journey and put them in practice.

How has your way of thinking changed during the last three months? Have a look at the answers you gave to the questions before departure and during your exchange.

Reverse culture shock:

- If you feel uncomfortable being back in your home country, you may be suffering from **reverse culture shock**. You may like different things than before or you may even be bored, because there aren't new things waiting for you every day. Meet your old friends or arrange a party — don't talk about the exchange too much, just enjoy your friends' company!
- You have probably experienced more new things during the last three months than your family and friends in your home country. Actually, everything there might be like before, and just you have changed during this time. Try to understand your family and friends if they aren't that eager to share your experiences, and also make sure to find out what they have all been up to while you were gone.

...Now what?

You have been on an exchange, you are back to your „normal“ life, but you are not the same person who left: you have developed skills, you have friends from all over the world, you saw how people can live and think differently.

Have a look around the area where you live and where you spend most of your time. Draw or note down the main points: businesses, organisations, parks, main streets, what you like of it, what you don't like.

✓ What are the main issues affecting the area where you live?

It's time for Badges!



How can you change this?

- ✓ Think about what you saw in your host country, think about your skills and about what you *like doing*. How can you help to tackle the issues?
- ✓ Join a local group that is already taking care of the issue. What is the name of the group you would like to join?
- ✓ Tell about your Changemaking idea to your friends, your school, your AFS organisation, and family. Write it here!



Dictionary

Active Citizen - a citizen, who takes an active role in the community (e.g. taking care of their neighborhood).

Citizen - a native or naturalised member of a state or other political community.

Citizenship - the status of a citizen with rights and duties.

Country - an area of land distinguished by its political autonomy; one's native land or nation of citizenship.

Culture - different groups or cultures may be defined according to nationality, ethnicity, language, age, social class, gender, religion, political or sexual orientation, etc. The sense of belonging is not only multiple, but it also shifts, increasing or diminishing in intensity, according to the context and purpose of interactions, as well as interlocutors.

Culture shock - feeling of uncertainty, confusion or anxiety that people experience when visiting or living in a society that is different from their own. Culture shock can arise from a person's unfamiliarity with local customs, language and acceptable behavior, since norms can vary significantly across cultures.

Ethnicity, ethnic group - a population group, whose members identify with each other on the basis of common nationality or shared cultural traditions.

Identity - the set of behavioral or personal characteristics by which an individual is recognisable as a member of a group; the quality or condition of being the same as something else.

Minority - a group of people that has different national or cultural traditions from the majority of the population

Nation - a relatively large group of people organised under a single, usually independent government (a country); people, who share common customs, origins, history, and frequently language (a nationality).

Nationalism - a sentiment based on common cultural characteristics that binds a population and often produces a policy of national independence or separatism.

Nationality - the status of belonging to a particular nation by birth or naturalisation; people having common origins or traditions.

Stereotype - a conventional and oversimplified conception, opinion, or image.

Values - a person's sense of right and wrong; what ought to be.

Xenophobia - a deep-rooted antipathy towards foreigners; unreasonable fear or hatred of the unfamiliar, especially people of other races.

REF:

<http://www.thefreedictionary.com/>

<http://www.investopedia.com/>

Holliday, A. (2011). *A Grammar of culture*. In: *Intercultural communication and ideology*. London: Sage



About EFIL

The **European Federation for Intercultural Learning (EFIL)** is the umbrella organisation of 30 AFS Organisations in Europe and the Mediterranean area.

AFS (formerly American Field Service) is a non-profit volunteer based educational organisation offering educational exchanges for young people around the world.

The Members of EFIL are voluntary, non-governmental, non-profit organisations providing intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world, and to act as responsible global citizens.







european
federation for
intercultural
learning aisbl

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