

Theatre youth exchange 1

Hiking - 1 1 -

Coding - 1 1 - 1

Influencing - 1 1 - 1 1

public presenting - 1 1 - 1 1 1 1

no shame
voice without stress
voice up

Presenting youth exchange

- 7 days

- Slovakia - Štúrovo

- age group: 16 - 30 years

- for which countries: Slovakia, Czech Republic, Poland
~~name~~: Serbia, Hungary, Lithuania

- Empowering young people to speak with confidence, present ideas clearly, and become active voices in their communities or cultures.

- This youth exchange is not only for shy and uncertain people, it's ~~also~~ for everybody that wants to present better, where the ~~pre~~ act of presenting is more important than the ~~note~~ presentation itself.

Psychical activities

- breathing exercises
- stress managing
- energizers
- body language

Activities

- presenting presentations
- learning how to use programmes for presentations
- open discussions
- debates
- speaking in front of people/cameras