



# AJ INTER JOURNAL

May 2026

VOL.71

Farewell to Agata

AJ INTER celebrates European Youth Week on TV

Youth Work Lab Training Course

No Boxes, Just People Youth Exchange

Participant's Stories & Reflections



# GOODBYE Agata

Here I am, almost **six months later**, writing my goodbye article about my volunteering experience at AJInter, which is now **coming to an end**. I can say these six months have felt like two years, considering everything I've **learned and experienced**. I'm really **grateful for all the moments**, both good and bad, that shaped my journey.



I came here because I really wanted to **discover** Spanish and Andalusian culture, meet **new people** and **learn** about their backgrounds, improve my **English**, learn **Spanish**, have **new experiences**, and most of all, **get to know myself better**. After six months, I can say I've achieved my goals. Even though I feel a bit sad about leaving what I've built here, I'm also excited about what's coming next.

Here I was surprised and happy to be outside without a heavy jacket on December 6th.

## My experience

This experience really pushed me **out of my comfort zone**. I arrived alone in a place I didn't know, to live and work with people I had never met and who don't speak my language. I also **challenged myself in many ways**, like going on the radio, being on TV, going to the doctor in Spanish, traveling alone, eating alone, recording TikTok videos, and so much more. There were lots of small challenges, but they **helped me grow** so much and showed me that I can do things that once felt really difficult. Honestly, I've **done things I never thought I would do**.



I'm grateful for all the experiences and activities I **got to be part of**: writing articles for this magazine, creating content for social media, organizing activities for Erasmus+ projects, running the English conversation club, and helping organizations like Oxfam and Madre Coraje, and much more. I **tried many different things**, figuring out what I enjoy more and what I enjoy less, and gaining so many new experiences that really enriched me.



Apart from work, I had the chance to do so **many different things**: I explored Jerez, traveled around Andalusia discovering lots of cool places, went to Morocco by ferry, tried typical food, went to the gym here, and even visited the Circuito de Jerez to watch part of the MotoGP championship and so much more.



*Feria Park*



*Conil de la Frontera with Lynn*



*Cádiz beach*



*100 Montaditos*



*Showing Jerez to my family*



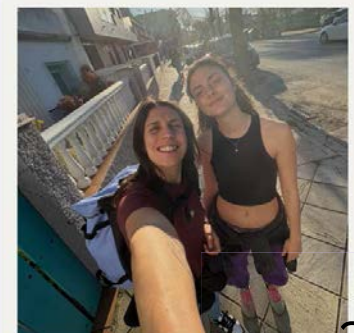
*MotoGP - Circuito de Jerez*



*Plaza de España, Seville*



*Bodega El Fundador*



*Chipiona with my girlfriend*

I'm also very grateful **for all the people I met** who were part of this experience: **local people** from the English club, Oxfam, the interns, but also people I met in everyday situations, like on the street or at the supermarket. Everyone was generally very **warm and open**, and even with the language, they always encouraged me to speak Spanish, supporting and motivating me. Thanks to them, I got to know the **culture, traditions, and everyday Spanish life** much better. I also want to thank everyone I **shared this journey with**, from the **volunteers** to the **organisation**, as well as the people I met during the **arrival training** and through the **projects** we organized.



Speaking about ESC and Erasmus+ in a school

I think what I'll miss the most, apart from Spain itself, is the **multicultural environment**. Even if it's sometimes hard to communicate in a language that isn't your own, **sharing everyday life with people from different backgrounds and countries is incredibly enriching and cool**. Now I also know that there are many other **Erasmus+ opportunities**, like youth exchanges and training courses, that give you the chance to experience this kind of environment again in different ways.



Youth Exchange: One Planet One Future



KA3 Project: Politics into Education

Overall, I can say I'm **really happy** I chose to leave and have this experience, even if it wasn't an easy or widely supported decision. In Italy, and as I've understood also in Spain, taking a "**gap year**" after high school to do something like this isn't very common, and people are often not really aware of these opportunities. But I truly believe that for many people it could be the right choice instead of going to university just because they feel they have to. Of course, it's not for everyone, but **you don't need to be particularly skilled**: when I left, my English level was quite low, and I've always been a bit introverted, especially at the beginning. But if you're **curious, willing to learn, ready to step out of your comfort zone and adapt**, it can really become a turning point in your life.



In conclusion, I'm **really grateful for this opportunity**, for the people I met, and for everything I had the chance to do. I'm leaving Jerez much more aware and enriched than when I arrived, and I'm leaving a small piece of my heart here. I know I'll miss everything a lot, but now it's time to turn the page and start a new chapter. Thank you, grazie mille.

# European Youth Week



On April 30th, we participated in a TV program on Onda Jerez to talk about European Week. Three volunteers, Nesij, Agata, and Lynn, joined the program together with Jose, the president of AJ Inter Association. During the program, we talked about what European Week is and why volunteering is important. We also shared our own volunteering experiences and talked about how meeting people from different countries helped us learn new things and improve ourselves.

We also talked about the opportunities that Erasmus+ and the European Solidarity Corps (ESC) offer. We encouraged more people to join these programs and have similar experiences. For us, this program was not only a chance to share our experiences, but also a chance to inspire other people.

European Week is a special week that promotes European values such as solidarity, cultural diversity, and active participation. During this week, different activities and events are organized to help people learn more about European opportunities and programs.



The aim of European Week can change every year depending on different themes and priorities. This year, one of the main aims is to encourage people to take part in European opportunities and support young people in gaining international experiences. Volunteering, cultural exchange, and programs such as Erasmus+ and the European Solidarity Corps (ESC) are also important parts of these goals.



## YOUTH WORK LAB – Youth Exchange Edition



Between 3–8 May 2026, AJ Inter organized a training course called “Youth Work Lab – Youth Exchange Edition”. Through this Erasmus+ project, youth workers, youth leaders, and volunteers from 8 different countries came together to exchange experiences and develop new competences in the field of youth work.

The project focused on Erasmus+ youth projects, EU youth policies, and youth exchange processes.

A total of 23 participants from Spain, Türkiye, Romania, Greece, Lithuania, Sweden, Czechia, and Croatia joined the project.

Throughout the mobility, the main goal was to support the professional development of participants, improve the quality of youth work, and encourage the active participation of young people in the Erasmus+ programs.



## Energizers

During the first days of the programme, different energizer activities and team-building sessions were carried out to help participants get to know each other and strengthen the group dynamic. These activities improved communication skills, built trust among participants, and created a safe environment for intercultural interaction.



## Workshops

Throughout the training course, detailed workshops on Erasmus+ youth exchange projects were organized. Participants learned how to prepare high-quality youth exchange projects, manage application processes, and include EU youth policies in project planning. During international group work, participants developed their own project ideas and analyzed examples of successful Erasmus+ projects.

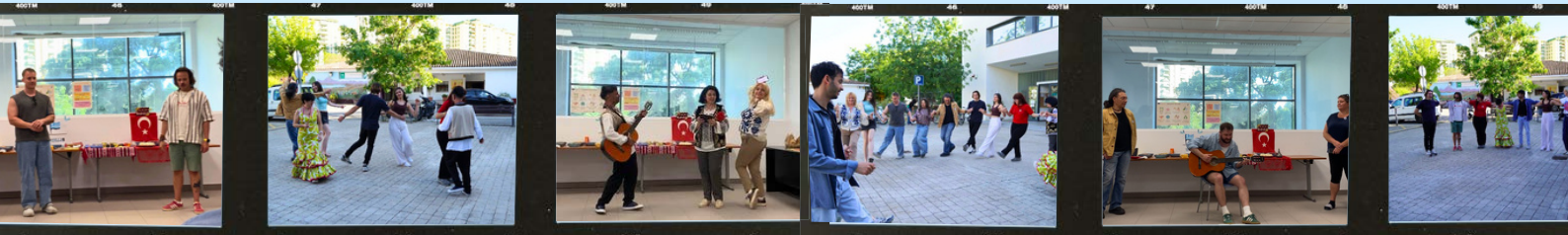


The workshops also focused on the main Youth Goals and priorities of the Erasmus+ programs, including participation, inclusion, diversity, and sustainability. Participants exchanged ideas about involving young people with fewer opportunities in projects, developed inclusive methods, and implemented activities based on selected topics. Non-formal education methods played an important role during the entire training process. Simulations, group discussions, role plays, and creative presentations helped create an interactive and engaging learning environment.

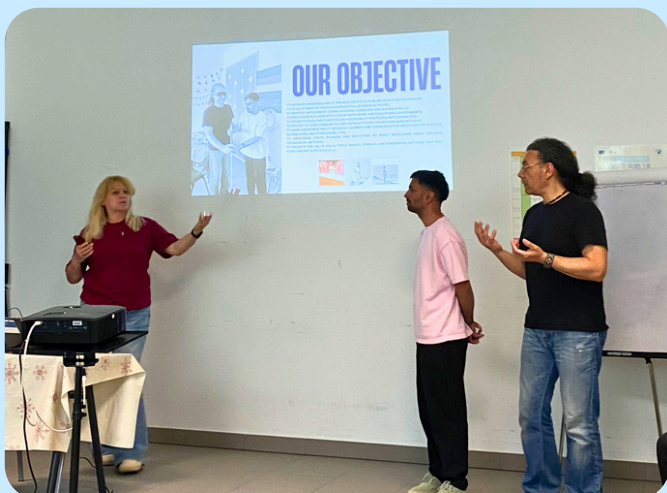


# INTERNATIONAL GALA

One of the most enjoyable moments of the project was the “International Gala”. Participants introduced their countries by sharing traditional food, cultural objects, and local traditions from their home countries. Traditional dances were also presented, giving everyone the opportunity to experience and enjoy different cultures together.



Another important topic of the project was dissemination and visibility. Participants worked on sharing project results effectively and discussed the importance of visibility in European Union-funded projects and youth initiatives.



By the end of the training course, participants had strengthened their skills in Erasmus+ project writing, teamwork, project management, and effective communication with young people. The knowledge and experiences gained during the project created a strong foundation for future international youth projects and collaborations.

At the end of the project, all participants received their Youthpass certificates in recognition of their learning process, active participation, and the competences they developed throughout the training course.

✦ This project gave me the opportunity to work with people from different age groups and helped me gain new perspectives through many different experiences. Looking at topics from different points of view helped me think in a broader way. I am happy that I had the opportunity to participate in this project. -Nesij ✦



## PARTICIPANT'S COMMENTS

✦ “I learned how to get out of my comfort zone, I learned some basic things that are important for writing a project, my communication skills are improved” -Marina

“I have learned what tapas in Spain and I also learned a lot about Spanish way of life. With that I learned about other countries that participated in this training course through activities, dinner and hanging out..” -Boris ✦

✦ “I’ve learnt a lot of things to think about when applying to lead a youth exchange.”  
-Alexander

“Pretty much stuff about how YE work, what do we have to do in each state, how to organize them, what problems and bad practices may arise, how we can eliminate these problems. I also learned some fun energizers!” -Magda ✦



# *Erasmus+ Youth Exchange* **NO BOXES, JUST PEOPLE**



**JEREZ DE LA FRONTERA  
19 - 27<sup>TH</sup> MAY 2026**



**Erasmus+**

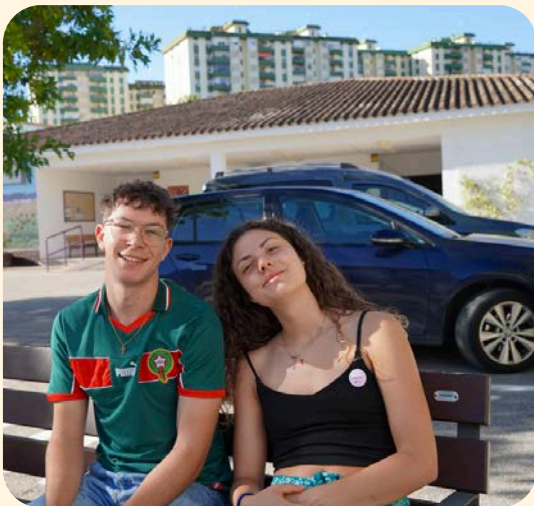


Co-funded by the  
European Union

Between 19–27 May 2026, AJC Demeter organized an Erasmus+ Youth Exchange called “No Boxes, Just People”. Through this project, young people from 5 different countries came together to exchange experiences and develop new competences.

The project focused on topics like gender equality, sexism, feminism and wellbeing.

A total of 28 participants from Spain, Türkiye, Romania, Lithuania and Macedonia participated in this project;



We started the project by doing talking about rules and needs but also about motivations, expectations and needs.

A workshop led by the macedonian team, that helped us to connect and talk about our thoughts of this project, especially because it was the first project for a lot of people

Especially on the first day, we did a lot of team building activities to break the ice on the first day to have a good group feeling the whole project.

Especially in this project it worked really well and the group was feeling well together after few time already





For most people the favorite activity was an activity, where we were wearing headphones and everybody had the chance to answer personal questions, but privately. This activity made us reflect on our whole live but also about the topics of our activities. Those personal reflections are very important because we don't to them everyday

During the project, we learned about stereotypes and prejudices and how they influence the way people see and treat others. Through workshops, discussions, and interactive activities, participants reflected on the importance of respecting differences, challenging discrimination, and promoting equality and inclusion in everyday life.



Of course energizers where also a big part of the project. BY having each national team doing some energizers during the project, there was a lot of variety in those games. These games are especially very important in the mornings and after lunch to get more energy after waking up and after eating to have energy during the workshops and activities





# FREE TIME

On Saturday we went to Cadiz, to explore the city by doing a Gymkhana in small groups. After this we had free time and some of us decided to go to the beach to swim in the Atlantic ocean. While others went to explore and walk around the city



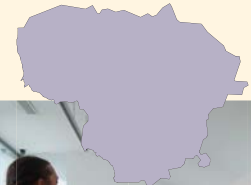
On Sunday some participants went to Sevilla for the afternoon to visit the city while others went to the beach in Valdelagrana to enjoy the nice weather we had during this project

Exploring Jerez and its culture was also on the timetable, to get to explore the Spanish culture and learn about the city where the project is happening.

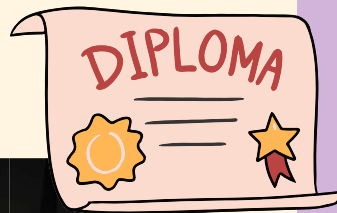


One funny activity was a painting activity towards the end of the project. We had the task to make the project into a painting, without any rules except, that the drawing needed to be done by two people, that change every five minutes. The other person couldn't see and couldn't communicate with the other person to make it more interesting and to see if the bonding between the two people is good and to see if they have the same ideas





The national evenings were like in every project a very important part of the project by learning about other cultures by doing their dances, learning some general facts about their country and then doing quizzes to see if we paid attention during their presentations :)



The project ended by the Youthpass ceremony and some emotional goodbye games that made us reflect on the project and also gave us an official document that showed that we took part in this project.

### Building a More Inclusive Future

No Boxes, Just People showed that when young people from different backgrounds come together in a safe and supportive environment, meaningful learning and transformation can happen. The project demonstrated the power of Erasmus+ in creating opportunities for dialogue, understanding, and social change.

Beyond the workshops and activities, the youth exchange became a space where participants felt accepted, heard, and valued for who they truly are — without labels, stereotypes, or boxes.





# Participants opinions



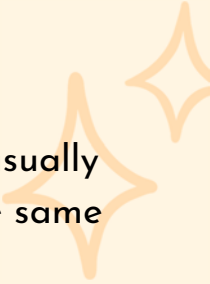
Lea

I enjoyed the cultural exchange activities the most because they were interactive, fun, and gave me the opportunity to learn about different traditions, perspectives, and experiences from other participants.




Zeynep

I really enjoyed collaborative painting because i love art. I usually create art in my safe place, alone with myself but having the same creation progress really made me feel so good.



Karina

It was my first project and it couldn't have been better! I'm so happy. Hande was so supportive and kind, I felt really good around her, I love her energy and character! I hope I will be like her when I'll be her age, because I can see that she has such a good connection not only with herself but everything around her. She is at peace. That is my goal. She is so cool and kind.



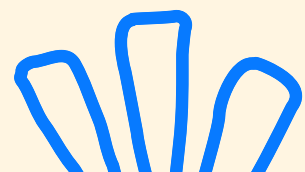

Mark

I'm feeling grateful for being here also for my first project. I really liked the organization we had. I know this was not easy for them but they made it so profesional. Every activity was perfectly made and the program was constructed very good.



Matej

I enjoyed the debate about Donald and Melania Trump and where it went, it showed that we all have different values and opinions and that everyone should have right to think their way



# FOLLOW US



ajinter



ajinter



AJ Inter

Ask any questions!



[info.ajinter@gmail.com](mailto:info.ajinter@gmail.com)



visit our website