

Erasmus Days celebration and cameo on Radio&TV

Green Minds Youth Exchange in Jerez

A.J. "Inter"

Training Courses in Slovenia and Lithuania

IT`S RAINING PROJECTS

AJ INTER JOURNAL
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Erasmus+

EUROPEAN SOLIDARITY CORPS

Erasmus+ Days

EXTRA! EXTRA! THE WORLD COMES TO TOWN!

BY RAZVAN P.
AJ Inter volunteer



In honor of Erasmus+ Days, we present tales of travel, unity, and ambition. Across the continent, youth cross borders to gain vital skills, embrace new cultures, and shape a brighter Europe!

Two intrepid ambassadors of youth, Răzvan and Dasha distinguished volunteers under the banner of AJ Inter recently graced the airwaves of Onda Jerez to deliver spirited dispatches on the wonders of Erasmus+. Bringing European unity and youth empowerment straight to the living rooms of the city, their captivating televised address illuminated how international exchange is transforming lives and bridging borders across the continent!

EUROPEAN GAZETTE & DISCOVERY INQUIRER

AD

NEW PROJECT
EU Values & Sustenability

Seekers of knowledge and culture, apply at once for an extraordinary Erasmus+ journey abroad. Passage and lodging fully sponsored, dispatch your application before seats are filled!

BAGGAGE, BRIGHT IDEAS, AND BELONGING

Delegates recently visited the local high school for an interactive session on the Erasmus+ programme. Students gathered to explore how international mobility and non-formal learning can build practical skills for their futures.

During the visit, the team presented AJ Inter and our mission and what Erasmus+ has to offer, gave firsthand accounts of volunteering abroad, and led an engaging activity where students had to answer questions about Erasmus+ and win rewords for all answer right or wrong.



Highschool presentation about Erasmus+ and AJ Inter Association in Puerto de Santa Maria

ALL ABOUT ERASMUS+ AND ITS WONDERS

The headquarters of AJ Inter opened its doors for an engaging presentation on Erasmus+ mobility. Attendees gathered for an extraordinary workshop titled "Fish Market," trading ideas and energy in a remarkably dynamic exchange!



Taking to the local radio frequencies, our intrepid volunteers delivered a captivating broadcast that reached an estimated twenty five thousand listeners across the region. The spirited transmission carried the message of European fellowship into homes far and wide, sparking widespread ambition among the rising generation.



JEREZ RADIO

Co-funded by the European Union

GREEN MINDS

Creative Youth

Youth Exchange Project

15.11.2026 - 24.11.2026





AJ Inter will host the Youth Exchange “Green Minds” in Jerez de la Frontera very soon.
One of our aims is to discover what young people think and feel about EU values. We’ll support participants express their opinions and feelings about the European Union and make their own decisions. Creativity will be the main way to reach these goals, through discussions, theatre, painting and short videos for social media.
We will also focus on raising awareness of environmental protection.



Our other aim is to encourage participation in democracy, with a visit to Cádiz, the birthplace of the first Spanish Constitution.
And of course to promote intercultural learning through national evenings, a space to compare traditions, and flamenco culture in our city Jerez de la Frontera.
Our team can't wait to meet the participants!

Follow the evaluation of the project in the November journal :)



Co-funded by
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Self Care for non-formal Educators

TRAINING COURSE IN BREŽICE, SLOVENIA
25-30 OCTOBER 2026

What happens when a group of youth workers and educators stops for a few days to look after themselves, so they can keep looking after others? Here is AJ INTER´s experience of the Slovenian part of the training course.

One journey, two trainings

This course by Rauha Kasvatus Instituutti (RKI) is built as one journey with two residential trainings. The first one, themed around Self, took place in Estonia, in a holiday village in a pine forest next to a long sandy beach. The second one, themed around Team, took place in Slovenia, and that is the one where we joined.



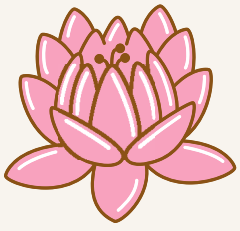
Self Care for non-formal Educators

The idea is simple and very youth-work: before we can support young people, we need to understand how we take care of ourselves, and how we take care of each other in a group.



Where were we? Brežice

The Slovenian part took place in Brežice, a small town in the Posavje region, close to the Sava and Krka rivers.
The area is known for its thermal springs, vineyards, castles and calm natural surroundings, which is a pretty perfect setting for a course about slowing down.





Self Care for non-formal Educators





How the course worked

There were no long lectures.
The course was built around:

- individual reflection, time to think about our own experience and needs
- group work, learning from each other
- practical exercises, trying things out instead of just talking about them
- sessions outdoors, even when the weather changed





Self Care for non-formal Educators

Self-care is not simply about relaxation or taking a break. It also involves recognising personal needs, understanding one's limits and developing a healthy balance between professional responsibilities and personal well-being.



For youth workers and non-formal educators, this awareness is particularly important. Their work often requires emotional engagement, flexibility and continuous interaction with young people and communities. Paying attention to personal well-being can support educators in maintaining healthy professional relationships and creating more positive learning environments.
Thank you to the RKI team and the trainers for creating a calm space!



Project results

1. Nature & Outdoor Activities

- Spending time in nature, especially forests.
- Doing nothing in nature – simply allowing it to be there for you.
- Walking barefoot.
- Gardening.
- Watching a sunset.
- Swimming naked.
- Ice swimming.
- Going for a bike ride.
- Talking to plants.
- Spending time with animals.
- Looking into a fire.

2. Movement & Physical Wellbeing

- Sports and physical activity.
- Yoga and morning movement.
- Dancing.
- Going to the sauna.
- Swimming.
- Breathing exercises and breathwork.
- Getting enough sleep.
- Eating healthy, enjoyable food.
- Enjoying physical intimacy.
- Having regular massages.
- Taking a hot shower or bath.



Project results

3. Mindfulness, Rest & Regulation

- Morning meditation or a quiet moment.
- Morning daylight practice.
- Meditation.
- Taking a moment to ask: "What do I need right now?"
- Resting and allowing yourself to do nothing.
- Spending time without expectations or productivity.
- Practising grounding.
- Stopping the day softly.
- Listening to music.
- Giving yourself permission to slow down.

4. Creativity, Play & Enjoyment

- Playing music.
- Going to concerts.
- Singing.
- Playing board games.
- Arts and crafts.
- Theatre and going to the movies.
- Stand-up comedy.
- Listening to music.
- Reading.
- Writing poems.
- Watching a series.
- Having fun and enjoying small things.



Project results

5. Connection & Relationships

- Dinner parties with friends.
- Going out with friends.
- Family time, often.
- Sharing circles.
- Spending time with animals.
- Being open and honest.
- Listening to others.
- Crying when needed.
- Giving and receiving support.
- Making space for grief and difficult emotions.

6. Emotional Awareness & Self-Compassion

- Being brutally open and honest with yourself.
- Accepting emotions.
- Allowing yourself to cry.
- Making yourself smaller daily rules for self-care – personal commitments that feel achievable.
- Seeking discomfort: stepping outside, doing something unfamiliar or challenging.
- Giving yourself time to grieve.
- Understanding that you are safe and do not have to throw yourself into everything.
- Keeping it simple.
- Asking yourself what you need in the present moment.



Project results

7. Boundaries, Agency & Everyday Choices

- Practising saying no.
- Keeping work and personal life separate where possible.
- Not trying to do everything.
- Choosing rest without guilt.
- Creating small, realistic self-care routines.
- Making time for yourself.
- Recognising when to stop.
- Making deliberate choices about how to spend your energy.

8. Professional Support & Personal Growth

- Psychotherapy.
- Professional healthcare.
- Making space for reflection.
- Taking time to understand your own needs.
- Exploring new experiences.
- Learning from discomfort.
- Seeking support when needed.
- Considering how to make changes that support wellbeing over time.

SHIFT-ERASMUS + TRAINING COURSE

What happens when 29 youth workers from 13 countries spend eight days exploring how technology can make youth work more fun, creative and meaningful? Here is how it went.



SHIFT stands for Smart Hands-on Innovation & Facilitation Tech in Youth Work. It is an Erasmus+ training course hosted by Inovatyvi karta (Innovative Generation) from Lithuania, together with Creative Youth Platform from Georgia. It took place in a quiet spot near Trakai, surrounded by forest and lakes, from 15 to 22 October 2026.

Our organisation AJ Inter joined the project, along with youth workers, youth leaders, project managers and educators from Armenia, Azerbaijan, Bulgaria, Georgia, Hungary, Lithuania, Romania, Serbia, Slovakia, Slovenia, Spain, Türkiye and Ukraine. We started with a big question: where does Artificial Intelligence come from, where is it now, and where is it going? Then we got practical. We tested AI tools, played with AI agents and imagined what AI-powered spaces for youth workcould look like.



The best part was that you did not need to be a tech expert. SHIFT was open to complete beginners, and everyone left with something they could use in their own activities.



THE SERIOUS QUESTIONS



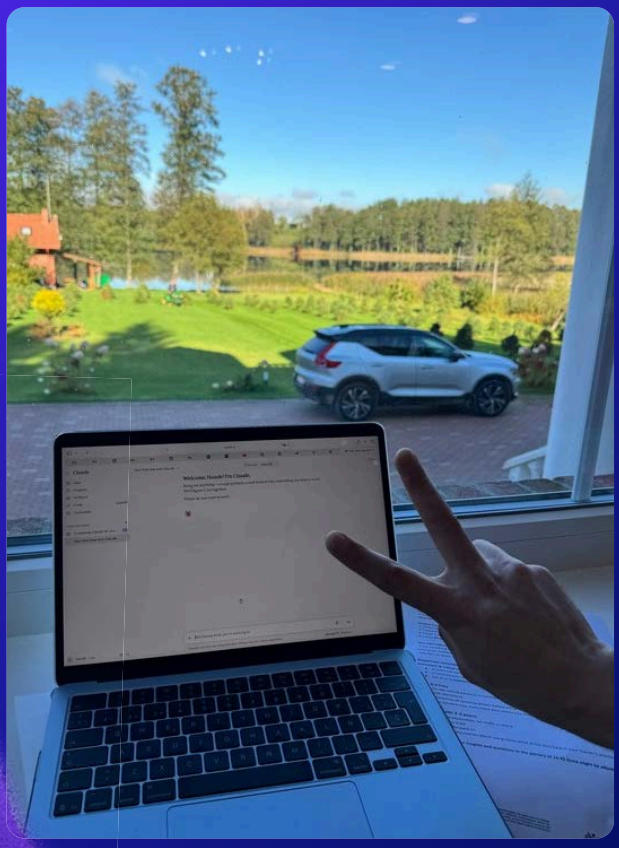
Technology is exciting, but it comes with responsibility. In sessions on AI and cybersecurity, led with our partner Creative Youth Platform, we asked questions like:

How do we protect young people's personal data?

Where are the ethical lines for a youth worker?

What do we do when technology creates difficult situations for young people?







OUT OF THE TRAINING ROOM: TRAKAI YOUTH CENTER

On day four we visited the Trakai Youth Center. A local youth worker told us how youth work works in Lithuania and what her everyday work looks like. It was a great reminder that, whatever tools we use, youth work is about people. In the afternoon we had well-being time in beautiful Trakai.

In the last days we chose our tools, worked in production teams and showcased our own ideas to the group. Then we planned how to bring them home: follow-up actions, ways to share what we learned and next steps for our organisations and communities.









A big thank you to the trainers, the organising team and my fellow participants for their curiosity and energy.





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Ask any questions!

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