

Erasmus+ Youth Exchange “Burnout”

In the third week of September (15th till 28th September, 2019), 30 participants from five countries across Europe - Latvia, Romania, Croatia, Bulgaria and Spain - came together for a Youth exchange ‘Burnout’ in Kekava, Latvia. The Erasmus+ project put together by the Latvian youth organization Step Further continues to reduce the impact of one of the biggest labour market issues - syndrome of burning out - by spreading awareness on the subject right now.

Nowadays more than 35 million people face the syndrome of burning out. A third of these people are youngsters between 18 - 25. There are many reasons for this, but the main is continuous stress when beginning a career as well as not recognising one’s own boundaries, comfort zone and signs of prolonged fatigue.

In this Youth Exchange almost every morning in Kekava began with morning yoga to get everyone on similar energy level and prepare for the day and connect with inner self. At first the yoga was optional due to some participants physical abilities. But what started as a few participants habit turned into mourning routine, that we hope, participants took with them home.

One of the core targets was - to learn to build a team and work in one. As this was the first Erasmus+ experience for many of participants. This was challenge at first, because participants tended to stay in their own country teams. That changed fast though. Mixing teams and starting with fun-based team-building activities worked better than expected. We surely can say that “burning wall” activity brought team together with laughter. After analyzing this activity, we got more information about team dynamics and roles we play in our teams daily.

When team got more connected, we had different activities for self-development, getting more knowledge about the topic, learning to cooperate with people from different cultures and finding oneself inner peace through different learning methods.

During Youth exchange participants also had a chance to visit capital city Riga, where

they had interesting activities in Doma square, they learnt more about Latvian culture, architecture and history of Old Riga and connected more with each other.

After this Youth Exchange participants widened their comfort zone, learnt to relax even in continuous presence of stress, learned to create more peaceful environment in everyday situations, bettered team-working skills, gotten to know themselves better, become aware of the opportunities for reducing risks of burning out, gained motivation to inspire and to share experience stories with other young people, gained new experience in youth mobility projects, developed at least some of 8 key competences.

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