



WE ARE HER



**YOUTH
EXCHANGE**

**GENDER BASED
VIOLENCE**

Host: United Societies of Balkans
Thessaloniki, Greece



Co-funded by
the European Union

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ABOUT THE YOUTH EXCHANGE

SHORT INTRODUCTION

This youth exchange brought together 18 young people aged 19 to 30 to explore Gender-Based Violence (GBV), gender inequality, and advocacy for change. The participants, who gathered in Thessaloniki from Wednesday, 25th January to Sunday, 29th January 2025, came from Albania, Egypt, Lebanon, Turkey, and Greece. The majority held a bachelor's level education and were studying full-time, with some also working part-time alongside their studies, while a minority were employed full-time. Motivations for participation were primarily to gain new experiences and to engage more deeply with the topics of the exchange.

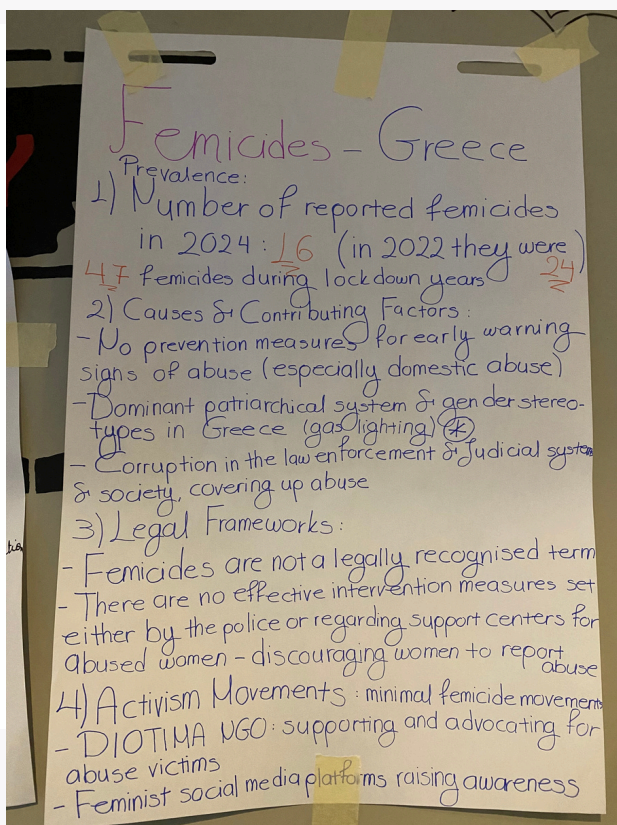
The five-day agenda featured a detailed and structured schedule, with each day focused on a specific theme explored in depth. Participants engaged in interactive workshops, role-playing, group discussions, and creative activities that built awareness, developed intercultural skills, and fostered critical thinking. The program emphasized experiential learning through collaborative projects, empowering participants to develop strategies for promoting gender equality and safe, inclusive communities in their own contexts.



HOSTING ORGANISATION

UNITED SOCIETIES OF BALKANS (USB)

United Societies of Balkans (U.S.B.) is a non-profit, non-governmental organization based in Thessaloniki, Greece, dedicated to youth empowerment, human rights, and intercultural dialogue. Active since 2008, it coordinates and participates in European programs such as ESC, Erasmus+, CERV, Creative Europe, AMIF and Council of Europe projects. With a diverse local network base and the “Balkan Heart” hub, run by its ESC volunteers, U.S.B. implements youth exchanges, trainings, local interventions, and media projects. Its mission is to support young people and vulnerable groups through education, culture, volunteerism, and non-formal learning, promoting inclusion, equality, and active citizenship across Greece, Europe, and the Balkans.



AIM

The primary goal of the “We Are Her” youth exchange in Thessaloniki aimed to empower young people to understand, prevent, and challenge Gender-Based Violence (GBV).

YOUTH EXCHANGE OBJECTIVES

01

To build a foundation for understanding GBV by introducing key concepts and establishing group dynamics.

02

To understand the types, dynamics, and public perception of Gender Based Violence.

03

To explore the roots of gender inequality and its manifestations, focusing on patriarchy and femicide.

04

To provide participants with tools and strategies to advocate for gender equality, address GBV, and implement sustainable change in their communities.

05

To develop actionable strategies and evaluate the seminar experience.



DAILY AGENDA

		SAT 25	SUN 26	MON 27	TUE 28	WED 29	
10:00-11:30	ARRIVALS	INTRODUCTION TO "WE ARE HER" & TEAM BUILDING	ENERGIZER	RECAP OF DAY 2 & ICEBREAKER	FREE TIME	RECAP OF DAY 4 & ICEBREAKER	DEPARTURES
11:30-11:45		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
11:45-14:00		INTERSECTIONAL ASPECTS	THE CIRCLE OF VIOLENCE	FEMICIDE	DESIGNING AWARENESS CAMPAIGNS	PRESENTATION OF ACTION PLANS	
14:00-16:00		LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	LUNCH BREAK & FREE TIME	
14:00-17:00		EXPLORING GENDER STEREOTYPES	PUBLIC PERCEPTION OF VIOLENCE/ RE-CREATING THE NARRATIVES	FREE AFTERNOON	DIGITAL TOOLS FOR SOCIAL IMPACT	BUILDING SUPPORT NETWORKS	
17:00-17:15		COFFEE BREAK	COFFEE BREAK	FREE AFTERNOON	COFFEE BREAK	COFFEE BREAK	
17:15-18:00		DEBRIEF & DAILY EVALUATION	MYTHS AND FACTS ABOUT GBV & DAILY EVALUATION	FREE AFTERNOON	REFLECTION AND FEEDBACK	CLOSING CEREMONY AND EVALUATION	
17:00-17:15		COFFEE BREAK	COFFEE BREAK	FREE AFTERNOON	COFFEE BREAK	COFFEE BREAK	
17:15-18:00		DEBRIEF OF FIRST DAY AND DAILY EVALUATION	DAY REFLECTIONS IN SMALL GROUPS	FREE AFTERNOON	DAY REFLECTIONS IN SMALL GROUPS	CLOSING CEREMONY AND GROUP PICTURE	



RESULTS

1. Strong commitment to gender equality

Fifteen out of eighteen participants reported actively supporting gender equality after the project. Many mentioned being more aware of everyday inequalities and motivated to promote fairness in their communities. This shows the project effectively encouraged a sense of responsibility and advocacy.

2. Increased awareness on GBV issues

The project successfully raised awareness as most participants stated that their knowledge of gender stereotypes and gender-based violence (GBV) increased and they could identify common biases and harmful behaviors more clearly.

3. Enhanced intercultural skills

Participants improved their ability to interact with people from different cultural backgrounds, with most reporting that they felt more comfortable communicating and understanding diverse perspectives, which shows growth in adaptability and cross-cultural collaboration.

4. Strengthened European identity

Participants reported that the project helped them “feel closer” to Europe than before. Through the exchange of perspectives between participants.

5. Language skills improvement

Participants reported increased confidence in using another language, becoming familiar with new vocabulary, and improving their conversational skills through interaction with the project.

