

MAKE PEACE NOT WAR

Holland: 30th of april until 7th of may 2016

Dissemination by Antreas Antreoy

Day 1



On the 1st of may of 2016 and after a long and tired full flight towards Holland a great project and a new life experience started for me and 29 other people from Cyprus, Italy and Holland.

The project started nice and cheerful Wietske the Dutch team leader and our facilitator asks our team to organize our first game/get to know each other activity.

The game was the speed date game were we got separated in to two large groups facing each other and chat for 2-3 minites trying to learn things about each

other. We played that game until the whole group had a chance to meet each other. After that we got our secret friends.

Lunch time and we had free time, me and our leader Stavros had the chance to visit a local supermarket accompanied by Witske so we can buy supplies for the upcoming Cyprus dinner. On the mean time the group visited a local bazar that was happening down the street for charity reasons, the group had the chance to experience a part od the local culture and they all sad together in the grass and talk about peace.

The rest of the afternoon after 6 was free for everyone but not for the Cypriot team because it was FOOD time. We took proud upon creating a traditional Easter atmosphere and we did we grill souvlakia sausage and haloumi we brought from Cyprus and prepare food enough for all of them to eat twice (the Cyprus way). The night ended with lots of dancing and fun and everyone was amazed by the food.



Day 2

On the second day we started with an energizer me and our team leader stavros proceed with am energizer which is called popcorn pan, a fun game which the whole group stands in a circle and slowly moves around trying to avoid the popped corn person who jump around touching them and popping the to in a crazy dance of popcorn. The game was fun and a great ice breaker for all of us to proceed on the next game

Moving on it was time for the Cyprus presentation that I thing when great, we created a short and fun power point presentation of Cyprus and talked a little bit about the wars that happen to the island. we also briefly covered the ongoing situation and what we thing is the move forward. We finish up with a language game and we treated our guest with some traditional sweets but also Easter food's and we all break painted eggs as is accustoming to the Cyprus Easter tradition.



After our presentation we all got on bikes for a tour around the village it was a great experience and we all got to admire the beauty of Finsterwolde, we stop in a huge field for a picnic lunch that our Dutch friends created and also a poet who visit us translated for us some of his poems, finishing the tour we visit the local church and a cow farm.

The afternoon after six was free again and we get the chance to chat with our poet and help him create a poem about our project

The day ended with the dinner of the Italian team, the guys kept a restaurant theme serving as a 3 course meal and lots of wine. The food was nice and we enjoy a fun night full of music and dancing



Day 3

The third day started with a bit of a hangover but the Italian teams energizers were really nice to wake everyone up , we played a game with a ball that you call someone's name and you throw it to him if was fun even though I lost early :P and we also play 2 team games where we had to cooperate with each other and created some teamwork in between us, the games where the princes-dragon-ninja a variation of rock paper scissor and the other game was a game that we had to call names faster than the other team so we can take all of their teammates in our team .

After the fun and energetic games, the Italian team did their presentation about Italy and Sicily and tell us all about their town and their organization in a fun and informative way.

We had some time left before the lunch that our Dutch team was preparing so I got asked to present a

get to know each other game that I coordinated and got help from Este one of the Dutch participants, the aim of the game was to create a portrait of our self's painted in stages by someone ales, with that game we achieve to get to know each other better corporate and energize the group since the activity has a fun way to spread the papers around and randomly pic some ales face to finish.



After our delicious lunch we had a small break and we got in to cars to visit lake Blauwestadmeer for a boat ride. the weather was amazing and we had a great time there. We return to the youth centre so we can get ready because we were going for a dinner out.

We headed in to a great place near a marina that we ate in an all you can eat buffet restaurant where the food was prepared live on front of as amazing experience we had a great time there.

And that's how our third day ended



Day 4



their and roam around the area watching everything. Before we left the youth center we all prepare our own sandwiches for lunch and we pick nick at the camps area while talking about what we experience. The 4th of May is the remembrance day for the Dutch people so we all respect that and did our part to it for our Dutch friends.

On day 4 we had to take our breakfast and leave the youth center early for our visit to the camp westerbork a world war 2 concentration camp that send millions of people toward their final resting place the world known Auschwitz, a shocking experience especially knowing that on that place hundred and thousand people were sent to death. We explore the museum



After our return to the centre we had a couple of hours to rest and we took an early dinner around 18:00 that local people created for us it was amazing watching all those parents get together in the kitchen to great a traditional Dutch meal so we can enjoy a piece of their culture, everything was lovely and delicious and I loved it.

After our lovely dinner we all walked together to the local sport center were we all got handed a

white rose that we later asked to put on a memorial plate that is in the middle of the village, around 20:00 we all gather there to pay our respects to the lost souls and have a 2-minute silence for them. We then all gather to the sport center to talk about our war experiences. Jantina a girl from Holland read a story to us about her grandparent and Eirini a girl from our team talk about our perspectives of the resent war in Cyprus and how we the next generation are trying to change things. It was a great experience and the people of the village ware so grateful we support them and show so much respect about them loses. And that how our 4th day ended.



Day 5

Our 5th and final day for the Cyprus team was one of our coolest one our day was and all day visit to Groningen for the Freedom festival that is annually celebrated across Holland. The whole day was amazing they were many bands playing at the festival and we all sit on the grass near the Uitwisseling stand that was there to promote Erasmus projects to young people, i was happy to talk to random people seeking for information about the Erasmus projects. we had an amazing day and we all returned back at 20:00 around 21:00 we ware ask by Wietske to write our evaluations about the project since fro the Cyprus team that was our last day. Also the members from



Cyprus team we did our last secret friends presents and the day ended with some sort sad party. We all say our farewells and promised to keep in contact.

Overall for me the project was an amazing experience, 30 people from 3 different countries' we all came together like a family share experiences and mixed our culture but out most all we all learn to respect and accept each other. It is my personal believe that to achieve peace in this world we must first learn how to accept our self's and each other's if that is achieved then we have nothing to worry about any more.

A big thank you OTI who sent me to that amazing project and to Uitwisseling for organizing it And a bigger thank you to the amazing guys of the Dutch team that went above and beyond in fulfilling all our needs.

