



REACHING NEW HEIGHTS

the power of YOUTH to change the world

M.A. Center Germany | 24 - 31 July 2011 | www.ayudh.eu



“Reaching New Heights – the power of YOUth to change the world” is a Transnational Youth Initiative organized by the international youth movement AYUDH. From **24 – 31 July 2011**, **150 youth from all over Europe and beyond** will get together at M.A. Center Germany, near Frankfurt. They will deal with some of the main challenges faced by youth in today’s world: Lack of self-confidence, depression and suicide, addictions and substance abuse, erosion of culture and values, violence, poverty and unemployment, lack of perspective and meaning, family and social crises and environmental challenges.

In multicultural working groups, the youth will examine how the **powers of confidence, community, creativity and contribution** can be used to transform these challenges into opportunities for change and development for both the individual and society as a whole. On a practical level, the youth will use these “powers” to work on a **large-scale landscaping project** in the close-by town Michelstadt. July 30th will see an innovative **youth musical performance** in Michelstadt, written and choreographed by the youth themselves. Through the music, the youth will declare the self-conceived **“Youth Development Goals”** resulting from discussions and workshops of the initiative.

In order to initiate a multicultural exchange of ideas and experiences regarding the challenges of youth in today’s world, please join the discussion at our **online forum: <http://www.ayudh.eu/forum/>**

The event is supported by the city of Michelstadt and is part of the **“International Year of Youth 2010/2011”** (<http://social.un.org/absolutewc/?e=486&c=0>) and the **European Year of Volunteering** (<http://europa.eu/volunteering/en>). It is under the patronage of the German artist **Gabriele von Lutzau**, who will also supervise the youth to create a monument for the “Youth Development Goals” in Michelstadt. (<http://www.gvlutzau.de/en/Homepage.html>)

The youth initiative is supported by the **“Youth in Action” programme of the European Commission for Education and Culture**. 125 youth from **Germany, Spain, France, Italy, Austria, Switzerland, Belgium, Netherlands, Slovenia, UK, Ireland and Poland** will receive **70% refund** for their travel cost. Youth from other countries are most welcome to join as well. There will be a participation fee of 100 Euro per participant for the full week programme. Those with financial difficulties can apply for a reduced rate of 50 Euro. Youth, which come from countries that are not eligible for travel cost refund can come on a donation basis.

All youth between the ages of 15 and 30, who are interested to take part in the initiative, can **apply now** on the ayudh website www.ayudh.eu . Since there is a limited number of youth that can be admitted, we accept applications on a first-come-first-serve basis.

We will be in touch with you **before the end of May** to let you know if your application has been accepted. Once you receive confirmation from us, you can start booking your travel tickets. At that point we will also ask you to fill in the final registration form, providing us with all the necessary details for us to welcome you.

People over the age of 30, who like to be part of the initiative can come as volunteers. If you are interested, please contact reachingnewheights@ayudh.eu .

Youth under the age of 18 have to designate a mentor who is over 18 from their own country group.

THE INITIATIVE

In contrast to the Youth Exchanges that were organized by AYUDH and co-funded by the EU's youth in action programme for the past four years, this year AYUDH is launching its **first Transnational Youth Initiative**. The characteristics of a youth initiative are that the youth design a project that **directly benefits society**. Also, under a youth initiative, more young people can be refunded 70% of their travel cost, 125 people this year! For the first time, Poland and Slovenia will be on the list of partner countries and we are very happy to welcome them as part of the programme.

Another characteristic of a youth initiative is that the participants will be very **actively involved in all phases of the project** – planning, preparation, implementation, spreading of results. To participate in this initiative does not only mean to come for one week of fun and entertainment to M.A. Center Germany, but to become part of an international working group that thinks, plans and acts together even before and after the camp to create a long-lasting impact in society and their own minds.

RESEARCH

The main contents of “Reaching New Heights” are the challenges that youth face in today’s world. To create an overview, we have identified eight major challenges. The participating countries have already chosen one specific challenge to deal with in advance to the camp. These are:

Countries	Topic Group	Contact
Germany / Poland	Lack of Self-Confidence, Depression & Suicide	Germany: info.deutschland@ayudh.eu Poland: ksatay@interia.pl
Slovenia / Kenya ¹⁾	Lack of Perspective & Meaning	Slovenia: info.slovenia@ayudh.eu Kenya: ayudhkenya@gmail.com
Austria / Switzerland	Family & Social Crisis	Austria: info.austria@ayudh.eu Switzerland: info.switzerland@ayudh.eu
France	Global Warming, Pollution	France: info.france@ayudh.eu
Spain / Portugal ¹⁾	Erosion of Culture, Tradition & Values	Spain: krishnabas108@gmail.com Portugal: ana_catarina_delgado@hotmail.com
UK / Ireland	Poverty & Unemployment	UK: info.uk@ayudh.eu Ireland: info.ireland@ayudh.eu
Netherlands / Belgium	Substance Abuse & Unhealthy Lifestyle	Netherlands: info.netherlands@ayudh.eu Belgium: info.belgique@ayudh.eu
Italy	Violence & Intolerance	Italy: info.italy@ayudh.eu

1) Youth from these countries will not receive travel cost refund from the “Youth in Action” programme

The scientific research includes:

- Examining the problems on a local/community, nationwide, European level
- Analysing trends & prevalence of the problem through the ages – When did it start? Why?
- Evaluating the problems on a personal, social & spiritual level
- Exploring efforts currently being made to tackle the challenges by various organisations or governmental bodies
- Highlighting specific case studies or quotes/interviews with members of community, support workers or those directly affected
- Likely future situation
- Brainstorming about possible solutions

At this stage the research is focused 70% on the “problem” and 30% on the “solution”.

The national AYUDH groups would be very happy to have your support and input for this research. Please contact the national youth leaders to contribute to the research, or join in our online discussion forum <http://www.ayudh.eu/forum/> . Youth from countries that are not listed above and who like to get involved, please contact reachingnewheights@ayudh.eu

The research phase will be completed **before the camp starts**.

CREATIVE IMPLEMENTATION

Based on the results of their research, the national AYUDH groups are also preparing a 10-minute creative implementation of “their” challenge. During the camp, the youth will refine and rehearse their performance and finally perform it at the Odenwaldhalle in Michelstadt on July 30th.

If you like to get involved in the creative process of shaping the presentation of your country, please get in touch with your national youth leader.

TENTATIVE AGENDA

24. – 31. July 2011

AYUDH Youth Initiative 2011: REACHING NEW HEIGHTS - TENTATIVE AGENDA

Date & Time		24.7.	25.7.	26.7.	27.7.	28.7.	29.7.	30.7.	31.7.	Date & Time						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7							
		Introduction	our challenges	the power of confidence	the power of community	the power of creativity	the power of contribution	our goals	Farewell							
7:00	7:30								Packing	7:00	7:30					
7:30	8:00									7:30	8:00					
8:00	8:30		Morning Activities	Morning Activities	Morning Activities	Morning Activities	Morning Activities	Morning Activities	Cleaning the rooms & Community Service	8:00	8:30					
8:30	9:00	Arrival & Registration	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast	8:30	9:00				
9:00	9:30		Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast & Community Service	Breakfast	9:00	9:30			
9:30	10:00		Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	Morning Welcome	9:30	10:00			
10:00	10:30		Presentation: "the Challenges of Youth in Today's World"	Talk: the power of confidence	Talk: the power of confidence	Talk: the power of confidence	Talk: the power of confidence	Talk: the power of confidence	Presentation: "the Youth Development Goals"	Farewell	Farewell	10:00	10:30			
10:30	11:00			Question & Answer	Question & Answer	Question & Answer	Question & Answer	Question & Answer				Question & Answer	Question & Answer	Question & Answer	10:30	11:00
11:00	11:30			Working Groups	Working Groups	Working Groups	Working Groups	Working Groups				Working Groups	Working Groups	Working Groups	Working Groups	11:00
11:30	12:00											11:30	12:00			
12:00	12:30											12:00	12:30			
12:30	13:00											12:30	13:00			
13:00	13:30		Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch & Community Service	Lunch	13:00	13:30			
13:30	14:00											13:30	14:00			
14:00	14:30											14:00	14:30			
14:30	15:00										Community Service / Departures	14:30	15:00			
15:00	15:30											15:00	15:30			
15:30	16:00	Opening Talk									15:30	16:00				
16:00	16:30										16:00	16:30				
16:30	17:00	Welcome								Break	16:30	17:00				
17:00	17:30		Break / Sports	Break / Sports	Break / Sports	Break / Sports	Break / Sports	Break / Sports	Break / Sports	Break / Sports	Break	17:00	17:30			
17:30	18:00									Snack	17:30	18:00				
18:00	18:30	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	National AYUDH Pres.	18:00	18:30				
18:30	19:00	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	Multicultural Songs	18:30	19:00				
19:00	19:30										19:00	19:30				
19:30	20:00										19:30	20:00				
20:00	20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	20:00	20:30				
20:30	21:00										20:30	21:00				
21:00	21:30	Team Building & Get to know Games	Rehearsal	Open Space	Rehearsal	Open Space	Feedback Meeting	Site Visit to Odenwaldhalle	Rehearsal	Open Space	Charity Musical Performance at Odenwaldhalle, Michelstadt	21:00	21:30			
21:30	22:00						Get together					21:30	22:00			
22:00	22:30											22:00	22:30			
22:30	23:00											22:30	23:00			
23:00	23:30	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time			23:00	23:30			

WELCOME

Day 0

The youth are being introduced to the week's schedule, working methods and contents.

MULTICULTURAL SONGS

Days 0 – 5

Singing led and accompanied by the youth. Songs will be sung in different languages. This fosters the cultural exchange and the creative expression balances the theoretical and practical activities of the camp.

TEAM-BUILDING AND GET TO KNOW

Day 0

Games to “break the ice” and explore tools needed for collaboration, mutual understanding and exchange.

MORNING ACTIVITIES

Days 1 - 6

Yoga, Tai Chi, simple guided Meditation, Nordic Walking, etc... to revitalize, relax and prepare for the day.

MORNING WELCOME

Days 1 – 7

Sets the tone for the day. Discussion of organizational matters and "tuning" in to the day's sub-theme in creative and fun ways.

PRESENTATION OF THE CHALLENGES OF YOUTH IN TODAY'S WORLD

Day 1

Each National Youth Group will make a short presentation on a specific challenge faced by youth in today's world. It will focus on the root causes, forms of expression and possible solutions to the specific issue.

TALKS

Days 2 - 5

Day 2: “The Power of Confidence”

Speaker: Br. Shubamrita Chaitanya, India (Meditation Teacher and Coach for Stress-Management and Personal Unfoldment)

Current studies show that a growing number of youth experience a lack in self-confidence, purpose and direction in life. This fundamental problem expresses itself in a variety of symptoms such as depression, anxiety and suicide, substance abuse and violence. The talk will highlight the importance of developing self-confidence as a tool for personal empowerment and give concrete suggestions to the youth on how to achieve an increased sense of self-worth, integrity and individuality.

Day2: “The Power of Community”

Speaker: Bri. Dipamrita Chaitanya, France (Leader of the Community Centre “Maison Amrita” near Paris and the NGO “Embracing the World-France”)

Most youth grow up in a fast changing, globalized and multicultural world. Families are breaking apart, cultural and social support systems give way to a society where most people care only about themselves, neglecting the importance of community, collaboration and empathy. Isolation and the erosion of culture and tradition are a result of this trend. The talk will highlight how the sense of belonging to and contributing to a value based community is essential for the development of the character and value system of youth.

Day 3: “The Power of Creativity”

Speaker: Gabriele von Lutzau, Artist, Germany, <http://www.gvlutzau.de/en/Homepage.html>

Today’s world constantly demands creative solutions to seemingly un-solvable problems. Learning to tap into one’s own imaginative & innovational power is a powerful catalyst for change in one’s personal life & the lives of others. The talk will highlight the importance of creativity, originality and self-expression for our physical, emotional and spiritual wellbeing. It will give concrete suggestions how youth can unlock and channel their creative potential to achieve greater heights in personal performance and at the same time instigate a thinking process in society.

Day 4: “The Power of Contribution”

Lack of concern for social and ecological developments is a growing trend amongst youngsters. This has led to wide-spread apathy and non-participation in the shaping of social progress. Aligning with the “European Year of Volunteering 2011” this talk focuses on the importance of voluntary service for the harmonious functioning of society. It stresses on how selfless service links together the individual and the community, adds deeper meaning and purpose to life, enriches and uplifts both the “receiver” and the “giver” of voluntary action.

QUESTION & ANSWER

Days 2 - 5

Time for the youth to discuss the preceding talk, evaluate and share views and ideas.

WORKING GROUPS

Days 2 - 5

The youth will be split up into working groups according to the eight challenges identified. Each group will be led by one or two youth, who have done extensive research on “their” specific challenge. All other youth can choose which working group they would like to join to further explore the reasons and possible solutions to the challenge.

The working groups will discuss how the day’s talk topic relates to the challenge they are dealing with. Example: “How the power of confidence

can be used to fight drug and substance abuse". In the progress of the four days each group will come up with a detailed analysis of the reasons and possible solutions to their challenge resulting in the formation of the "Youth Development Goals" and concrete project plans on day 6.

PRESENTATION: THE YOUTH DEVELOPMENT GOALS

Day 6

Each working group will present the results of their discussions to the other groups. Concrete Project Ideas will stimulate further national or transnational AYUDH initiatives to follow up the formulated "Youth Development Goals".

PROJECTS

Days 1 - 6

1) Garden-Landscaping Project

The city of Michelstadt has asked AYUDH to help in the maintenance and re-shaping of a park area near the city of Michelstadt. It is called the Heilig-Kreuz Kapelle vom Kiliansfloss. The area includes the ruins of a 16-century chapel, a wooden christian cross, three springs, small rivers and ancient oak trees.

Together with local youth from Michelstadt AYUDH will renovate the premises and add new elements to it. The work will include:

- renovating the signs and the bridge at the site
- removing moss and clearing riverbeds
- planting new vegetation
- installing a monument of the "Youth Development Goals" (YDG), made of eight wooden poles, which are engraved with the eight YDGs of the initiative. These eight poles will be placed in a circle around a central wooden pole that carries a dove as a universal symbol of peace. The AYUDH dove will be made by renowned Artist Gabriele von Lutzau, who is known from making sculptures, using a chainsaw. She will also supervise a group of youth during the camp to make the eight surrounding poles, representing the YDGs.

2) Musical Project

In advance to the camp, each country topic group will prepare a 10 minute creative implementation of the challenge they were dealing with in their research. This can be a song, dance, theatre, short movie, etc. Anything creative and innovative, that conveys how to overcome those challenges with the positive power of youth.

During the camp, these groups will have time to rehearse and fine-tune their performances in the afternoons, under the supervision of professionals from the fields of music, drama, dance, costume and stage design.

A team of "directors" will add the individual performances from different country groups together to one show, which will be presented to the public on July 30th in the Odenwaldhalle, Michelstadt. The performance will be a charity event and donations are intended for a local youth project, run by the city of Michelstadt.

All youth participating in the initiative can either choose to be in the group designing the garden, the monument for the garden or the musical performance.

MEAL TIMES & COMMUNITY SERVICE

All days

The youth will have certain responsibilities towards the practical functioning of the camp, i.e. serving food, cleaning the dishes, maintaining public spaces, etc. This inspires a sense of commitment and involvement.

BREAK / SPORTS

Days 1 - 6

Personal time or sports competitions.

NATIONAL AYUDH PRESENTATION:

Days 1,2,3,5

The national AYUDH groups will present the activities and projects of the previous year. The aim is to kindle mutual inspiration and give acknowledgement to the achievements of the youth.

REHEARSAL

Day 1,2,5

Informal time to work on the performances for the musical on 30 July 2011.

OPEN SPACE / GET TOGETHER

Day 1,2,5

Time to share, relax, meet friends and enjoy. Alternatively the youth can join initiatives launched spontaneously by the youth, participation is open to all. Whether a discussion group, a project-planning group, or creative activities - this is a time when participants are empowered to lead small informal workshops, developing leadership and management skills.

FEEDBACK MEETING

Day 3

This will be held within each country group. Gives the youth the chance to share their experience, suggest improvements and to bond with members of their national group.

SITE VISIT TO ODENWALDHALLE, MICHELSTADT

Day 4

The whole group goes to the location of the concert to become familiar with the venue.

PERFORMANCE AT ODENWALDHALLE, MICHELSTADT

Day 6

The highlight of the week: The performance of the 8 “Youth Development Goals” to the public. A group song and dance with all participants of the youth initiative will conclude the performance, displaying the “power of youth to change the world”.

FAREWELL

Day 7

As in 2007, 2008 and 2009, a dignitary will be invited to speak during the closing ceremony and bid farewell to the participants.

To apply to be part of the initiative, please fill in our online form:

<https://spreadsheets0.google.com/spreadsheet/viewform?hl=en&hl=en&formkey=dDZRaWRYUTFiWkFiZzB6QUhxamFwNVE6MA#gid=0>

Please apply as soon as possible so that we can get back to you in time before the registration starts on June 1st. If you have questions, please contact your national youth leader or write to reachingnewheights@ayudh.eu

Thank you and looking forward to see you at M.A. Center Germany!