



Wild Path- The Spanish Experience

We are moving down a **wild path**. A path of uncertainty, emotions, and connections. A path of pain that, when prolonged, can turn into suffering, or joy, unrecognizable without the pain. "Everything in the right measure," my mother would say. Living has to be uncomfortable; otherwise, it's not life.

We are nourished by experiences, which we classify as good or bad depending on the discomfort they cause us and their conclusion. I wonder if it would make sense to avoid grief, if such an action is possible, or if we need it to feel in conditions.

"Conditionally." Everything is standardized. From a football match to an emotion. Anything that deviates from the norm will be penalized, either with expulsion from the game or with the rejection of our team.

To be in a community, flexibility is necessary. To assume the other without ignoring ourselves and to ask without invading. Ah, society, overwhelming and so full. Sometimes you wonder if you have space. The problem with wondering is staying in the interrogation. To be free, you need to act.

The contrasts, the 'buts,' and the 'what ifs' can be overwhelming. I prefer to take them as a challenge, look at them curiously, and examine their path. Survive to live, or vice versa. The choice is ours.

Thank you, **Wild Path**.

Spanish

Nos movemos por un camino salvaje. De incertidumbre, emociones y conexiones. De dolor que prolongado puede convertirse en sufrimiento, o alegría, irreconocible sin el dolor. “Todo en su justa medida,” diría mi madre. Vivir tiene que ser incómodo, sino no es vida.

Nos nutrimos de experiencias, las cuales clasificamos en buenas o malas en función del discomfort que nos producen y su conclusión. Me pregunto si tendría sentido evitar la pena, si acaso tal acción es posible, o si necesitamos de esta para sentir en condiciones.

“En condiciones.” Todo está estandarizado. Desde un partido de fútbol, hasta una emoción. Aquello que se salga de la norma será penalizado, bien con la expulsión del juego o con el rechazo de los nuestros.

Para estar en comunidad, es necesaria la flexibilidad. Asumir al otro sin obviarnos, y pedir sin invadir. Ah, la sociedad, abrumante, tan llena. A veces una se pregunta si tiene espacio. El problema con preguntarse es quedarse en la interrogación. Para ser libre hace falta actuar.

Pueden resultar agobiantes las contraposiciones, los ‘peros’ y los ‘y si’. Yo prefiero tomarlos como un reto, mirarlos con curiosidad, y examinar su senda. Sobrevivir para vivir, o viceversa. La elección es nuestra.

Gracias, **Wild Path.**



Wild Path- The Bulgarian Adventure

Hello, my name is Mihaela, I'm 19 years old, and I'll tell you a little more about the adventure called **Wild Path**. It's an Erasmus project that took place in Osterholz-Scharmbeck, Germany and brought together 32 people from 8 different countries, including Bulgaria, Serbia, Romania, Greece, Portugal, Spain, Latvia, and Germany. It all started with finding the project and signing up. I was afraid of what was coming because I had to travel alone and didn't know anyone at all. Nevertheless, I was filled with positive feelings and felt that only interesting and memorable things were ahead. And so it happened.

The main theme of the project was Jumanji, which oriented us for more outdoor games and exploring the wilderness. Also, this project was related to community building, such as the care groups, as well as the reflection groups. Every day we had certain household tasks, as well as time set aside for communication with the reflection groups.

In the first few days, the games were organized by the project team, then by the national leaders. Every day I didn't know what to expect and wasn't prepared for what might happen. Constantly talking to people you've just met, paying attention to everyone, and smiling all day long was definitely exhausting. On day four, I felt like I had fallen into a hole, I didn't know why, as if all my positive emotions had disappeared. But the place we were in had gathered some amazing people who, besides making you laugh, you could share personal things with. They definitely made me feel like myself again and enjoy the wonderful moments.

After the games organized by the national leaders, it was our turn to shine with ideas. We had two days to come up with our own things related to the theme, to teach

us something new, and, of course, to be entertaining. Each of the teams for the games had put in a lot of effort, and in the end, it was all worth it.

These days passed so fast, but there was still a mystery left of the project. We started to wonder why we had these sleeping bags if we hadn't used them so far and no one had mentioned them. So until the evening of the sixth day, when all participants were warned to go to bed early because something big awaited them the next day! Of course, when someone tells you to do something, you want to do the opposite. That day I went to bed at 4:30 am.

In my first dream, I heard our door slam and there was quite a noise outside. Slightly opening my eyes, I saw the project team banging pots and pans and yelling for us to get up. Everyone gathered in the main room, where we were already divided into teams of 4 or 5 people, and each team was given a list with the only allowed items we could take. Among them were toothpaste and deodorant for the group, the sleeping bags, and only one phone. With no food, no money, and no idea, we were thrown into the Jumanji game for a whole 50 hours! All of this was a huge organization that the project team had handled perfectly.

While I was with my group outside, I learned a lot of things. I learned that if I want something, I just have to ask for it; most people are always willing to help with whatever they can. I learned about teamwork, and how important communication, support, and assistance are. Our group was unbeatable! With all our faith that everything would work out and that we would find what we were looking for, like food, transportation, and shelter – it really happened!

Returning to the place where the project was organized, KulturHaus, it was time for stage three of our adventure – moments for reflection, sharing, and farewell. Two days filled with so many emotions, memories for a lifetime, and unforgettable smiles from people.

I won't lie, I miss the project. These were some of the most unexpected things that have happened to me. For the first time, I met people who shared so much and were so open. For 11 days, we became one big functioning family. All the things I learned about self-esteem, trust in others, the sense of belonging, and personal development were definitely very useful. **Wild Path** is an unforgettable experience and I wish more people could experience it!

Bulgarian

Здравейте, моето име е Михаела, аз съм на 19 и ще ви разкажа малко повече за приключението наречено **Wild path**. Това е Еразъм проект, който се състоя в

Остерхолз и събра 32 човека от 8 различни държави включвайки България, Сърбия, Румъния, Гърция, Португалия, Испания, Латвия и Германия. Всичко започна с намирането на проекта и записването ми. Беше ме страх какво следва, защото трябваше да пътувам сама и не познавах абсолютно никого. Въпреки всичко аз бях позитивно настроена и усещах, че следват само интересни и запомнящи се неща.

Така и стана.

Главната тема на проекта беше Джуманджи, което предразполагаше за повече игри навън и опознаване на дивото. Също така, този проект бе свързан и със създаването на общности, като например групите за чистене и готвене и тези за споделяне.

Всеки ден имахме определени къщни задачи, както и време отделено за комуникация с групите за споделяне. Първите дни игрите бяха организирани от екипа на проекта, след което от националните лидери. Всеки ден не знаех какво да очаквам и не бях подготвена какво може да се случи. Да говориш постоянно с хора, които тепърва опознаваш, да обръщаш внимание на всички и да се усмихваш по цял ден, определено беше нещо изморително.

На четвъртия ден се почувствах като паднала в една дупка, не знаех защо, все едно всичките ми положителни емоции бяха изчезнали. Но мястото на което бяхме, беше събрало едни страхотни хора, с които освен да се смееш, можеше да споделяш. Определено те ме накараха да се почувствам отново себе си и да се наслаждавам на прекрасните моменти. След игрите организирани от националните лидери, беше и наш ред да блеснем с идеи. Имахме два дни в които да измислим собствени неща, които да бъдат свързани с темата, да ни научат на нещо ново и, разбира се, да са развлекателни. Всеки един от екипите беше положил доста труд и накрая всичко си заслужаваше.

Тези дни минаха така неусетно, но все още остатък от проекта беше забуден в мистерия. Започнахме да се питаме, за какво са ни тези спални чували, като не сме ги ползвали до момента и никой нищо не е споменавал за тях. Така до вечерта на шестия ден, когато предупредиха всички участници да си легнат рано, защото утре нещо голямо ги очаква! Разбира се, когато някой ти каже да направиш нещо, ти искаш да направиш обратното. Този ден си легнах в 4:30 сутринта.

Още в първия си сън, чух как вратата ни се блъсна и се вдигаше доста шум отвън. Леко отворила очи видях как от екипа на проекта удряха с тенджери и тигани и викаха да ставаме. Всички събрали се в главната стая вече бяхме разпределени по отбори от 4 или 5 човека и на всеки отбор, дадоха по един лист с единствените позволени неща, които можем да вземем. Сред тях бяха по една паста за зъби и дезодорант на група, спалните чували, както и само един телефон. Без храна, без пари и без идея, бяхме пуснати в играта на Джуманджи за цели 50 часа! Цялото това нещо, беше една огромна организация, с която екипът на проекта се бяха справили перфектно.

Докато бях с моята група навън, научих много неща. Научих се, че ако искам нещо, просто трябва да попитам, повечето хора винаги ще бъдат готови да помогнат с каквото могат. Научих за работата в екип, колко е важна комуникацията, подкрепата и помощта. Нашата група беше ненадмината! С цялата ни вяра, че всичко ще се получи и че ще намерим това, което търсим, като храна, превоз и подслон – то наистина се сбъдна!

Върнали се обратно на мястото, където се организира проекта, KulturHaus, беше и ред на етап три от нашето приключение – моментите за размисъл, споделяне и сбогуване. Едни два дни, изпълнени със страшно много емоции, спомени за цял живот и незабравими усмивки на хора.

Няма да лъжа, проекта ми липсва. Това бяха едни от най-неочакваните неща, които са ми се случвали. За пръв път срещнах хора, които толкова много споделяха и бяха отворени. За 11 дни, ние се превърнахме в едно голямо и функциониращо семейство.

Всички неща, които научих относно личното самочувствие, доверието в околните, чувството за принадлежност и личностното развитие, определено бяха доста полезни. **Wild path** е едно незабравимо преживяване и пожелавам на повече хора да го изпитат!



Wild Path- The Serbian Vibe

The story starts like this: I stumble across this project called **WildPath**, so I decide to apply for it because, in all honesty, I was feeling adventurous and had a lot of free time on my hands. There wasn't much information about the project besides the main goal of it being building a community and working on ourselves, so we were all more or less walking in blindly. April comes, and so the games begin! Forty people from 8 different countries, brought together in a German village, about to spend the next 2 weeks living and working together towards building a small community in the Kulturhaus of Osterholz-Scharmbeck.

The first few days are filled with activities that are thrusting us together, forcing us to work with one another and build a sense of trust among us. The 'theme' of the project is Jumanji, so a lot of those activities are more on the wild, fun, challenging side. The activities take up most of our time, and it is, at times, a bit tiring, being around people all the time, and learning to rely on each other. As the project progresses, the tasks we are given made us become more vulnerable and honest, forcing us out of our shells by dancing, presenting, speaking, expressing our needs and emotions, and learning how to communicate with others without hurting anyone, but respecting ourselves at the same time.

A few days in, the participants are the ones to organize activities instead – we work together in teams to create enjoyable and meaningful workshops, making sure everyone's included.

And then, the game begins.

The game is an experience I will carry with me for the rest of my life, something irreplaceable, and something that, had I known it was coming, I probably wouldn't

have signed up for, but I am so beyond glad I did. They wake us up quite loudly, hitting pots and pans at 7 in the morning, and bring us down to the conference room where they divide us into groups of four or five, and give us a paper with allowed items we may bring with us – amongst which are one phone, one toothpaste and deodorant, and one camera per group, and a toothbrush and a sleeping bag per person. As many clothes as we want and can fit into a bag. No money, no chargers or extra phones or electronics allowed. We have an hour, and then they check our packed things, blindfold us, put us into a car, and drive us off into a field, leaving me and my 3 teammates alone with a singular envelope on a Sunday morning in the middle of nowhere, Germany.

The main task is quite simple – find a way to survive and accommodate ourselves until Tuesday afternoon. Good luck. The envelope contains various challenges – the main one being to find our way to another village – that require us to rely on the kindness of strangers and talk to people on the streets and get out of our comfort zone, get vulnerable and honest with our teams, and confront our fears. The next two days go like that – knocking on people's doors, asking them for help, accommodation, food, or even just help completing various silly challenges, creating lasting memories and new friends along the way.

Coming back to Kulturhaus feels a bit like coming home – hugging everyone, celebrating, and sharing our stories. The last two days of the camp go by in a blur – we talk and share our experiences, say goodbyes, and express our gratitude for all that we've gained over these two weeks.

Serbian

Priča počinje ovako: Naletim na ovaj projekat, nazvan **WildPath**, i odlučujem da se prijavim jer, iskreno, osećam se avanturistički i imam dosta slobodnog vremena. Informacija o projektu nije bilo puno osim glavnog cilja, a to je izgradnja zajednice i rad na sebi, tako da smo svi više ili manje koračali u slepo. Dolazi april, i tako počinju igre! Četrdeset ljudi iz 8 različitih zemalja, okupljeni u nemačkom selu, spremni da provedu naredne 2 nedelje živeći i radeći zajedno kako bi izgradili malu zajednicu u Kulturhausu u Osterholz-Scharmbecku.

Prvih nekoliko dana ispunjeno je aktivnostima koje nas guraju zajedno, prisiljavajući nas da radimo jedni s drugima i izgradimo osećaj poverenja među nama. 'Tema' projekta je Jumanji, pa su mnoge od tih aktivnosti više okrenute ka divljoj, zabavnoj, izazovnoj strani. Aktivnosti zauzimaju veći deo našeg vremena, i ponekad je malo naporno biti oko ljudi konstanto i učiti da se oslanjamo jedni na druge. Kako projekt napreduje, zadaci koje dobijamo čine nas ranjivijima i iskrenijima, izvlačeći

nas iz naših zona komfora plesom, prezentacijama, govorima, izražavajući naše potrebe i emocije i učeći kako da komuniciramo s drugima a da ne povredimo nikoga, ali i da istovremeno poštujemo sebe.

Nekoliko dana kasnije, učesnici su ti koji organizuju aktivnosti – radimo zajedno u timovima kako bismo stvorili ugodne i značajne radionice, vodeći računa da je svako uključen.

A onda, igre počinju.

“Igra” je iskustvo koje ću nositi sa sobom do kraja života, nešto nezamenljivo, i nešto što, da sam znala da će nas čekati, verovatno se ne bih prijavila za projekat, ali sam toliko izuzetno srećna što jesam. Bude nas glasno, udarajući u lonce i tiganje u 7 ujutru, i divide nas do konferencijske sobe gde nas dele u grupe od četiri ili pet osoba, i daju nam papir sa dozvoljenim predmetima koje možemo poneti sa sobom – među kojima su jedan telefon, jedna pasta za zube i dezodorans, i jedan fotoaparatus po grupi, i četkica za zube i vreća za spavanje po osobi. Koliko god odeće želimo i možemo staviti u torbu. Bez novca, bez punjača ili dodatnih telefona ili elektronike. Imamo sat vremena, a zatim nam pregledaju spakovane stvari, stavljaju nam poveze preko očiju, stavljaju nas u automobil i odvezu nas na polje, ostavljajući mene i moja 3 saigrača sami sa jednom kovertom u nedelju ujutru usred nedodije.

Glavni zadatak je prilično jednostavan – pronađite način da preživite i nadete smeštaj do utorka popodne. Srećno. Koverta sadrži različite izazove – glavni je pronaći put do drugog sela – koji zahtevaju da se oslonimo na ljubaznost i dobrotu stranaca i razgovaramo s ljudima na ulici i izidemo iz svoje zone komfora, postanemo ranjivi i iskreni s našim timovima, i suočimo se sa svojim strahovima. Naredna dva dana prolaze tako – kucamo na vrata ljudima, tražimo njihovu pomoć, smeštaj, hranu, ili čak pomoć u ispunjavanju raznih smešnih izazova, stvarajući trajne uspomene i nove prijatelje duž puta.

Povratak u Kulturhaus deluje malo kao povratak kući – grljenje svih, slavljenje i deljenje naših priča. Poslednja dva dana kampa prolaze u magli – pričamo i delimo svoja iskustva, kažemo zbogom, i izražavamo zahvalnost za sve što smo stekli tokom ovih dve nedelje.



Wild Path- Romanian Coded

The '**Wild Path**' project took place in April 2024 in the town of Osterholz-Scharmbeck, Lower Saxony, Germany, at a place fittingly called Kulturhaus. It brought together young people from numerous European countries, including Romania, Spain, Portugal, Germany, Bulgaria, Serbia, Greece, and Latvia. Among the objectives of this project were increasing self-confidence and trust in others, foster a sense of belonging and promote personal development. And increasing trust it did.

Structured as a game, the project had three stages: preparation, the actual game, and reflections/conclusion. Preparation involved 6 days filled with activities focused on self-discovery, teamwork and getting out of our comfort zone. During these days, we formed various "tribes", smaller groups where everyone felt useful through tasks such as taking care of the location, cooking, or discussing previous activities. We learned about techniques such as the non-violent communication framework and Johari's window model. Our small community was put to the test when on days 5 and 6 we organized our own activities, splitting into small groups based on our interests and skills. These days were intense for the teams preparing the activities, some of which spent half the night conceiving engaging and useful games that their peers would go through the next day. The evening of the last day of this stage featured an initiation ceremony for the next stage, leaving each of us thoughtful, as what followed remained a mystery, with everyone trying to guess what would come next. The only advice given by the project organizers was to go to bed early, hinting that we would wake up once the sun rose.

The second stage, the game, began on the morning of the seventh day, as we were awakened very early and directed to the activity hall. There, still trying to fully wake up, we learned that we were organized into teams, which were then revealed to us. Immediately after learning which teams we were in, we were told that we would leave the place that had been our home during the first part of the project, returning in over 50 hours. Everything seemed straightforward until we were handed a piece of paper listing the items we could take with us to be useful during the game, including a phone or shampoo per group, while money or various electronic items were prohibited. Each team was left in an unknown location, receiving an envelope with missions and directions to follow. There were moments of confusion and discussions, but decisions were made collectively in a short time. Participants attempted various methods to reach the target location, encountering challenges and unforgettable

moments along the way. Initially, the belief in finding food or a warm shelter for the next night was very low. However, as we progressed through the game and interacted with people we encountered, we realized that we would succeed in our search. Each team experienced diverse and amazing experiences, spending the two nights in typical regional houses, hostels, farms, a church, and even a former military base, and meeting people from various social and ethnic groups, showing us that we could encounter beautiful people regardless of our differences. On the last day of the game, we returned to KulturHaus, welcomed by the project coordinators in a warm and relaxed atmosphere.

Immediately upon our return to KulturHaus, the final stage began: reflection moments. After having lunch and resting, we gathered to share our experiences through various forms, such as narration, acting, or presenting a video clip. In the last days of the project, there were activities aimed at becoming aware of the actions we took, the decisions we made, the feelings we experienced, the barriers we overcame, the skills we improved, and the beautiful moments we spent together in the remaining evenings.

In conclusion, the project represented a blend of diverse activities that pushed us out of our comfort zones, fostered a sense of belonging to a group, helped us develop skills, and changed our perception of people, teaching us that we can overcome difficult moments by trusting ourselves and those around us, with the key action being to try. This entire process of learning and development took place in an intercultural and welcoming environment, where we lived unique experiences and formed memories that will remain etched in our minds for a long time.

Romanian

Proiectul '**Wild Path**' s-a desfășurat în luna aprilie a anului 2024 în localitatea Osterholz-Scharmbeck din Germania, la o locație numită Kulturhaus. Proiectul a adunat tineri din numeroase țări europene, precum România, Spania, Portugalia, Germania, Bulgaria, Serbia, Grecia și Letonia. Printre obiectivele proiectului se găsesc creșterea încrederii în sine și în cei din jur, creșterea sentimentului de apartenență într-un anumit grup și dezvoltarea personală.

Proiectul a fost structurat sub forma unui joc, etapele acestuia fiind pregătirea jocului, jocul propriu zis și momentele de reflecție / încheierea proiectului.

Prima etapă s-a desfășurat de-a lungul a 6 zile, în prima zi ajungând la KulturHaus, locul care ne-a fost casă și centru de activități pentru cele mai multe zile. Apoi au urmat 5 zile pline de activități de auto-cunoaștere, lucru în echipă dar și provocări ce aveau să ne pregătească pentru marea misiune. În decursul acestei etape au fost formate mai multe 'triburi', grupuri mai mici în care fiecare să își simtă utilă prezența

prin îngrijirea locației, gătit sau participând la sesiuni de reflecție. Aici am învățat tehnici cum ar fi comunicarea non-violentă, dar și despre fereastra lui Johari. Comunitatea noastră a fost pusă la încercare în zilele 5 și 6, când am organizat noi activități pentru colegii noștri. Pentru aceasta, ne-am împărțit pe echipe bazat pe interese și aptitudini și am petrecut ore în șir pregătind un program totodată util și distractiv pentru restul grupului. În seara ultimei zile a acestei etape a avut loc ceremonia de inițiere a jocului, învăluită în mister deoarece singurul sfat primit de organizatorii proiectului a fost acela de a ne culca devreme.

A doua etapă, jocul, a început în dimineața celei de-a șaptea zi, fiind treziți după cum bănuiam foarte devreme și îndrumați către sală de activități. Aici, unii din noi încă încercând să ne trezim complet, am aflat că suntem organizați pe echipe, acestea fiindu-ne prezentate în următoarele momente. Imediat după ce am aflat din ce echipe facem parte, ni s-a transmis că vom părăsi locul care ne-a fost cămin în prima parte a proiectului, urmând să ne întoarcem în acesta peste 50 de ore. Totul părea să fie ușor până ni s-a înmănat o coală de hârtie pe care se afla o listă cu lucrurile pe care le puteam lua cu noi pentru a ne fi de folos în timpul jocului, printre acestea fiind un telefon sau un șampon pe grup, fiind interziși banii sau diverse obiecte electronice. Fiecare echipă a fost lăsată într-o locație necunoscută, primind un plic cu misiuni și locația către care să se îndrepte. Au urmat momente de confuzie, discuții dar în scurt timp s-au luat decizii de comun acord. Participanții au încercat prin diverse metode să ajungă la locația țintă, în drumul spre aceasta trecând împreună prin provocări și momente de neuitat. La început credința de a găsi ceva de mâncare sau un cămin călduros pentru următoarea noapte era foarte scăzută dar cu cât avansam mai mult în joc și interacționam cu oamenii care ne ieșeau în cale ne-am dat seama că vom avea succes în căutarea noastră, dovadă fiind că fiecare echipă a găsit persoane care le-au oferit o masă caldă sau un acoperiș deasupra capului. Fiecare echipă a trăit experiențe diverse și uimitoare, în cele două nopți grupurile dormind în case tipice regiunii, hosteluri, ferme, o biserică și chiar foste baze militare și întâlnind tot felul de persoane, din diverse grupuri sociale, aparținând diferitor grupuri etnice, acest lucru arătându-ne că putem da peste oameni frumoși indiferent de diferențele dintre noi. În ultima zi a jocului am ajuns înapoi la Kulturhaus, fiind întâmpinați de coordonatorii proiectului într-o atmosferă primitoare și relaxantă.

Imediat după ce am ajuns la KulturHaus a început ultima etapă, momentele de reflecție. După ce am servit prânzul și ne-am odihnit, ne-am întâlnit pentru a împărtăși experiențele trăite prin diverse forme, narațiune, actorie sau prezentarea unui videoclip. În ultimele zile ale proiectului au urmat activități de conștientizare a acțiunilor pe care le-am întreprins, a deciziilor pe care le-am luat, sentimentelor pe

care le-am trăit, barierelor pe care le-am depășit și abilităților pe care le-am îmbunătățit dar și momente frumoase petrecute împreună în serile rămase.

În concluzie, proiectul a însemnat un amalgam de activități diverse care ne-au făcut să ieșim din zona de confort, să simțim apartenența la grup, să ne dezvoltăm abilități, să ne schimbăm percepția despre oameni, învățând că putem să ieșim din momente dificile punându-ne încrederea în sine dar și în cei din jurul nostru, acțiunea cheie fiind de a încerca. Tot acest proces de învățare și dezvoltare desfășurându-se într-un mediu intercultural și primitiv, trăind experiențe unice și formând amintiri ce vor rămâne întipărite mult timp de acum încolo.



Wild Path- The Portuguese Intake

Wild Path is a project that brings together 40 people from 8 different countries to share an amazing experience. In this project, we learned about community building, learned to communicate how we feel, and developed cooperation and managing skills. All of this took place in a beautiful venue in the middle of Bremen's nature, filled with young people with different cultures and backgrounds!

At first, I was a little hesitant to embark on this journey. I was unconfident in myself and my skills and nervous to meet new people. But underneath that, I felt like this was something I had to do. There was a spark of excitement and discovery inside of me. Since it was my first project of this kind, I was super nervous about what kind of activities I would participate in and what kind of input they needed from me.

Following the first few days, I realized I had nothing to fear. After I met most of the participants, I understood that this was a safe place. Everyone was so welcoming and nice. I understood that all of my fears were just in my head and no one there would judge me. The organizers showed us a clear and simple plan for the project, which helped me understand what I needed to do in order to improve myself. During the project, the community built itself. We had to work as a team in various ways like cooking, cleaning, and organizing activities for ourselves. The activities proposed were very fun and engaging, making sure everyone participated and was heard. There were many obstacles and many fears to face, but with the help of everyone, I feel like I made massive improvements in myself. I was forced out of my comfort zone and, despite doing things I initially disliked, I ended up liking them. Even though sometimes everything felt a little overwhelming, there was plenty of time for self-care.

At the end of the project, the rest of the participants felt like family to me. We had only known each other for 12 days, but it felt like a lifetime. Saying goodbye was very hard. I left the venue with a new vision of the world, a new vision of myself, and a new vision of my future. I cannot express how thankful I am to have participated in this project and I wish many new young people go through this process to rediscover themselves.

Portuguese

Wild Path é um projeto que reúne 40 pessoas de 8 países diferentes para partilhar uma experiência incrível. Neste projeto, aprendemos sobre construção de comunidade, aprendemos a comunicar como nos sentimos e habilidades de cooperação e gestão. Tudo isto num local bonito no meio da natureza de Bremen, cheio de jovens de diferentes culturas e origens!

No início, estava um pouco hesitante em aceitar embarcar nesta jornada. Estava inseguro em relação a mim mesmo, às minhas habilidades e nervoso por conhecer novas pessoas. Mas por baixo disso, senti que isso era algo que tinha de fazer. Havia uma um sentimento de entusiasmo e descoberta dentro de mim. Como era o meu primeiro projeto deste tipo, estava super nervoso sobre que tipo de atividades iria participar e que tipo de contribuição precisariam de mim.

Após os primeiros dias, percebi que não tinha nada a temer. Depois de conhecer a maioria dos participantes, percebi que era um lugar seguro. Todos foram tão acolhedores e simpáticos. Entendi que todos os meus medos estavam apenas na minha cabeça e que ninguém ali me julgaria. Os organizadores apresentaram-nos um plano claro e simples para o projeto, o que me ajudou a entender o que precisava fazer para melhorar. Durante o projeto, a comunidade construiu-se sozinha. Tivemos de trabalhar em equipa de várias maneiras, como cozinhar, limpar e organizar atividades para nós mesmos. As atividades propostas foram muito divertidas e envolventes, garantindo que todos participassem e fossem ouvidos. Houve muitos obstáculos e muitos medos a enfrentar, mas com a ajuda de todos, sinto que melhorei imenso. Fui forçado a sair da minha zona de conforto e, apesar de fazer coisas que não gostava, acabei por gostar. Mesmo se às vezes tudo se tornasse demasiado intenso, havia muito tempo estar sozinho e cuidar de mim.

No final do projeto, os restantes participantes pareciam família para mim. Só nos conhecíamos há 12 dias, mas parecia uma vida inteira. Dizer adeus foi muito difícil. Deixei o local com uma nova visão do mundo, uma nova visão de mim mesmo e uma nova visão do meu futuro. Não consigo expressar o quanto estou grato por ter participado neste projeto e desejo que muitos jovens passem por este processo para se redescobrirem.



Wild Path through greek eyes

Participating in the Erasmus+ program "**Wild Path**" from April 7th to 19th, 2024, at KulturHaus near Bremen, Germany, was my first Erasmus+ experience and truly transformative.

The program featured a variety of activities, including morning circles, meditation, dance exercises, and fun night games, with daily workshops focused on building a strong sense of community and effectively communicating our problems. One highlight was an outdoor adventure where we had to survive for three days without any money, which was both challenging and rewarding. Throughout the program, everyone was very respectful of each other's needs, creating a supportive environment.

Personally, I noticed a significant improvement in how I handle challenges and communicate with others, and it helped me reduce my time on the phone and social media. The sense of community was particularly strong, fostered by our morning circles where we listened to each other's needs. Interacting with participants from eight different countries, aged 18-30, and with diverse backgrounds, was fascinating and enriching. I thoroughly enjoyed my time and highly recommend this program to others. The experience has motivated me to face future responsibilities with confidence and reinforced my belief that I can achieve anything I set my mind to. I am committed to maintaining the friendships I made and cherishing these connections for a lifetime.

-Filia Kiritsi

Συμμετέχοντας στο πρόγραμμα Erasmus+ "**Wild Path**" από τις 7 έως τις 19 Απριλίου 2024, στο KulturHaus κοντά στη Βρέμη της Γερμανίας, ήταν η πρώτη μου εμπειρία με το Erasmus+ και πραγματικά μεταμορφωτική. Το πρόγραμμα περιλάμβανε μια ποικιλία δραστηριοτήτων, όπως πρωινές συγκεντρώσεις, διαλογισμό, ασκήσεις χορού και διασκεδαστικά νυχτερινά παιχνίδια, με καθημερινά εργαστήρια που επικεντρώνονταν στην οικοδόμηση μιας ισχυρής

αίσθησης κοινότητας και στην αποτελεσματική επικοινωνία των προβλημάτων μας. Ένα από τα σημαντικότερα σημεία ήταν μια υπαίθρια περιπέτεια όπου έπρεπε να επιβιώσουμε για τρεις ημέρες χωρίς χρήματα, που ήταν και δύσκολη και επιβραβευτική. Καθ' όλη τη διάρκεια του προγράμματος, όλοι σέβονταν στις ανάγκες των άλλων, δημιουργώντας ένα υποστηρικτικό περιβάλλον. Προσωπικά, παρατήρησα σημαντική βελτίωση στον τρόπο που αντιμετωπίζω τις προκλήσεις και επικοινωνώ με τους άλλους, και με βοήθησε να μειώσω τον χρόνο που περνάω στο τηλέφωνο και τα μέσα κοινωνικής δικτύωσης. Η αίσθηση της κοινότητας ήταν ιδιαίτερα ισχυρή, που καλλιεργήθηκε από τις πρωινές μας συγκεντρώσεις. Η αλληλεπίδραση με συμμετέχοντες από οκτώ διαφορετικές χώρες, ηλικίας 18-30, και με διαφορετικά υπόβαθρα, ήταν συναρπαστική και εμπλουτιστική. Απόλαυσα απόλυτα τον χρόνο μου και συνιστώ ανεπιφύλακτα αυτό το πρόγραμμα σε άλλους. Η εμπειρία με έχει κινητοποιήσει να αντιμετωπίσω με αυτοπεποίθηση τις μελλοντικές ευθύνες και ενίσχυσε την πίστη μου ότι μπορώ να πετύχω οτιδήποτε σκεφτώ. Είμαι αποφασισμένη να διατηρήσω τις φιλίες που δημιούργησα και να κρατήσω αυτές τις σχέσεις για μια ζωή.

-Φιλία Κυρίτση



What is WildPath? [The German POV]

WildPath is ominous, mysterious, unclear. It is somehow about community and community building, but not much more information was shared. Accepting the spot was a leap of faith.

That leap took 32 people from 8 different countries to the Kulturhaus in Osterholz-Scharmbeck on the 7th of April 2024. The participants chose their rooms and were treated to dinner on the first night, on Day Zero. What happened next?

Day 1: Some light was shed on the mysterious shroud surrounding the project. The team introduced themselves and their responsibilities. They were followed by the group leaders, the binding nexus between the team and the participants. The participants finished the introduction round by stating what they said “yes” to when accepting their spot, and we started with the activities.

The first two days were about getting to know each other and “the community”. We created our Care Groups and Reflection Groups. The Care Groups were part of the schedule to keep the house clean, and their task rotated every day. Reflection groups provided the time and space to discuss the events of the day and reflect on what we experienced. The groups were set up and led individually by the group leaders, tailored towards the needs of the participants that made up the group. The rest of the day consisted of movement-based activities and games and a cooking challenge.

Day 2 and 3: These were the days of the group leaders. We kicked it off with an evening activity: A guided meditation and a reflection on one’s own understanding of the concept “community”. The meditation was so relaxing that more than one person actually fell asleep. Still, the following discussion of the reflection was lively, the participants were eager to share. The third day was more dynamic: After a workshop on self-expression and communicating one’s own needs, we revitalized the group with some movement and our own physical expression of the four elements. My “fire” representation made me jump so aggressively that my elbow met someone's

forehead. Luckily, no one was hurt. The afternoon was stations of different activities with games testing the group dynamics in different aspects, which concluded the days led by the group leaders.

We did not want the participants to feel left out, so we informed them the next day that they were in charge for the next one and a half days. The “Learning Community” started – the participants had one hour to design the plan for the next days, including the morning circles, lunch breaks, Care Group and Reflection Group times. Setting up a plan with 25 people is a challenging task and, for the first time, some real friction was felt within the group. The community was tested. Despite the struggle, the group came up with a solid plan. They had created one activity for each of the 4 needs of a community – Belonging, Independence, Enjoyment, and Power. Both in the preparation and in the execution of the activities, they were faced with challenges and decisions that had to be made on the spot. The first half of day six lay in the hands of the participants as well. It took some quiet moments of confusion to realize that this included the moderation of the morning circle. Until noon we were engaged in an elaborate “Jumanji Adventure” game, with groups of participants completing quests promoting teamwork, cooperation, and coordination at different stations, vying for victory with the other groups. Christian and Gabi took over again and sent us off with a “Get a good night’s rest”.

We group leaders knew what was coming. At night, we embarked on a journey through the Kulturhaus, which was now changed, almost unrecognizably so. We were entering the next stage of the project. We affirmed that we were ready to enter “The Game”. We reflected on our journey so far and where we wanted it to go from here. We crossed a threshold.

Day 7: The Game begins. We were violently woken up by the team walking through the house with whistles and smashing pot-lids together. We were gathered in the training room and the rules of the game were read to us. “This is an outdoor experience, not a survival experience”. We were divided into groups of four and given a packing list with things we were allowed to take with us. This list did not include the following: money, food, accommodation. (How would one pack accommodation?). “Be ready to depart in 1h”. After the rigorous “border control” – I have been to airports that were less strict than this border control – we were put in a car and asked to put blindfolds on. It got real.

I will not go into detail about the outdoors experience, because it was different for every single one of us. What we all shared, however, was the experience of immense gratitude towards the people that helped us simply from the kindness of their hearts. They offered us food, money, accommodation, transportation – everything we needed to survive – without wanting anything in return. A reminder

that most people are good and kind beings, and that if you ask for help, chances are that you will receive it. It was a transformative and liberating experience. Having only the things in your backpack with you and only your immediate reality and basic needs to consider rewards you – if you let it – with an immense sense of freedom. It does not matter if you have an exam in two weeks. It does not matter if you have a tiring journey back home after the project. What matters is to make the most of the present moment. I can say with some degree of certainty that we all returned as different people. We had learned something, received something. This was also reflected in the way we related to each other. These two days of absence deepened our bond. We were so happy to see each other again after this intense experience. We had triumphed, and that connected us.

The last two days after the outdoors were about processing what we learned and enjoying the time we had left with each other. We organized a party to celebrate and took a whole day to say goodbye to each other. This included verbalizing what we were grateful for. A beautiful and heartbreaking thing. We had known each other for less than two weeks, but it felt like an eternity. The prospect of parting ways seemed both close and far away. It was not real, until it was. Some of us would see each other again, but this exact constellation of people would never be together again. That is one of the final lessons of the project: Loss. Loss as a part of life. Nothing lasts forever, and saying goodbye is part of life. This is a difficult lesson and hard to accept for some.

The reality only set in after returning home. My environment was the same as when I left it, but I had changed. It was strange. It felt...empty. As if something was missing. And of course, it was – the people I had shared the last weeks with were missing. It would take time to process everything and arrive back “in the real world”. This can be a difficult time. The feeling of loss, coupled with the circumstance that most people back home will not be able to understand just how the experience, the aspect of community, had impacted me, even if I describe it in detail. It can feel lonely. But if any of my fellow WildPathers should read this – it will pass. You will adjust to your world again, and you will be “more”. Because now you have people all around Europe whom you share a bond with. Cherish it.

German

Was ist **WildPath**? WildPath ist ominös, mysteriös, unklar. Es geht irgendwie um Gemeinschaft und den Aufbau von Gemeinschaft, aber nicht viel mehr Informationen wurden geteilt. Die Teilnahme war ein Sprung ins Ungewisse.

Dieser Sprung führte 32 Personen aus 8 verschiedenen Ländern am 7. April 2024 ins Kulturhaus in Osterholz-Scharmbeck. Die Teilnehmer*innen wählten ihre Zimmer aus und wurden am ersten Abend, am Tag Null, mit einem Abendessen verwöhnt. Was passierte als nächstes?

Tag 1: Ein wenig Licht wurde auf den mysteriösen Schleier um das Projekt geworfen. Das Team stellte sich und ihre Rollen vor. Ihnen folgten die Gruppenleiter, das verbindende Bindeglied zwischen dem Team und den Teilnehmer*innen. Die Teilnehmer*innen beendeten die Einführungsrunde, indem sie angaben, wozu sie "Ja" gesagt hatten, als sie ihren Platz annahmen, und wir begannen mit den Aktivitäten.

Die ersten beiden Tage drehten sich darum, sich gegenseitig und "die Gemeinschaft" kennenzulernen. Wir bildeten unsere Care Groups und Reflection Groups. Die Care Groups waren Teil des Plans, um das Haus sauber zu halten, und ihre Aufgaben wechselten täglich. Die Reflection Groups boten Zeit und Raum, um die Ereignisse des Tages zu besprechen und darüber nachzudenken, was wir erlebt hatten. Die Gruppen wurden individuell von den Gruppenleitern eingerichtet und geleitet und auf die Bedürfnisse der Gruppenmitglieder zugeschnitten. Der Rest des Tages bestand aus bewegungsbezogenen Aktivitäten und Spielen sowie einer Kochherausforderung.

Tag 2 und 3: Dies waren die Tage der Gruppenleiter. Wir begannen mit einer Abendaktivität: einer geführten Meditation und einer Reflexion über das eigene Verständnis des Konzepts "Gemeinschaft". Die Meditation war so entspannend, dass mehr als eine Person tatsächlich einschlief. Dennoch war die anschließende Diskussion der Reflexion lebhaft, die Teilnehmer*innen waren begierig, ihre Gedanken zu teilen. Der dritte Tag war dynamischer: Nach einem Workshop zur Selbstexpression und Kommunikation eigener Bedürfnisse belebten wir die Gruppe mit etwas Bewegung und unserer eigenen physischen Darstellung der vier Elemente. Meine "Feuer"-Darstellung ließ mich so aggressiv springen, dass mein Ellbogen auf die Stirn einer anderen Person traf. Glücklicherweise wurde niemand verletzt. Der Nachmittag bestand aus Stationen mit verschiedenen Aktivitäten und Spielen, die die Gruppendynamik in verschiedenen Aspekten testeten und die von den Gruppenleitern geleiteten Tage abschlossen.

Wir wollten nicht, dass sich die Teilnehmer*innen ausgeschlossen fühlten, also informierten wir sie am nächsten Tag, dass sie für anderthalb Tage die Verantwortung übernehmen würden. Die "Learning Community" begann – die Teilnehmer*innen hatten eine Stunde Zeit, um den Plan für die nächsten Tage zu entwerfen, einschließlich der Morning Circles, Mittagspausen, Care Groups und Reflection Groups. Die Erstellung eines Plans mit 25 Personen ist eine Herausforderung, und

zum ersten Mal wurde innerhalb der Gruppe echte Reibung spürbar. Die Gemeinschaft wurde auf die Probe gestellt. Trotz der Schwierigkeiten kam die Gruppe zu einem soliden Plan. Sie hatten eine Aktivität für jeden der 4 Bedürfnisse einer Gemeinschaft – Zugehörigkeit, Unabhängigkeit, Vergnügen und Macht – geschaffen. Sowohl bei der Vorbereitung als auch bei der Durchführung der Aktivitäten sahen sie sich Herausforderungen und Entscheidungen gegenüber, die spontan getroffen werden mussten. Die erste Hälfte des sechsten Tages lag ebenfalls in den Händen der Teilnehmer*innen. Es brauchte einige ruhige Momente der Verwirrung, um zu erkennen, dass dies auch die Moderation des Morgenkreises beinhaltete. Bis zum Mittag waren wir in einem ausgearbeiteten "Jumanji-Abenteuer" -Spiel engagiert, bei dem Gruppen von Teilnehmer*innen Aufgaben erfüllten, die Teamarbeit, Zusammenarbeit und Koordination an verschiedenen Stationen förderten und mit den anderen Gruppen um den Sieg rangen. Das Team übernahm wieder und schickte uns mit einem "Gute Nacht" ins Bett.

Wir Gruppenleiter wussten, was kommen würde. Nachts begannen wir eine Reise durch das Kulturhaus, das jetzt fast unerkennbar verändert war. Wir betraten die nächste Phase des Projekts. Wir bekräftigten, dass wir bereit waren, "das Spiel" zu betreten. Wir reflektierten über unsere bisherige Reise und wohin wir von hier aus gehen wollten. Wir überschritten eine Schwelle.

Tag 7: Das Spiel beginnt. Wir wurden gewaltsam von dem Team geweckt, das mit Pfeifen durch das Haus ging und Topfdeckel zusammenschlug. Wir wurden im Schulungsraum versammelt, und die Regeln des Spiels wurden uns vorgelesen. "Dies ist ein Outdoor-Erlebnis, kein Überlebenserlebnis". Wir wurden in Gruppen zu je vier Personen aufgeteilt und erhielten eine Packliste mit Dingen, die wir mitnehmen durften. Auf dieser Liste standen nicht: Geld, Essen, Unterkunft. (Wie sollte man Unterkunft einpacken?). "Seid in einer Stunde abreisebereit". Nach der rigorosen "Grenzkontrolle" – ich war auf Flughäfen, die weniger streng waren als diese Grenzkontrolle – wurden wir in ein Auto gesetzt und gebeten, uns die Augenbinde anzulegen. Es wurde ernst.

Ich werde nicht ins Detail über das Outdoor-Erlebnis gehen, weil es für jeden von uns anders war. Was wir alle jedoch teilten, war die Erfahrung der immensen Dankbarkeit gegenüber den Menschen, die uns einfach aus Freundlichkeit halfen. Sie boten uns Essen, Geld, Unterkunft, Transport – alles, was wir zum Überleben brauchten – ohne etwas im Gegenzug zu verlangen. Eine Erinnerung daran, dass die meisten Menschen gute und freundliche Wesen sind, und dass, wenn man um Hilfe bittet, die Chancen gut stehen, dass man Hilfe erhält. Es war eine transformative und befreiende Erfahrung. Wenn man nur die Dinge in Ihrem Rucksack bei sich hat und nur die unmittelbare Realität und Grundbedürfnisse zu berücksichtigen hat, belohnt

es einen – wenn man es zulässt – mit einem immensen Gefühl der Freiheit. Es spielt keine Rolle, ob man in zwei Wochen eine Prüfung hat. Es spielt keine Rolle, ob man nach dem Projekt eine anstrengende Heimreise hat. Was zählt, ist, das Beste aus dem gegenwärtigen Moment zu machen. Ich kann mit einer gewissen Sicherheit sagen, dass wir alle als andere Menschen zurückgekehrt sind. Wir hatten etwas gelernt, etwas erhalten. Dies spiegelte sich auch in unserer Beziehung zueinander wider. Diese beiden Tage des Fernbleibens vertieften unsere Bindung. Wir waren so glücklich, uns nach dieser intensiven Erfahrung wiederzusehen. Wir hatten triumphiert, und das verband uns.

Die letzten beiden Tage nach dem Outdoor-Erlebnis drehten sich darum, zu verarbeiten, was wir gelernt hatten, und die verbleibende Zeit miteinander zu genießen. Wir organisierten eine Party, um zu feiern, und verbrachten einen ganzen Tag damit, uns voneinander zu verabschieden. Dazu gehörte auch das Aussprechen dessen, wofür wir dankbar waren. Eine schöne und herzerreißende Sache. Wir kannten uns weniger als zwei Wochen, aber es fühlte sich an wie eine Ewigkeit. Die Aussicht, sich zu trennen, schien sowohl nah als auch fern zu sein. Es war nicht real, bis es real wurde. Einige von uns würden sich wiedersehen, aber diese genaue Konstellation von Menschen würde nie wieder zusammen sein. Das ist eine der letzten Lektionen des Projekts: Verlust. Verlust als Teil des Lebens. Nichts hält ewig, und sich zu verabschieden ist ein Teil des Lebens. Das ist eine schwierige Lektion und für einige schwer zu akzeptieren.

Die Realität setzte erst nach der Rückkehr nach Hause ein. Meine Umgebung war dieselbe wie die, als ich sie verlassen hatte, aber ich hatte mich verändert. Es war seltsam. Es fühlte sich ... leer an. Als ob etwas fehlen würde. Und natürlich war es so – die Menschen, mit denen ich die letzten Wochen geteilt hatte, fehlten. Es würde Zeit brauchen, um alles zu verarbeiten und zurück in die "reale Welt" zu gelangen. Das kann eine schwierige Zeit sein. Das Gefühl des Verlusts, gepaart mit der Tatsache, dass die meisten Menschen zu Hause nicht verstehen werden, wie sehr mich die Erfahrung, der Aspekt der Gemeinschaft, auch wenn ich sie im Detail beschreibe, beeinflusst hat. Es kann sich einsam anfühlen. Aber wenn einer meiner WildPath-Kollegen das hier liest – es wird vergehen. Du wirst dich wieder an deine Welt anpassen, und du wirst "mehr" sein. Denn jetzt hast du Menschen in ganz Europa, mit denen du eine Bindung teilst. Schätze es.