

Join our  
Youth Exchange

## Co-creation of inclusive international youth projects

Meaningful experiences in international youth projects often stem from young people feeling that their needs and interests were met. **Creating programmes in a participatory way together with youngsters is a great way of achieving that.** It fosters coherence, ownership and allows for learning opportunities already during the process of creation.

### Concrete tips and tricks on how to do that:

- In order to avoid frustrations and potential conflicts, **set the frame of what is possible when asking for young people's suggestions.**
- You should also remember to **create the right conditions** for young people to share their ideas: reach out ahead of time and offer an adapted space for these contributions to be shared.
- **Young people** know their interests and needs best and **should be treated as equal partners.** Talk with the young people you would like to invite to your project and listen to their fears, needs and desires.
- **Include young people in all parts of the programme:** co-design the youth exchange with them, let them lead activities during the exchange and conduct evaluation and dissemination together with them.

*"So our biggest success in this program was to see that those participants that had expressed a very clear need, right, or being very clear about the condition that they were coming. It was very beautiful to see them acting upon their needs and co-creating with the rest of the group that were obviously also on board to make sure that they could participate and feel comfortable participating."*

Adriana Costa Souza, Knowmads Alternative School, Netherlands



Adriana Costa Souza  
The Netherlands

Reach out to your national agency for support:

Find contact details on the [EU commission's webpage](#).

More resources about inclusion:

SALTO I&D Resource Centre and the Strategic Partnership for Inclusion are continuously enriching the [ID library](#) with up to date resources about inclusion and diversity.

