

...changes through exchanges,

in our own words...



'I don't want to sit on a beach in the Costa del Sol, staying in a cloned hotel. **I want an experience that's different** – and from which I will learn. A youth exchange.' **John** (Bangladesh)

'There's a saying that travel broadens the mind; if that's so **my head's exploding!** I would strongly encourage young people to get involved in a youth exchange.' **Dan** (Trinidad)

'I've learnt that it's actually quite **easy to form friendships** with people who don't speak the same language and don't share the same culture, creed and colour. Such things should never be a barrier to making friends.' **Sarah** (India)

'Since you guys left the only problem has been how I miss you – **we shared so much fun together**. Now I feel bored at home.' **Ali** (The Gambia)

'The exchange helped us to learn to accept and appreciate other team members, discover talents and weaknesses in ourselves, and **encouraged commitment and positive attitudes**.' **Kwame** (Ghana)

'Taking minutes, chairing meetings, fundraising, speaking – it's been a great and continuous learning process and has **given me huge personal confidence and the skills that will help me in my working life**. I know I can do a lot of things with my life.' **Khairun** (Namibia)

'The whole exchange was **an education, a challenge and a fantastic learning experience**. We learnt how to plan, team build, problem solve and achieve our goals.' **Samir** (India)

common vision, shared future



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*'Meeting young people from a different country is a **starting point and also a taste for what there is in this world** – many beautiful and wonderful people, lands, cultures, customs and traditions.*

*It's only when you are open to learning about other people and cultures that you can learn about yourself as well.'* **Matt** (Mauritius)

*'Having a visitor from a foreign country makes you look at your own life from a different perspective and that can be **a very enlightening experience.***

**Charlotte** (Tanzania)

*'I learnt a lot about myself and I feel more open now.*

*It made me look at my life and now I see how important it is for me to further my education.'* **Foyzur** (Kenya)

*'I think we've played an important role in the promotion of worldwide peace and friendship – by **bridging social, cultural and racial gaps through the exchange of ideas.*** **Ketoki** (India)

*'We all learnt a lot from each other and realise that although we live in very diverse circumstances, we have a lot in common and share many similar experiences.'* **Shane** (South Africa)

*'What a fantastic experience. I had never even left England before. I enjoyed staying with the families. I've left part of myself over there – so I guess I'll just have to go back and find it! **I've made the best friends ever.***

**Marika** (Jamaica)

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