THE GREEN GALLOP
JASZKOWO, POLAND

Co-funded by the European Union

Projekt: Green Galop
Lider: Fundacja Twoja Świadomość Życia
Partnerzy: Global Cirkle (Itally), Harsova 3D (Romania), MTU JazzON (Estonia)
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GREEN GALLOP

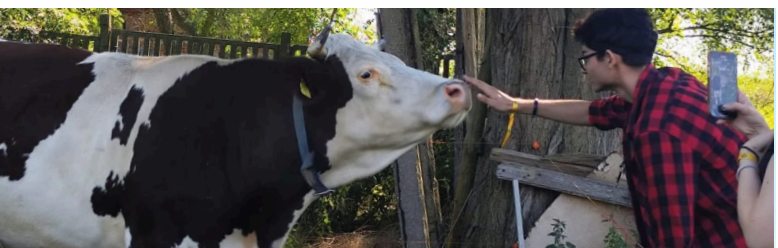








JASZKOWO
18 - 24 SEPTEMBER





I. INTRODUCTION



In September 2025, twenty-eight young people from Poland, Romania, and Italy gathered at the Jaszkowo Equestrian Centre, a place surrounded by forests and open fields. This was the setting of Green Gallop—an Erasmus+ youth exchange where nature, animals, and wellbeing shaped a shared journey of discovery.

The idea behind Green Gallop was simple yet powerful: to explore how caring for animals and the environment can also nurture our mental health. Horses became our companions and teachers, reminding us that responsibility, patience, and respect are skills that cross the boundaries of species. At the same time, daily workshops and outdoor activities gave us a chance to connect across cultures, share perspectives, and practice eco-friendly lifestyles.

Why did we meet? To learn, but not in the usual way. We came together to develop at least three eco-skills each, to better understand the role of nature in emotional balance, and to take responsibility for the impact we have on the environment. Every activity—whether it was observing horses, working on a farm, or preparing intercultural evenings—brought us closer to these goals.

The outcomes of Green Gallop were meant to last beyond Jaszkowo. By the end of the week, each participant not only gained new knowledge but also a stronger sense of awareness: the importance of protecting nature, the value of positive attitudes towards animals, and the link between wellbeing and the environment. These experiences became part of our Youthpass journey, a reminder that learning happens not only in classrooms but also in stables, forests, and fields.

Green Gallop was more than a project. It was a space where cultures met, friendships grew, and responsibility for the planet took root in everyday actions.













8 KEY COMPETENCES OF THE ERASMUS+ PROGRAMME

The eight key competences in the Erasmus+ programme (in line with the Council Recommendation of 22 May 2018 on key competences for lifelong learning) are fundamental skills and attitudes that the programme supports and helps participants develop.

1. LITERACY COMPETENCE

This includes the ability to read, write, understand, and correctly use written information. It requires knowledge of vocabulary, grammar, and the ability to communicate orally and in writing in various contexts. It develops the capacity for critical assessment of sources.





2. MULTILINGUAL COMPETENCE

This is the ability to use different languages effectively and appropriately for communication. Apart from knowledge of vocabulary and grammar, it also includes awareness of social conventions, as well as the cultural aspects and variability of languages, which is crucial in international mobility.

3. MATHEMATICS COMPETENCE AND SCIENCE, TECHNOLOGY, ENGINEERING (STEM) COMPETENCES

Mathematics competence is the ability to think logically, apply mathematical principles to solve everyday problems, and understand data. STEM competence involves applying scientific knowledge, understanding the natural world, and developing technological and engineering skills.



4. DIGITAL COMPETENCE

This involves the confident, critical, and responsible use of digital technologies for work, learning, and participation in society. It covers the skills of searching, evaluating, storing, creating, and sharing digital content, as well as digital safety and technical problem-solving.

5. PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE

This is the ability to reflect on oneself, manage time and information, work constructively with others, show resilience, and cope with uncertainty and complexity. These are essential for self-development, cooperation, and lifelong learning.

6. CITIZENSHIP COMPETENCE

The capacity for responsible and constructive participation in social and political life. It includes knowledge of democratic concepts and structures, understanding of common EU values, as well as the ability to express one's opinions and take an interest in societal developments.

7. ENTREPRENEURSHIP COMPETENCE

This refers to the ability to turn ideas into action (in a financial, cultural, or social context). It requires creativity, critical thinking, initiative, perseverance, and skills in planning and project management.



8. CULTURAL AWARENESS AND EXPRESSION COMPETENCE

This includes recognising and respecting the rich diversity of cultures, and understanding how creative works and cultural expression can be a means of communication. It develops the capacity for self-expression and creativity through various art forms and media.

Through international mobility and projects, the Erasmus+ programme provides participants with opportunities to practically apply and strengthen all these competences, preparing them for the challenges of the contemporary labour market and active citizenship.

5 INCREDIBLE BENEFITS OF GETTING A YOUTHPASS!

A Youthpass is not just a piece of paper – it's an official confirmation of the superpowers you gained during your Erasmus (or other youth projects). Get it straight: this thing has real value.



1. CV/PORTFOLIO UPGRADE

The Youthpass is a formal EU document. No lying allowed. Employers (or university recruiters) see it and think: "Okay, this person didn't just go abroad, they know exactly what they did there and what they gained." It makes you stand out from hundreds of other resumes because it proves you know how to convert experience into tangible skills (those 8 competences we talked about). Simply put: you get a head start!







2. SELF-AWARENESS LEVEL HARD (YOU KNOW WHAT YOU'RE GOOD AT)

Thanks to the Youthpass, you have to sit down and analyze what you've actually learned. Instead of saying "I learned English and I was in Poland," you can say: "I improved my cross-cultural communication skills and learned how to manage a small project within an international team." The Youthpass helps you name and define those soft skills – which is key to confidence during interviews.

3. "FIT FOR INTERNATIONAL COLLABORATION" SEAL

The Youthpass confirms your social and civic competences in practice. Being on Erasmus often means dealing with group dynamics, conflict resolution, and adapting to new conditions. The Youthpass is proof that you can work with people from different cultures, you are flexible, and you have initiative. That is super important in today's global world.

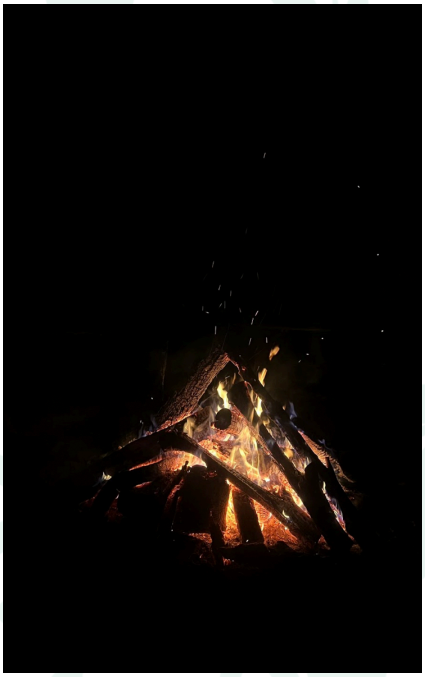


4. FOUNDATION FOR STUDIES/CAREER (IT'S NOT JUST ABOUT GRADES)

Many universities, especially abroad, look beyond grades. They want to see an active and self-aware candidate. The Youthpass is hard evidence that you are proactive and committed to learning outside the classroom (Lifelong Learning). You can attach it to your university application or use its content in motivational letters to show you already grasp entrepreneurship or digital competences.

5. YOU HAVE PROOF OF YOUR SOFT SKILLS (AND THEY MATTER THE MOST)

In school, you get grades for knowledge. The Youthpass is a document that validates your soft skills, such as: stress management, assertiveness, creativity, critical thinking. These "human" skills are now the most sought after in the job market. The Youthpass pulls them out of the shadows and gives them an official stamp.



To sum up: The Youthpass is your personal "level up" in paper form, and it seriously helps when you're looking for a job, internship, or thinking about studying abroad.

DAY 1

We opened the Green Galop journey in Jaszkowo with 28 young people from Romania, Italy, and Poland. The first hours were about feeling safe, seen, and ready to learn together.

The morning blended name-learning games and quick icebreakers that helped us remember faces and stories. We explored the venues, reviewed safety rules, and mapped the spaces where we would work and rest. A focused session followed on Erasmus+ attitudes: respect, inclusion, participation and on how the Youthpass captures our learning. In the afternoon, “Mission Impossible, Part 1” pushed creativity: teams crafted logos, short promotional videos and slogans and built a simple evaluation tool to track our progress. We closed the day informally, mingling, comparing notes and some chose an optional gong concert for deep relaxation, while others tried horse-cleaning activities and learned basic stable rules.





On the first day I felt both nervous and curious, but the games and activities helped me feel part of the group very quickly. Cleaning the horses was a new experience for me and I realized how much calmness and patience they can teach us.

ROBERTA, 22

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DAY 2

We picked up loose threads from yesterday and leaned into imagination and empathy. We started the day with “Mission Impossible, Part 2”, where teams discussed the logos, videos, and slogans from day one, refining messages and improving the quick evaluation tool. The core workshop “One Planet, Many Needs (Part 1)”, asked us to step into roles: nature, animals, aliens. In character, we answered: What do we see and hear from humans? What do we think and feel? What challenges and opportunities exist for coexistence?

The role-play was followed by a calm field observation with Mary and her horse Nabal. We practiced silence, noticed posture and breathing, and learned to read small signals. Optional horse-cleaning continued for those who wanted hands-on care. The day ended with the Polish team’s intercultural night: music, food, and stories that made our group feel like a shared home.



Today was a special day, it was the second day and we connected more with each other. As an activity, we started Mission Impossible and divided into groups to create a logo, slogan, evaluation tool, video, and social media. I was in the logo creation group, and together we came up with a very nice system, using horses instead of stars. In the evening, we had the intercultural night with the Polish team, and I discovered lots of interesting things — it was a very enriching experience.



MAURIZIO, 22

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DAY 3

By day three, trust was visible. We were ready to connect learning with service. The plan took us beyond the training room into a community story.

We visited Marszewo, an ecological farm that supports people recovering from addiction. Our volunteering was practical: garden tasks, and helping where extra hands were needed. We talked with staff about how the farm balances environmental care with human healing. The conversation joined our project goals: eco-skills, responsibility, and the mental-health value of green spaces. Back in Jaszkowo we met Małgorzata Morsztyn, a Polish equestrian athlete and coach. She spoke about horses' needs: space, routine, calmness and how a good rider thinks first about the animal's comfort. Her advice was simple and precise: observe, breathe, respect, adjust. In the evening optional horse-cleaning continued, and some chose another gong session to process a full day.







The visit on a farm really showed me the importance of community, nature and work in dealing with mental health problems. I enjoyed collecting pumpkins together, it was a lot of fun. Meeting with Małgorzata, her person, views and words really resonated with me. It was the approach to horses I was looking for all along. She made me feel inspired to work on myself and become a better person for horses.

RADOSLAWA (SYAMA), 21

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DAY 4

We opened with our daily morning circle, naming what we were grateful for. The atmosphere was calm and focused people spoke with ease, and the group rhythm felt steady.

The first workshop brought photography into nature. We explored simple, useful basics: composition and framing, the rule of thirds, balance and leading lines, light and shadow, angles and perspective. Then we went outside to practice slowing down, choosing a subject, telling a story in one frame. Back indoors, we reviewed a selection of photos, offering kind, specific feedback: what works, what to try next, how the image carries feeling. In the afternoon, “Mission Impossible” shifted to communication outputs. Small teams drafted brochure text, shaped Instagram stories, and recorded short interviews to capture participants’ voices. Another group planned shots for a promotional film, sketching scenes and drafting a shot list. A creative corner refined logo ideas,testing colors and type to keep a fresh, natural identity for Green Galop. By the end of the day, we had final products that were presented and discussed between the participants.





The photography workshop really brightened my day. It was such a calm and inspiring way to start, and through it I was able to improve both my photography skills and my understanding of the settings on my camera. I feel that this experience truly highlighted my abilities and also helped me strengthen my communication within the team.

ALEXANDRA, 18

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DAY 5

The fifth day brought us closer to horses in a new way. Guided by Agata Mijas, we explored the habits and instincts of these animals and discovered how much of communication happens without words. In a role-play exercise, pairs of participants acted as horse and trainer. The “trainer” could not speak, and the “horse” could only respond to gestures and presence. It was playful but also revealing—many of us realized how difficult it is to guide or cooperate when verbal language is missing. The morning continued with reflection in pairs and then the afternoon was led by the Romanian team, who facilitated an interactive workshop on team communication. Through energizers and games, we practiced coordination, active listening, and shared responsibility. Laughter and movement created energy, while the debrief showed us how small exercises reveal big truths: effective teamwork depends on trust, clarity, and openness to others.







Honestly the fifth day was something more than I expected. With a bit of help from Agata Mijas i was able to understand that horses feel far more than what they seem to. The exercise where I performed as the horse was amazing. On the surface yes it was fun and weird but at the same time deep. Without much communication the frustration between both parties scaled when one didnt get the signal wich got me thinking about how much a horse is filtering when trying to understand us.

COSMIN, 18











DAY 6

We opened the day with a short morning circle where each of us named an emotion or thought. It was a simple check-in, but it set the tone for what came next: the final preparation before riding horses. For many, this was the first time in the saddle. Trainers guided us step by step how to sit, how to hold the reins, how to trust the horse's rhythm. Excitement, nervousness, and laughter mixed as we tried something new together. In the afternoon, the Italian team led a session combining meditation and physical games. We practiced relaxation, movement, and playful exercises that balanced the intensity of the morning. The evening closed around a bonfire. Music and guitar filled the air, and one participant surprised everyone with fire juggling.



Yesterday I learned how to lunge a horse with Małgorzata, which was exciting and helped me feel more confident around horses. Riding was another highlight, because it made me realize how calm and focused I can be when I trust the animal. In the afternoon, the Italian workshop started with meditation, which helped me clear my mind. We closed the day with songs around the campfire and Syama's fire dance.



ZUZA, 18

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DAY 7

The final day was practical and reflective. We gathered thoughts, impressions, and suggestions from the whole group, discussing what we would take home from Green Gallop. Teams worked to finalize the last pieces of work: the promotional film, Instagram posts, the brochure texts, and participant interviews. It was about leaving something concrete behind while also recognizing how much we had learned.
The atmosphere was calmer, with a clear sense of closure. Green Gallop was ending, but the skills, experiences, and friendships built over the week were ready to continue beyond Jaszkowo.





It's the last day of our project. Some of the participants are leaving today and tomorrow the rest of us will go separate ways. It's a bit emotional day for some of us, because we made friends and it's hard to say goodbye. Some of us are tired, but it's good tired because there were many interesting things going on, so everyone seems happy. And I'm happy too that I could be part of this project, meet amazing people, spend time in the nature and with horses and learn more about and from them.

KUMARI, 31

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INTERCULTURAL EVENINGS

The Polish team hosted the first intercultural night, giving us a taste of local traditions. From homemade dishes to folk music, the evening was both welcoming and festive. Stories about Polish history and customs gave depth to the celebration, while games and dances kept the atmosphere lively.









The Italian evening was all about flavor and rhythm. Sweets and regional snacks filled the tables, and the group soon joined in singing and dancing. Participants shared anecdotes about Italian culture—its art, its passion for food, and the importance of family.

Within the Italian team, three members came from different cultural backgrounds: although they currently live and study in Italy, they grew up in Iran, Kazakhstan, and Uzbekistan. During the evening, we also had the chance to learn more about their cultures and taste some traditional Iranian sweets.









The Romanian evening blended history with humor. Folk costumes and traditional snacks were accompanied by games and riddles, and music brought everyone together in circle dances. Stories from Romanian villages highlighted how culture and nature remain deeply connected.



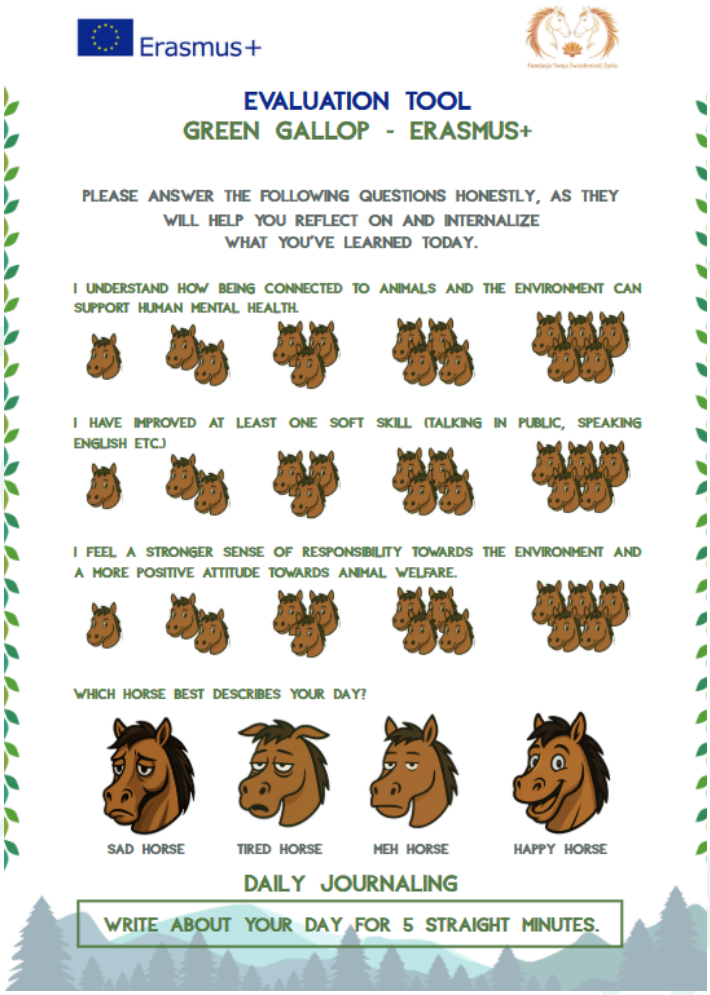






DELIVERABLES

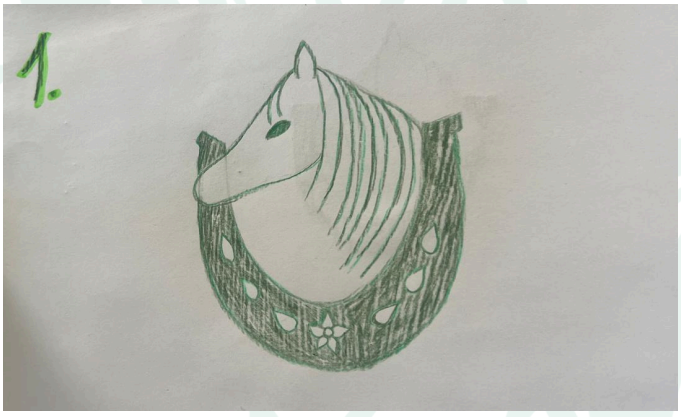
Green Gallop was not only about experiences but also about creating tangible results. During the week, participants worked in small teams to design outputs that could be shared beyond Jaszkowo.





- Digital Media: short videos, Instagram stories, and a collection of interviews capturing participant voices.
- Photography: curated photo stories from workshops and field activities.

- Visual Identity: logos, color schemes, and slogans that capture the project's spirit.



FINAL THOUGHTS

Green Gallop was more than a week-long exchange. It was a living space where responsibility for the environment, care for animals, and personal wellbeing became parts of the same conversation. Horses, forests, and fields were not only a backdrop but active partners in our learning.

For many participants, this was the first time living so closely with animals or reflecting deeply on eco-friendly skills. For others, it was a chance to share experience and culture in a new light. What united everyone was the sense of connection: to nature, to each other, and to the future we all shape together.

As we close these pages, the learning continues—carried in daily actions, in choices that respect the environment, and in the friendships that remind us how powerful youth exchanges can be.



PHOTO ALBUM





















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