The owner of this certificate has participated in a project supported by the European Union Erasmus+ programme. Erasmus+ supports the educational, professional and personal development of individuals in the education, training, youth and sport fields. It offers opportunities for learning mobility and active participation for young people, as well as professional development and cooperation for youth workers and youth work organisations.

Erasmus+

ALEXANDRA AVÔ

participated in the Youth Exchange

Y-CYCLE

in Elafonisos Lakwnias, Greece

from 24/09/2026 to 03/10/2026

About the project

Y-Cycle was an Erasmus+ youth exchange held at Camping Simos on Elafonisos, Greece, from 23 September to 4 October 2026. It brought together 32 young people aged 18-30 from Greece, Romania, Hungary and Portugal, with 4 group leaders and a facilitator. Through non-formal learning, participants explored entrepreneurship, digital skills and artificial intelligence, creating real products with AI tools and reflecting on the ethical and safe use of technology.

The tasks of Alexandra Avô

Using AI tools to create our own: 1. Song 2. Podcast 3. Website 4. NFC cards 5. NFC keychain with 3D printer 6. Game

This certificate has been issued by Comunity cohorts.

Panagiwtis Maniatakos
Legal representative

Electronically signed on 03/10/2026 14:16 by Panagiwtis Maniatakos

Youthpass is a Europe-wide validation system for non-formal and informal learning within the European Union youth programmes.

The ID of this certificate is BJ59-RFLJ-9U55-6PUQ.
To verify the ID, please go to the Youthpass website at **https://www.youthpass.eu/verify** or scan this QR code:

Youthpass

Makes your learning visible

LEARNING CONTEXT

Youth Exchanges supported by the Erasmus+ programme offer groups of young people from different countries an opportunity to jointly design, prepare and carry out a non-formal learning programme on a topic of their interest. This usually involves a mix of workshops, debates, role-plays, simulations and outdoor activities. The learning process, which is supported by youth workers and leaders, includes the preparation, implementation and follow-up of the exchange.

COMPETENCES DEVELOPED BY ALEXANDRA AVÔ

The following summary is the result of a reflection and self-assessment process which took place during and after the project in dialogue with Dínamo Sintra.

Multilingual competence

Over the course of ten days, our multicultural group formed strong bonds while navigating English as a shared second language, communicating not only during structured workshops but also through informal conversations, music, and shared downtime. Through dedicated intercultural evenings, we exchanged traditional dishes, music, and customs from our respective countries, developing a deeper mutual understanding and appreciation of each other's heritage. Throughout this immersive experience, we continually practiced expressing our thoughts, emotions, and personal stories, ultimately building the clarity and confidence needed to communicate effectively in an international setting.

Personal, social and learning to learn competence

Working extensively in group settings, we discovered how to collaborate effectively and adapt to different team dynamics. The experience showed us that meaningful learning naturally thrives outside traditional classrooms through interactive, non-formal, and engaging activities. We also embraced artificial intelligence in a new light, adopting it not just as a standard utility, but as a personalized learning assistant that guided our educational journey. Anchoring these experiences were our daily multicultural reflection sessions, which created a safe space to exchange thoughts and feelings, ultimately teaching us to navigate diverse perspectives with empathy, patience, and mutual respect.

Entrepreneurship competence

Focusing on entrepreneurship and innovation, I leveraged generative AI to accelerate creative ideation, optimize professional branding, and elevate my CV. The project cultivated an entrepreneurial mindset, emphasizing personal initiative and end-to-end concept development. Ultimately, it demonstrated how to transform raw ideas into viable projects from the ground up by combining strategic prompt design with modern AI tools.

Cultural awareness and expression competence

By exchanging traditions, music, and cuisine, we built strong intercultural empathy and refined our English communication through daily teamwork and creative expression. The experience taught us that embracing diverse perspectives and sharing our own stories is the foundation of meaningful global connection.

Digital competence

Digital competence was a core focus of the program. To minimize our environmental footprint, we shared devices within teams, fostering both eco-conscious habits and collaborative problem-solving. We learned to leverage AI tools ethically and effectively, unlocking their potential while gaining a practical understanding of how modern technology and digital resources can elevate our creativity, learning, and daily productivity.

FURTHER INFORMATION

The following resources provide further context and evidence for the learning process and outcomes of Alexandra Avô.

- Personal Website: https://alexandraavo.personalcv.eu/

Alexandra Avô
Participant

Elafonisos, 03/10/2026

Dínamo Sintra

Elafonisos, 03/10/2026

PROJECT DETAILS

Below are further details about the project in which Alexandra Avô participated.

Y-Cycle

Youth Exchange | 24/09/2026–03/10/2026 | in Elafonisos Lakwnias, Greece

Main activities: Team building, name games, group agreements and an introduction to Youthpass. AI 101 workshops on how AI works and on writing clear prompts, through games such as "Human or machine?" and "The robot that knows nothing". A creativity day with multilingual songs made with AI, mixing traditional music from the four countries with modern genres, a choreography for each song, a podcast episode about Erasmus+ and personal 3D-printed keyrings with NFC tags. A game day where teams designed and built their own digital games. Workshops on entrepreneurship and automation, including a business model canvas and an organisations' bazaar in Dragons' Den style. Building a shared online platform as a digital assistant. A day on ethics and online safety, covering scams, digital footprints and fact-checking, followed by an intercultural cooking and barbecue evening. A personal branding day with Europass CVs, personal websites and NFC business cards. Daily reflection groups, the Youthpass diary and a final evaluation.

Main outcomes: Six multilingual songs, each with its own choreography, combining traditional music from Greece, Romania, Hungary and Portugal with modern genres and including words from all four languages. A 12-minute podcast episode about Erasmus+ opportunities for young people, produced with AI voices. Personal 3D-printed keyrings with NFC tags that open each participant's own message, song or podcast. Digital games designed and built by the teams. Business models for digital businesses with real automations. A shared online platform used as a digital assistant, which remains available after the exchange. A personal website, a Europass CV and an NFC business card for every participant. Practical steps taken by each participant to protect their privacy online. A digital guide gathering the results of the week. Participants developed skills in the responsible use of AI, clear prompts, fact-checking, teamwork and English, and gained confidence and new ideas for their future and for further Erasmus+ opportunities.

Hosting organisation: CommunityCohorts (Greece)

Group: 32 participants

The working language of the project was English.

FURTHER PARTICIPATION DETAILS

Related training activities

1. Team-Building Activities
Name games, energizers, and interactive activities that helped us connect and build relationships within our multicultural group.
2. Introduction to AI Tools
Presentations by the facilitators introducing different AI tools, explaining how they work, and exploring how AI can support our learning and help us develop effective learning strategies.
3. Practical AI-Based Activities
Hands-on activities where we designed and completed tasks using AI tools independently, with guidance and support from the facilitators.