

Preparation Activities - Poland team 

Introduction

The Polish team took part in the preparation stage of the youth project “Voices of Change: Empowering Youth Through Digital Storytelling.”

During this period, participants focused on analysing important social topics that influence young people and local communities in Poland. At the same time, they improved their abilities in research, teamwork, communication and storytelling.

Through collaborative work, discussions and creative tasks, the team developed posters, presentations and research materials presenting key social themes such as social change, inclusion, equality and diversity.



About the Preparation Activities in Poland

The preparation activities carried out by the Polish team concentrated on several main aspects:

- understanding how storytelling can support social change
- exploring challenges faced by young people
- discussing equality and inclusion in modern society
- analysing cultural and social diversity in Poland
- preparing research-based materials and visual presentations
- connecting personal experiences with broader social topics

Participants worked both independently and in teams to turn their research and reflections into clear and engaging project outputs.

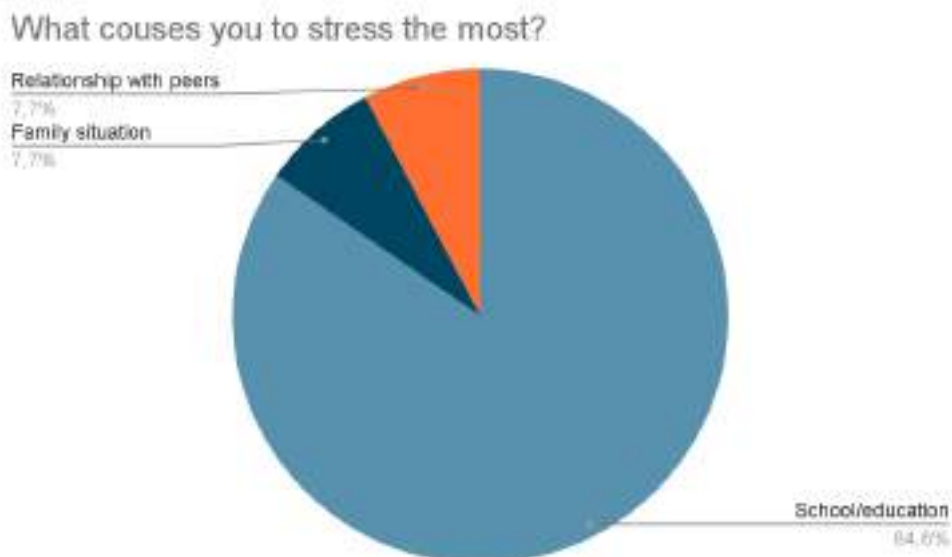
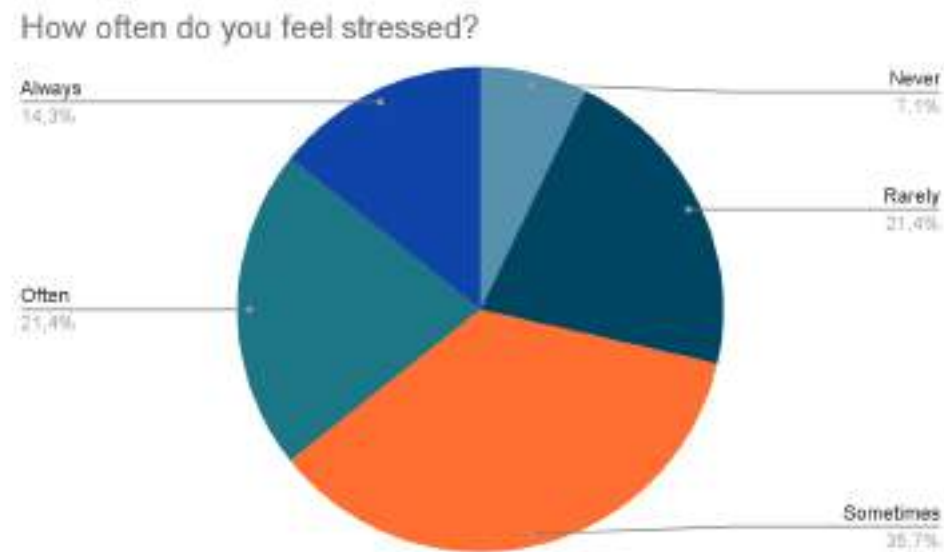


Main Topics Explored by the Polish Team

The Polish participants focused on three important areas.

Social Change

One of the main themes of the preparation phase was social change and how it influences the lives of young people. Participants discussed issues related to mental health, education, future opportunities and social expectations. As a part of our research we have conducted a survey among teenagers:



The group also analysed differences between life in cities and rural areas, including access to educational resources, extracurricular activities and possibilities for developing personal interests.

These discussions helped participants understand how social conditions can shape opportunities and experiences for young people.

SOCIAL CHANGE

Young people today experience a lot of stress because of school exams and social media. Many teenagers struggle with anxiety, depression and pressure to be perfect. It is important to talk openly about mental health and support each other.

► LIFE AND EDUCATION

Education strongly influences young people's future. However, students often feel overwhelmed by homework and expectations. Schools should create a supportive environment where students can develop their skills, creativity and confidence.





► ACTIVITY WE DID

- Debate between the project participants about the problems
- Created a poster together to present ideas, conclusions and possible solutions.
- Prepared a presentation and visited students in our primary school

► STORYTELLING

Participants share personal experiences and stories about school life and mental health. This helps build understanding and empathy.



Inclusion and Diversity

Another important topic explored by the team was inclusion and diversity.

Participants discussed how societies can become more open and supportive for different groups of people. Special attention was given to equal opportunities for people with disabilities and the importance of social integration.

The group also met with elderly people, including Sybiraks, who shared their historical experiences and personal stories. This meeting created an opportunity for intergenerational dialogue and helped participants better understand the value of memory and history.

Students also reflected on:

- cultural diversity in Poland
- the growing number of foreigners coming to Poland for work and education
- regional traditions and cultural differences within the country



Social Challenges

Participants also examined various challenges that currently affect society.

Among the issues discussed were:

- demographic changes and population ageing
- migration and the emigration of young people
- work–life balance
- learning difficulties such as ADHD and dyslexia
- different forms of social exclusion

By analysing these topics, participants gained a deeper understanding of how social and economic factors influence everyday life.

CHALLENGES

During the project we talked about different social challenges

that people in Poland and in Europe face today. Through discussions we shared our opinions and tried to understand how these problems influence everyday life, especially the lives of young people.

► PROBLEMS WE DISCUSSED

• Demographic problems in Poland

We discussed the problem of a declining birth rate and an ageing population in Poland. These changes can influence the economy, the job market and the future of the country.

• Work-life balance

We talked about how many people struggle to balance work, school and personal life. Too much work or studying can cause stress, tiredness and burnout.

• Emigration

Another topic was emigration. Many young people decide to study or work abroad in search of better opportunities. We discussed both the advantages and disadvantages of this situation.

• ADHD, dyslexia and social exclusion

We also talked about learning difficulties such as ADHD and dyslexia. Students with these challenges sometimes feel misunderstood or excluded, so it is important to create supportive and inclusive environments in schools.

Storytelling as a Tool for Social Change

Another important part of the preparation activities was learning how storytelling can help raise awareness about social issues.

Participants discussed how sharing personal stories and experiences can:

- help people better understand social problems
- encourage dialogue and empathy
- give a voice to individuals from different backgrounds
- inspire others to reflect on important issues

Storytelling was therefore seen as an effective way to communicate ideas and promote positive social change.

Activities Carried Out by the Participants

During the preparation phase, the Polish participants:

- ✓ conducted research on social topics and youth challenges
- ✓ prepared posters and presentations related to social issues
- ✓ discussed diversity, inclusion and social change
- ✓ talked with children about mental health and emotional well-being
- ✓ shared ideas and experiences through discussions and storytelling activities

These activities allowed participants to combine research, creativity and reflection while preparing materials for the project.



Learning Outcomes

Thanks to the preparation activities, participants developed:

- greater awareness of social and cultural challenges
- storytelling and communication skills
- critical thinking about social issues
- teamwork and cooperation skills
- confidence in presenting their ideas and opinions

These competences support the main objective of the project: encouraging young people to use storytelling to promote social awareness, inclusion and positive change.

Conclusion

The preparation phase helped the Polish team gain a better understanding of contemporary social issues and the role young people can play in addressing them.

Through research, discussions and creative activities, participants demonstrated the importance of dialogue, diversity and social responsibility.

Their work shows that young people can act as active storytellers, engaged citizens and promoters of positive change in society.