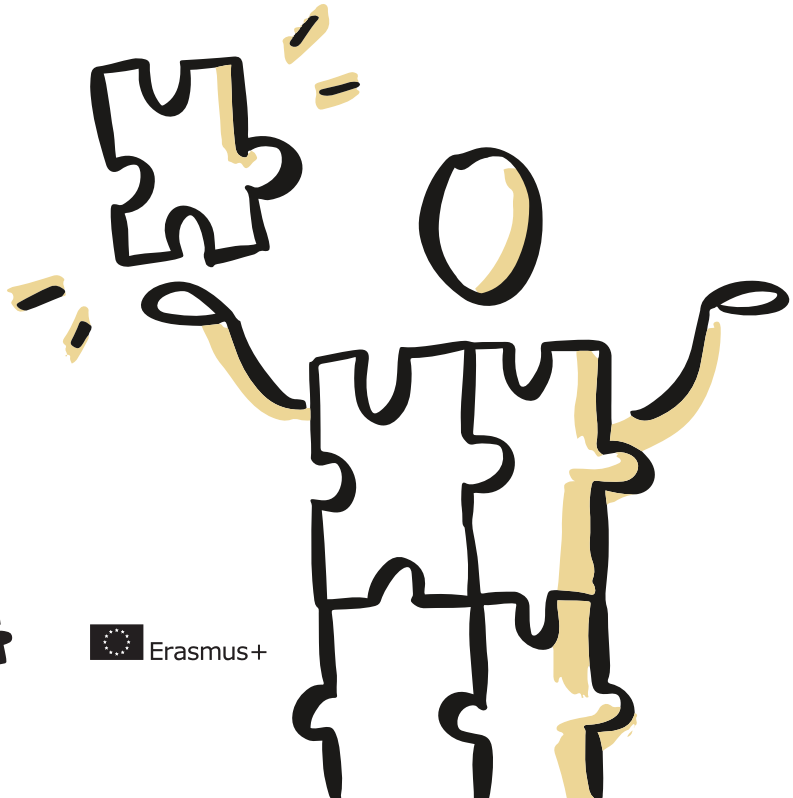




# PERSONAL LEARNING DIARY





Gi



We're very happy that you are participating in this youth exchange! I will be your guide, to help you collect all of your memories, and experiences, evaluate the programme of the youth exchange and also measure how much you could improve during this week.

Don't forget, this diary is about You, there are no wrong answers, and you cannot harm anyone with it! If you are trying your best to be honest, then you are making a lot of effort, for your own learning.

Oh, and of course, this week is not only about learning, please don't forget to have as much fun as you can, and try to make as many new friends as possible.



**LET'S GET  
STARTED!**



# MY EXPECTATIONS



About the group

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About myself

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About the organizers/  
facilitators

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About the programme

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About other (meals,  
accommodation,  
surroundings, etc.)

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# MY GOALS

Name 3 goals, that  
you would like to  
achieve by the end of  
the week!



# MY FEARS

Write down what are your  
fears about this week!



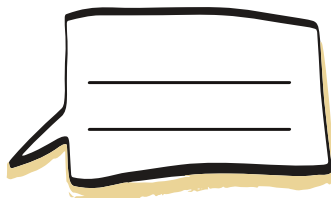
## WHAT DID YOU EAT TODAY?

One of the important pillars, of eating healthy, is to eat several times a day, which should be around 5 times, with 2-3 hour breaks for our stomachs between the meals. What is a good...

A hand-drawn speech bubble with a tail pointing towards the top-left. It contains two horizontal lines for writing.

### BREAKFAST?

When we are eating breakfast, it is important food with enough nutrition, such as high fibre, fruits, vegetables, yoghurt, oats/cereal, and wholemeal pastries. Please make sure, that the meals which are containing high fibre, are in the first half of your day!

A hand-drawn speech bubble with a tail pointing towards the top-left. It contains two horizontal lines for writing.

### MORNING SNACK?

For a morning snack, it is best to have something similar for breakfast like fruits, vegetables, and higher carb products.

A hand-drawn speech bubble with a tail pointing towards the top-left. It contains two horizontal lines for writing.

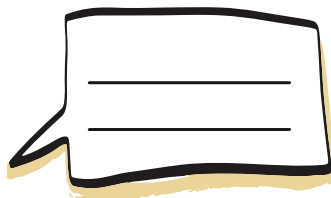
### LUNCH?

Make sure that your lunch is your most filling meal of the day! If you aren't eating enough nutrition and good quality food for lunch, it can easily cause nighttime snacking, and overeating, which your metabolism won't be happy for.

A hand-drawn speech bubble with a tail pointing towards the top-left. It contains two horizontal lines for writing.

### AFTERNOON SNACK?

It is good to have enough attention, that as you go through the day, you are eating less and fewer carbs. It can be a part of your snack, however, try to eat a small amount of it.

A hand-drawn speech bubble with a tail pointing towards the top-left. It contains two horizontal lines for writing.

### DINNER?

At dinner make sure that you are eating low carb, and low-fat meals, but also be full. Try to have lighter meals, vegetables, exciting salads, and foods with high protein.

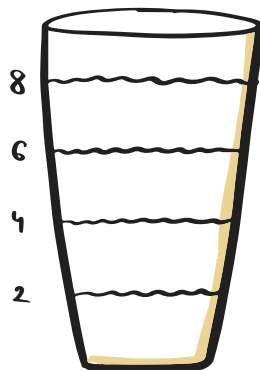
## HOW MUCH DID YOU DRINK TODAY?

According to the Hungarian Dietetic Association, our general need for liquids are 8 glasses per day (counted with 2-2,5 dl glasses).

For teenagers, the recommended amount of liquids is 2,5 litres for boys between the ages of 14 and 18, and 2 litres for girls between the ages of 14 and 18 – however it is important to drink more during summer.

For an adult with a normal lifestyle, the recommended amount is 2-2,5 litres, during high temperatures it could be 3,5-4 litres.

Color, how much you've drank today!



## HOW MUCH DID YOU EXERCISE TODAY?

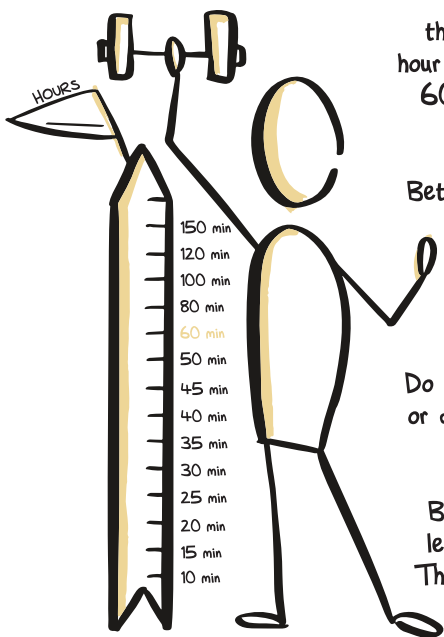
The recommendation of WHO for exercising, says that between the ages of 5 and 17, a minimum of 1 hour of physical exercise is needed per day. More than 60 minutes of exercise has other good benefits for health.

Between the ages of 18 and 64, this amount is 150 minutes per week or at least 75 minutes of high-intensity physical activity, or a combination of these.

Every activity has to be at least 10 minutes long.

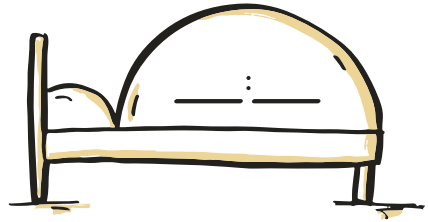
Do you have a pedometer/step tracker on your phone, or do you have a smartwatch that tracks your steps?  
Do you know how much should you step in a day?

Between the ages of 12 and 19, you should have at least 6000 steps/per day, to maintain your health. The ideal would be 10.000 per day, however, if you are improving the number of steps you take, you can also help your health, and you can support your conditions to move for many years.

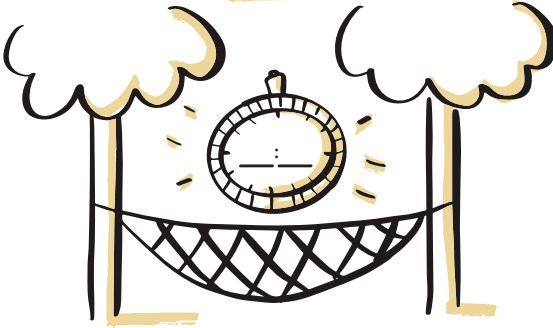


## HOW MANY HOURS DID YOU SLEEP?

Between the ages of 14 and 18, the average time needed for sleeping is 8-10 hours, between the ages of 18 and 64, it is 7-9 hours.



## HOW MUCH TIME DID YOU SPEND OUTSIDE?



In a week we should spend at least 2 hours outside, to not destroy our health, but the more you are outside, the healthier you can get.

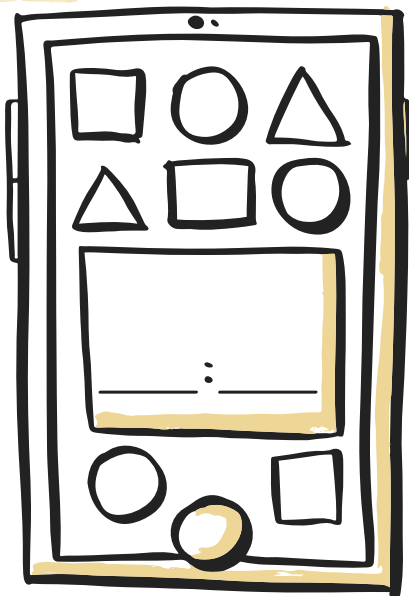
## I DID THESE TO BE SUSTAINABLE:



- ☐ I've turned off the lights, after leaving a room
- ☐ I collected the trash in a selective way
- ☐ If I've found trash somewhere, I collected it and threw it out in the bin
- ☐ While I was brushing my teeth, I've turned off the tap
- ☐ I didn't use an unnecessary amount of water while I was showering
- ☐ I was paying attention, to not waste food, and put only that certain amount of food on my plate, that I can finish

# HOW MUCH DID YOU USE YOUR PHONE?

Did you know, that on most smartphones you can check how much time you spent using it? Did you check it today?



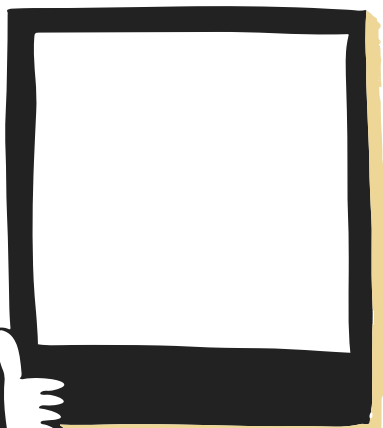
2.

3.

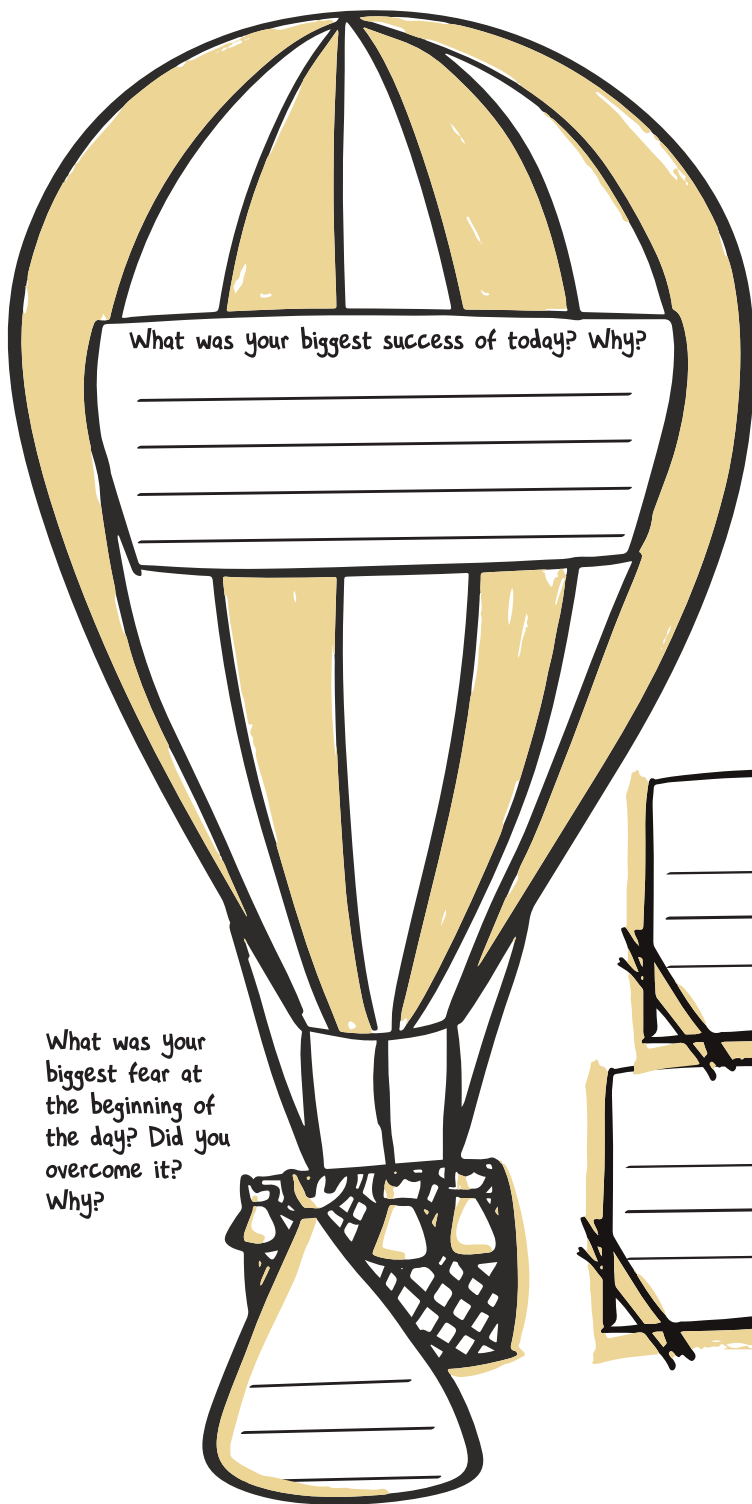
1.

Which apps were you using today? Mark, how much time did you spend while using these apps!

Did you post today? If yes, what did you post, and how many did you make?







What was your biggest success of today? Why?

What was your biggest fear at the beginning of the day? Did you overcome it? Why?

A small, yellow notepad with a black border and a pencil icon in the top right corner. It has several horizontal lines for writing.A small, yellow notepad with a black border and a pencil icon in the top right corner. It has several horizontal lines for writing.

You met with your theme group today for the first time, how is your group? Can you work easily together?



Which topic did you choose from the 3 options, and why?

Could you find out something new about your chosen topic? What were the most surprising facts for you?

How much could you express yourself in English during the day?

A speech bubble with a black outline and a yellow drop shadow. The bubble contains a question. To the right of the bubble is a rectangular box with a black border and ten horizontal lines for writing.

How much could you share your ideas, and thoughts while planning your group's programme?

A large rectangular box with a black border and ten horizontal lines for writing. The box is surrounded by a thick, yellow, scalloped border.



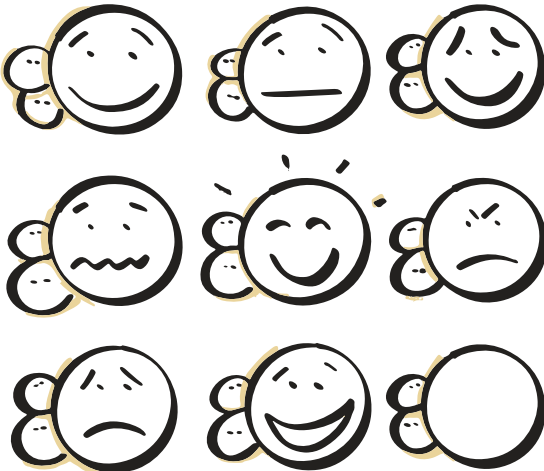
Were you  
volunteering  
before? If yes,  
where and how?

How was the feeling of repairing something  
together, and doing something for a local  
community?

What did you like while volunteering the most?

Which emoji could represent the group the best?

What caused you an obstacle  
today?

A large rectangular box with a pointed top, containing several horizontal lines for writing.

The most surprising from  
today was...

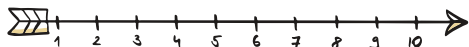


These are the 3 things that I would like to pay attention  
to once I get home:

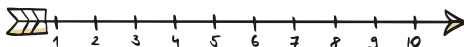
# RATE ON A SCALE THE FOLLOWING FACTORS!

(1=terrible |  
10=perfect)

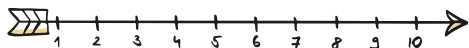
The idea



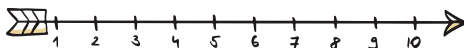
My openness



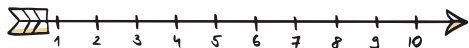
The implementation of the idea



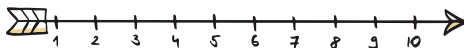
My creativity



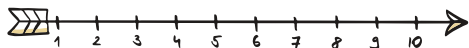
The finished media contents



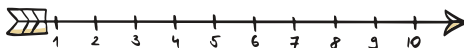
My cooperation skills



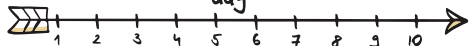
Groupwork during the day



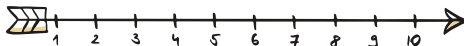
My communication skills



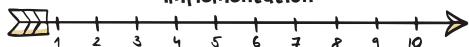
Communication with the group during the  
day



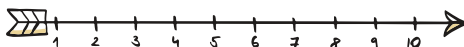
My flexibility



My roles and my activity during the  
implementation



My conflict management skills



What are you the proudest of today?

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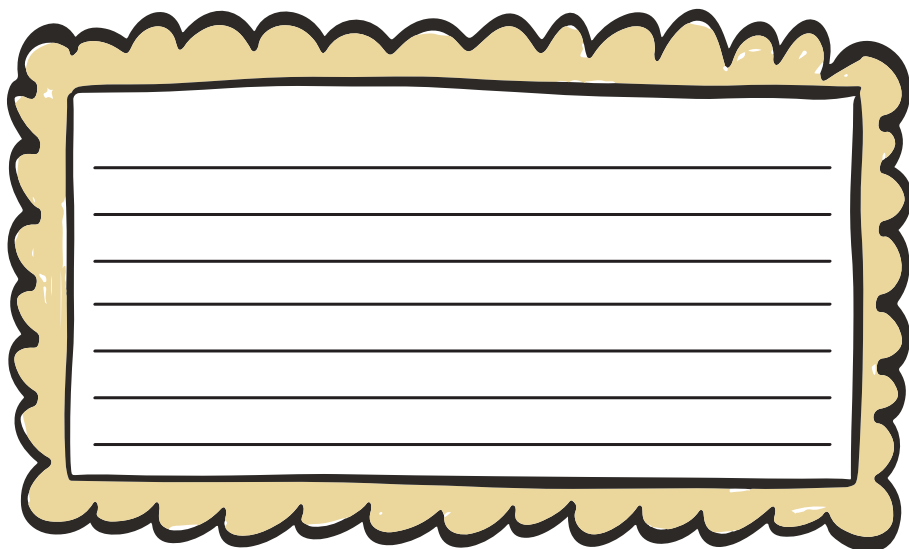
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Are you satisfied with the role that you had during the presentation? Why?



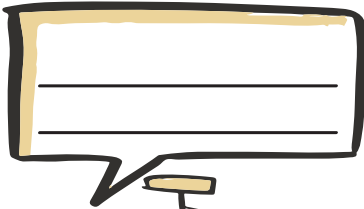
How was the feeling of showing your work to the others?



# OUR PROGRAM

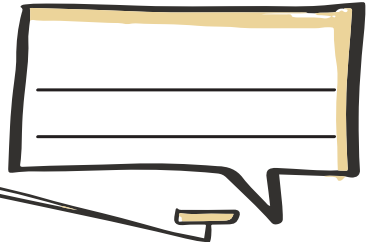


How do you  
evaluate your  
group's  
program?



What was the  
best part of it?

What was the  
worst part of it?



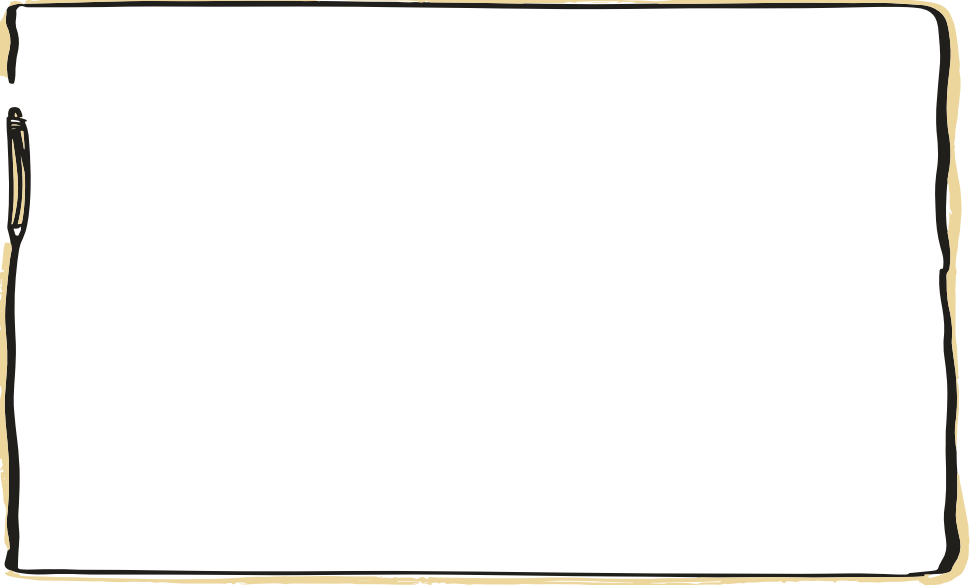
Name 3 things, in which you improved during the implementation of the programme!





# WEEKLY SUMMARY

Draw, or write down, what were the most memorable moments for you!



On the left side of the scale, please write down what improvements did you make this week, and on the right side write down your weaknesses, and also the things you would like to improve at! Where does your scale tilt more?



# FINISH THE SENTENCES!

I'm the proudest of...

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During the week the biggest challenge for me was to...

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The 3 most interesting things, I've learnt during the week:

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These are the 3 things, that I would like to pay more attention to at the future, so I can live a more mindful lifestyle:

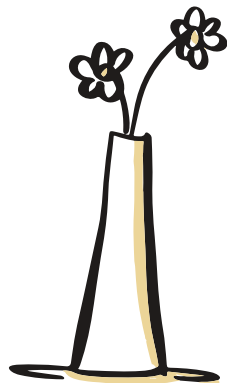
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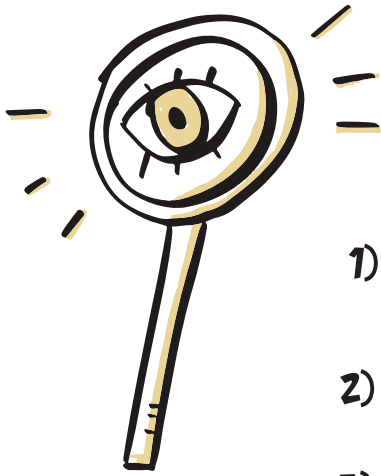
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## LOOK BACK!

- 1) What expectations did you collect at the beginning of the week? Which got fulfilled and which did not?
- 2) What were your biggest fears at the beginning of the week? Did you overcome them? How?
- 3) At the beginning of the week, you also named some goals as well. Did you achieve them?

1)

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2)

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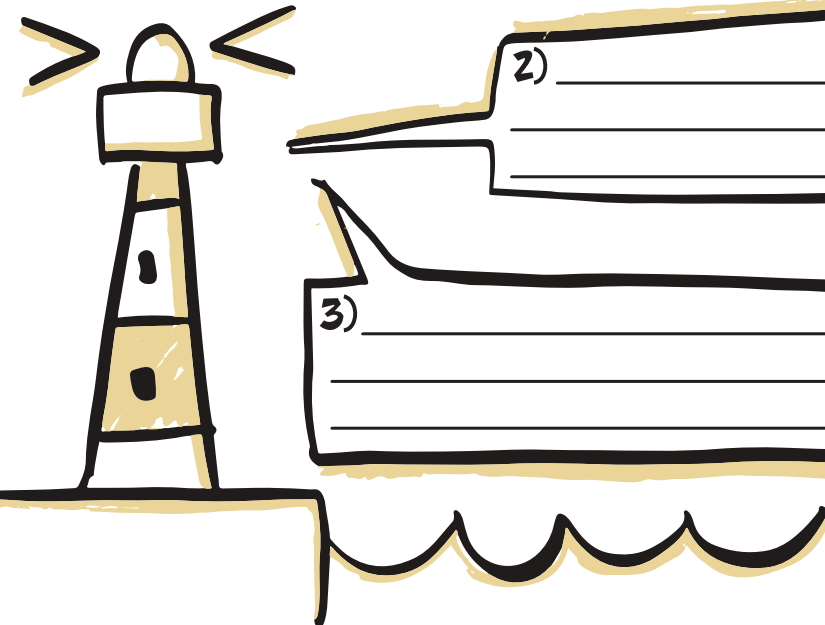
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3)

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# 8 KEY COMPETENCES

Colour those thoughts under the key competencies, which you feel you could improve at, during the week.

## MULTILINGUAL COMPETENCE



- ☐ I've learnt new words in English, such as....
- ☐ I'm braver to speak in English, than before
- ☐ My writing has improved in English
- ☐ My speaking and expressions had improved in English
- ☐ I'm able to work in a group with people who have a different mother tongue. I easily make myself understandable to others.
- ☐ I've learnt some new words, and sentences in this language...
- ☐ I got the motivation to learn this language...

## PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE



- ☐ During the programme, my self-knowledge and my self-esteem have improved.
- ☐ I could improve in things during the week, that I was not expecting, such as....
- ☐ My conflict management skills have improved
- ☐ I easily cooperate with others.
- ☐ I'm able to recognize that I've improved in something and that I've gained knowledge about something during an activity.
- ☐ During the programme, I've learnt about myself

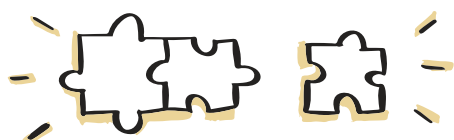
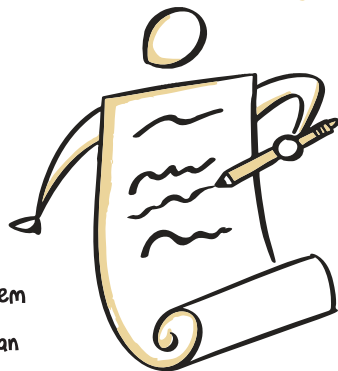
## CITIZENSHIP COMPETENCE



- ☐ I would like to be a more active person in my community
- ☐ I have gained more knowledge about Europe during the programme
- ☐ I got familiar with the life circumstances of the people from other countries
- ☐ I would like to live a more sustainable life from now on
- ☐ It is important for me to talk about things in my community which are appearing in all of our lives, such as sustainability, acceptance, involvement, other questions about society
- ☐ I can express my opinion in a braver way, even on the sensitive topics as well

- ☐ I'm not afraid to face new challenges
- ☐ I can argue beside my opinion, and I can convince other people with it
- ☐ I can encourage my peers and myself as well
- ☐ I can see through more complex situations, and problems
- ☐ I can make quick and wise choices
- ☐ I can implement an idea
- ☐ I'm creative
- ☐ I'm able to lead a group and the work with them
- ☐ In the future, I will be braver in implementing an idea, or initiative

## ENTREPRENEURSHIP COMPETENCE

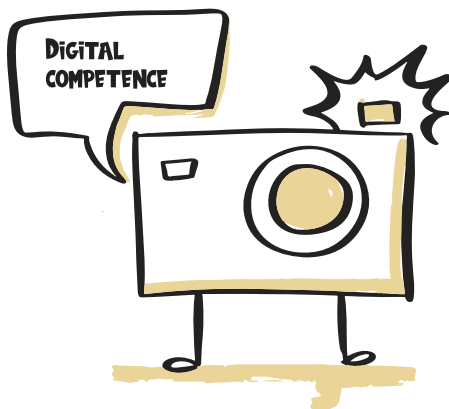


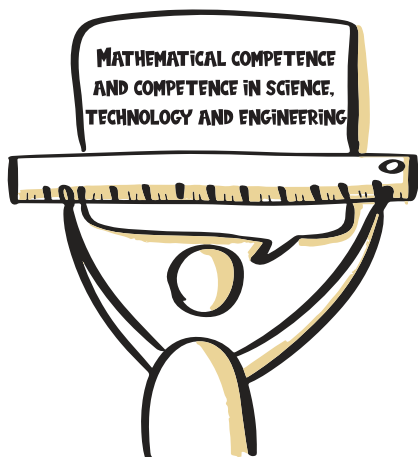
## CULTURAL AWARENESS AND EXPRESSION COMPETENCE

- ☐ I've learnt more this week about other countries' cultures
- ☐ I've learnt more this week about my own culture
- ☐ I understand why is it important to be aware of our own cultural heritage
- ☐ I'm able to express myself in a creative way
- ☐ I'm open to modern expressional tools
- ☐ I've discovered how can I send my thoughts to others in a creative way, in person, or in the online space

- ☐ During the youth exchange, I've got familiar with new applications and online spaces
- ☐ My mindfulness competencies improved on using my phone
- ☐ I understand how social media works, and I know how to use it in a mindful way
- ☐ I'm able to recognize fake news
- ☐ I'm able to create content, which aims to give useful information, and channels value on the internet
- ☐ I'm open to getting familiar with new apps, programmes, and their use

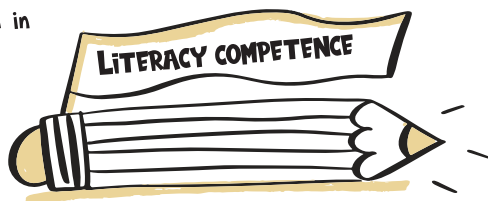
## DIGITAL COMPETENCE





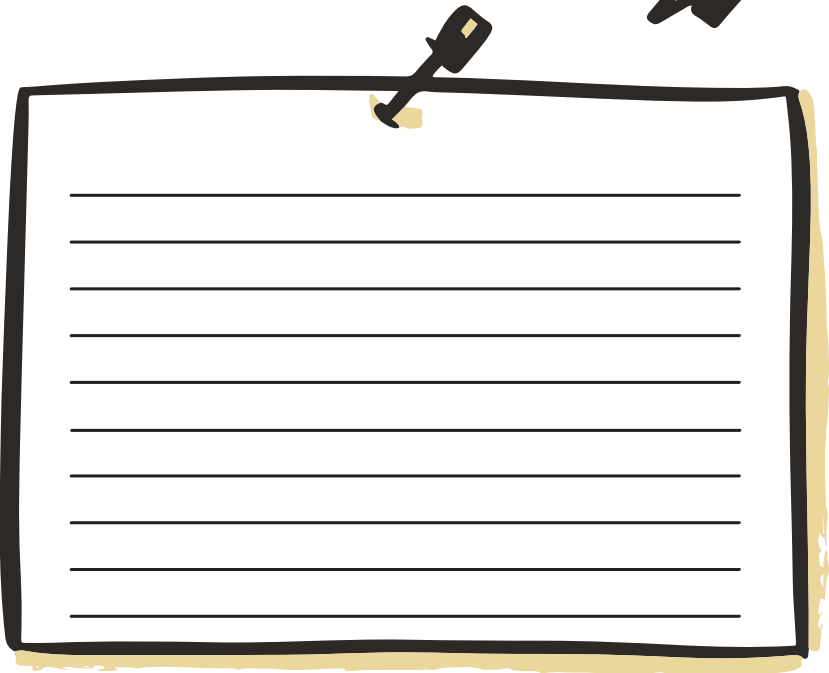
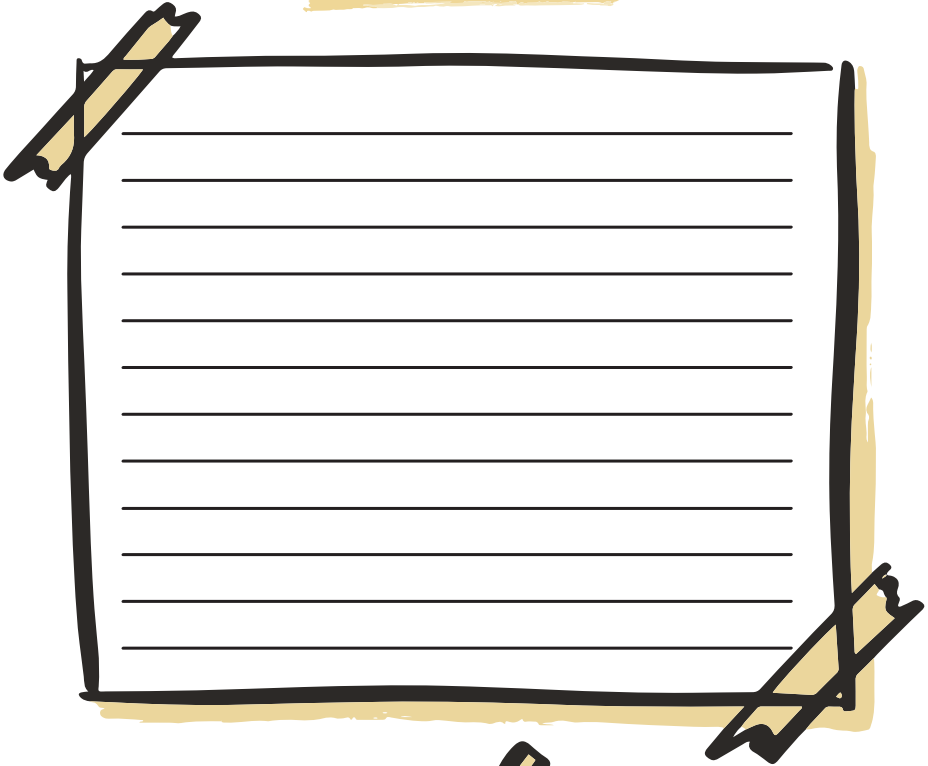
- ☐ I'm able to think logically
- ☐ I can see through more complex contexts as well
- ☐ I'm able to think of my emotional choices rationally as well
- ☐ I'm able to plan during programme implementation, how much time does a task need to be finished
- ☐ I can think with a clear mind in unexpected situations, and I can find a solution

- ☐ My literacy competencies have improved in my mother tongue
- ☐ I'm willingly writing a post or an article about the week
- ☐ Now, I know how to write an email
- ☐ I know what should I focus on when it comes to written communication
- ☐ During the programme, I used a foreign language a lot, which made me think differently about my own language
- ☐ During the programme, my knowledge of my mother tongue and my literacy competencies have improved



Thank you for being on board for this youth exchange! I hope you could learn a bunch of new things, and you could have plenty of experiences!

# NOTES





Thank you for being on board for this  
youth exchange!

Created by GYIÖT



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2022. Liptód, Hungary



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European Union. This document does not necessarily reflect the  
official views of the European Commission.





## FEEDBACK PAGE

(1=terrible | 10=perfect)

Please fill out this page and give back to the facilitators/organizers, this way you can tell us what you think about the program elements.

*Thank you in advance!*

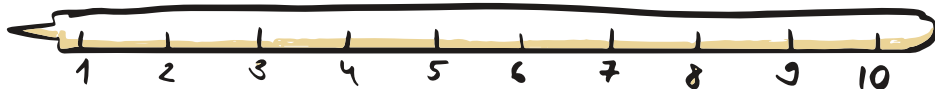
### PROGRAMME



### THEME



### GROUP



### FACILITATORS



## ORGANIZING



## ACCOMMODATION



## LOCATION



## MEALS

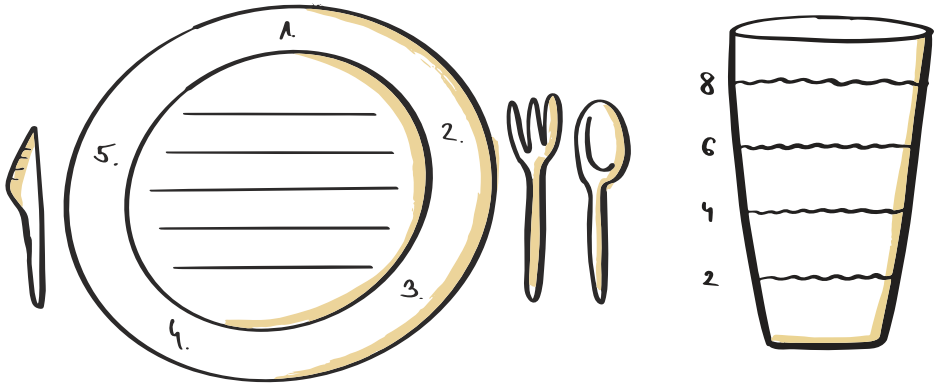


## PERSONAL LEARNING DIARY

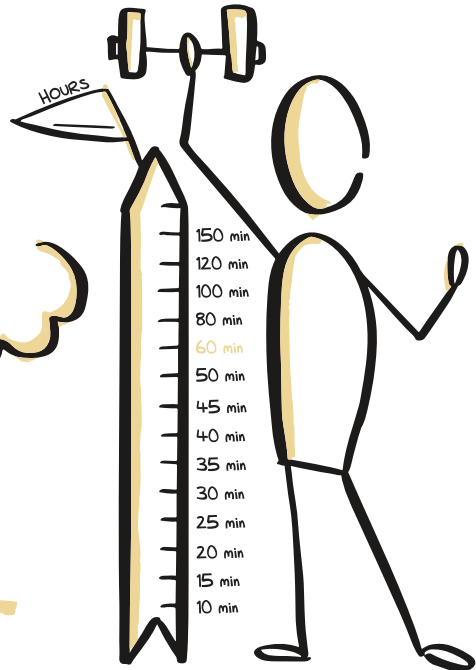
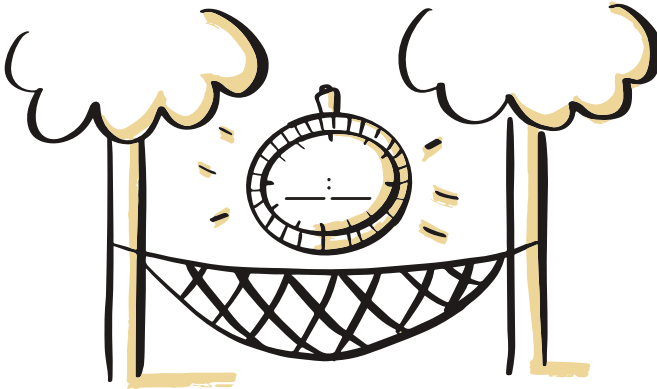
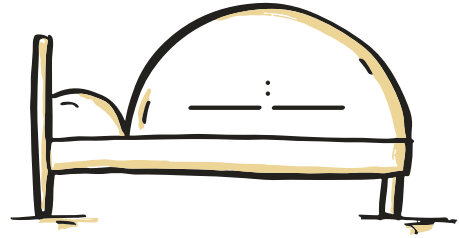


**THANK YOU!**





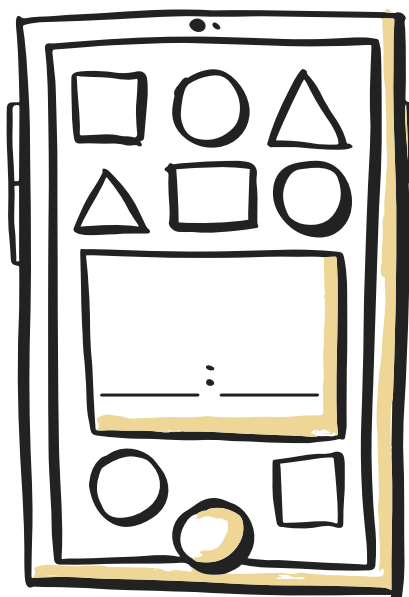
- ☐ I've turned off the lights, after leaving a room
- ☐ I collected the trash in a selective way
- ☐ If I've found trash somewhere, I collected it and threw it out in the bin
- ☐ While I was brushing my teeth, I've turned off the tap
- ☐ I didn't use an unnecessary amount of water while I was showering
- ☐ I was paying attention, to not waste food, and put only that certain amount of food on my plate, that I can finish



2.

3.

1.



Which emoji would best describe your mood today?

