



MARCH 2026

PROJECT PROGRESS AND KEY UPDATES

In March, the Switch project was focused on the improvement of Soft Skills. We started with Active Listening and Assertiveness activities, by using creative exercises like "Blind Drawing" to realize how crucial clear communication is. Participants explored their own Assertiveness Hierarchy, learning how to express their needs while respecting team dynamics in a culturally diverse environment.

Our participants improved also their Emotional development. Through discussion and practical activities with focused on self-awareness and self-regulation. Mediation and Conflict Resolution was also part of the project.



Through role-playing workplace conflicts and analyzing the "Five Conflict-Handling Modes," our participants learned how to bridge gaps and find common ground.

We completed the month by introducing Time Management strategies, such as the Eisenhower Matrix, ensuring our teams remain adaptable and efficient regardless of the challenges they face.

GENERAL INFORMATION

The SWITCH project, aligned with Erasmus+ priorities, aims to foster intercultural dialogue and enhance soft skills among young people and youth organizations across EU-associated and non-associated countries. Our goals include bridging gaps for disadvantaged youth, preventing digital and cultural risks, and developing skills through innovative online methodologies.

Thank you for your dedication and collaboration. For any questions or additional information, please reach out to the project coordinators.

SWITCH COMMUNICATION TEAM