

Youthfully Yours gr



presents

Youth Exchange FROM THE BIN TO THE GALLERY

realized on April 29 until May 7 2014, in Lefkonas, Serres, Greece





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	<p>Πρόγραμμα Νέα Γενιά σε Δράση</p>	<p>«Το σχέδιο αυτό χρηματοδοτήθηκε με την υποστήριξη της Ευρωπαϊκής Επιτροπής. Η παρούσα δημοσίευση [ανακοίνωση] δεσμεύει μόνο τον συντάκτη της και η Επιτροπή δεν ευθύνεται για τυχόν χρήση των πληροφοριών που περιέχονται σε αυτήν.»</p>	
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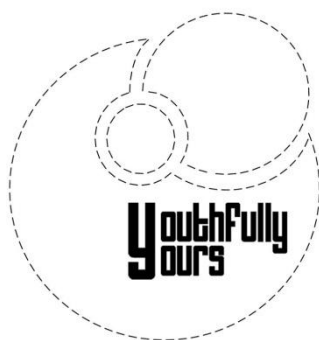
INTRODUCTION

This booklet is a result of the youth exchange *From the Bin to the Gallery* which was organized by Youthfully Yours Gr on April 30th until May 7th July 2013, in Greece, in partnership with Arocca (Italy, Sicily), Libertas International (Spain), World at our home (Latvia), and GEYC (Romania). The topic of this project was expression through artistic up - cycling.

Description of the project

“From the Bin to the Gallery” project is a **multilateral youth exchange** between Greece, Spain, Latvia, Romania & Italy with 4 youths ages 18-25 and one youth leader participating for each country, **focusing in Artistic Up cycling** as a mean for Youth to enable themselves and their communities to fulfill their need for emotional release through **creative expression**. The project will take place in the beautiful rural area of north Macedonia (Lefkonas village, Serres).

In the midst of the actual worldwide crisis, where art supplies tend to be rather expensive, artistic up cycling provides a **viable alternative** to reduce the costs of artistic workshops. During this project **youths will discover** the range of materials or objects with the possibility of up cycling. **Learn through hands on experimentation** the different possibilities of the objects to be up cycled, discover how recyclable-up cyclable materials are handled in the 5 participating countries leading the discussion to **create consciousness on the importance** of recycling-up cycling for the environment, foment and encourage a **“take what you need” conscience**. Using **role playing games** to gain insight on guiding teens through the creative process, thru a workshop for the youngsters of the venue, under the supervision of the project facilitators, the participants will guide the teens in an artistic up cycling experience, **applying the skills and knowledge** learned throughout the program. Gain reassurance and confidence on their capabilities, given by the completion of a **learning—> applying—> sharing knowhow cycle**. The results of the experiences of both youth and teens will be mounted on a **exhibition hosted locally**. **Fostering a acknowledgement** and appreciation for each other’s cultural identities similarities and differences, creating consciousness on and providing an **environment free of any form of exclusion**, are points that are taken in action and emphasized by means of **non formal education** embedded thru out the activities of the program.



- **About the program**

The many objectives of this project were to give a chance for youngsters to:

- develop self-confidence, creative and critical thinking and overcome their fear of expressing feelings and opinions
- be aware of the importance of the dry waste management (at national and European levels) and the size of malpractice cost on the environment.
- be put into the place of dry waste collectors
- adopt attitudes of mutual understanding, tolerance and solidarity towards cultural differences in order to build social cohesion within the EU;
- get in touch with Art, the meaning of producing an Art piece, why we make Art and how. meet the "take what you need" concept, preparing the dry waste, getting to know the materials and compose them as to be used in artistic applications.

Create Chimera Animal and personal projects.

- Communicate the circle of knowledge learn. apply, share as to be able to recreate such events back home
- think about projects to implement on their local communities to become more inclusive.
- debate youth unemployment reasons and consequences.
Find solutions through creativity and entrepreneurship making artistic up cycling the tool to success.
- Learn and learn how they learn through Educational methods and games deepening day by day into team building , leadership, task management, precision and personal discipline.
- Obtain tools to work, on self evaluation and decision making.
- Organize and complete an Artistic event

This Youth Exchange has used non-formal and informal education methods and techniques, respecting the needs and requests of the participants with daily in private groups of reflections, the group dynamics, weather conditions and any other opportunity or difficulty we encountered.

ENERGIZERS/NAME GAMES/ ICEBREAKERS

Games as such are the games that increase your energy in the morning, when needed through the day or before each session, depending the group acting on them. These games should also be flexible and not effect the program to it's main theme.

- **Energizers**

- Kiss the Rabbit

The group forms a circle and first person starts by pretending to hold a rabbit. The holder has to kiss the rabbit and say where he/ she has kissed it. then he/she passes it on to the next player who has to do the same but kiss the rabbit in a different place. And so the story goes until everyone has held the rabbit. On the second round of the game, the person who started has to kiss the next player where he/she kisses the rabbit and it goes on until the circle is complete. This game brings the participants closer to each other and produces a lot of laughs!



- Hug to be saved

Game starts by standing in a circle. One participant is standing in the middle of the circle holding a ball or a pillow that must get rid of by giving it to someone else. The people standing around can avoid the ball/pillow and protect themselves by hugging the person right next to them. If someone loses concentration and get 'hit' by the ball/pillow not having hugged someone already has to switch places with the person in the middle and game starts again. It is a good way to laugh and get closer with the rest of the team.

- Sundance

This game we can play on rainy days as to invoke the sun to rise again. Participants stand in a wide circle, the first participant begins with a move and a personal cry. that the rest of the team has to repeat. The next participant has to repeat the previous move and cry and add his own move and cry. Altogether in the end we have a dance and a 'song' made by the participants as to bring the sun back.

- Sharing the vibe

Again in a circle, participants are holding hands and one starts by squeezing the hand of the person to their right or to their left. That person has to pass on the 'vibe' to the next until the vibe comes back. The person started can go on and pass the signal and/or start a new one on the other direction. Also, educator can whisper to another participant to start a new wave and have 2 waves going around at the same time. This game helps the participants concentrate and communicate with the rest of the team in a non formal way.

- John in the bottle factory

Game leader, tells a story and everyone repeats it when he pauses.

The story goes like this:

HEY my name is JOO

and I am working in a bottle factory /

one day the boss came up to me and said:

: HEY JO / are you busy JO?/ I said no boss

then, can you please push the bottle with your right hand JO?

i said YES BOSS/

: HEY JO / are you busy JO?/ I said no boss , press the button with your right hand and left hand?

: HEY JO / are you busy JO?/ I said no boss , +right leg

: HEY JO / are you busy JO?/ I said no boss , +left leg

: HEY JO / are you busy JO?/ I said no boss , +butt.)

every time the story says , participants must do and not stop until game leader says otherwise

- Ha Ha Ha

First participant lay down, second lays by putting his/her head on the first participant's stomach, third on the seconds stomach etc

Game starts:

First starts by saying Ha, second Ha Ha third Ha Ha Ha etc. All are bursting into laughs, try to organize and start again.



- **Name Games**

- **Quality Names**

Participants are forming a circle where everyone can see everyone.

On the first round, each participant says their name and a quality he/she has.

On the second round each participant has to repeat the name and quality of the participant to his/her left, their own and the one on their right.

- **The curtain is falling**

The participants are divided in two groups. Two facilitators hang a curtain/cloth/sheet that separates both groups. Each group decides who should stand in front of the curtain from their side. When one person from each group stands in each side (they shouldn't be able to see each other), the facilitators let the curtain fall and the first of the two saying the other person's name wins. The winner is the faster one.

Normally the groups get really creative after a couple of rounds, like standing with the back to the curtain or sending more than one person at the same time. Just let them have fun!



- **Icebreaking Games**

- **Nightfalls, killerswalks**

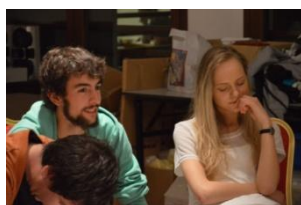
(group of 25 people)

Participants are forming a circle where everyone can see everyone.

Instructor asks everyone to close their eyes, participants who will feel the instructors hand on their shoulder have to open their eyes and those are going to be The Killers(3), they close their eyes again, and instructor does it again indicating The Doctors (3).Participants close their eyes again. Instructor does it for the third time indicating The Police Officers, and the game begins.



Everyone stays with their eyes closed, killers open their eyes and show to the instructor who they want to kill. they close their eyes,



doctors show the instructor who they save. They close their eyes and everyone opens them.

Instructor reveals the dead guy, and participants have to vote openly who they think the killer is.

Everyone closes their eyes again and The Police arrests one of the participants.

The game goes on until the police finds the killers.

on the educational side of the game, stereotypes, jumping into conclusions or the unjust system are in the center of the post discussion.



*This game is perfect for a closure of the arrival day when everyone is tiered physically yet motivated to stay after session and bond faster.

- **Participant's profile**



Each participant takes randomly one piece of paper with the picture of one participant and 10 questions. they have to identify the person on the sheet and ask him/her the questions in 10 minutes. The ring goes of and they have to switch to who has them on their piece of paper!



- Brothers and sisters

The group has to stand in two lines and form couples with the person they have across and hug. From now on they are brothers and sisters. They have to take care of each other, make sure they are on time or they ate well, they are happy and so many others brothers and sisters do for each other.

- Who does what, what does who

You have a grid (3x5) and you write different things in each box like "has green eyes" or "been to more than 10 European cities before" ...

You share one grid per person and ask them to go around and find the people who fit in each box and have them sign it, filling your grid.

when they are through with the boxes they end up knowing a lot of weird facts about the other and it is tons of fun for the first one to finish!

- Magic marker

Hanging from the ceiling there is a magic marker.. The ground is only a meter away. It is also has a round protected area underneath the marker.

The teams (5 participants per team) have to find a way to put a dot in the center of their foreheads without touching or leading the marker and without entering the protective area. All team members have to have a dot on their forehead within specific time.

On the second round of the game the protected area becomes bigger the time less, so the participants have to find a new way to put the next dot on their faces .



This game is about cooperation and communication with all the team not only to successfully place the dot but also to manage to trust each other in times that they had to let themselves on the hands of the team.

- Secret Enemy

This is a very simple funny game that is good to start on the first days of the exchange.

Every participant is supposed to pick randomly the name of a participant from a bowl. He/ She has picked the target!

Participants have a little envelope with their name on it placed on a board on the wall.

The secret enemy should challenge their target by putting funny tasks or even slightly embarrassing missions such as wear her / his cloths inside out in the dining room..... in that envelope.

The last day everyone comes out of the closet, becoming friends exchanging gifts and 'apologize'.

- Field game

(Preferably on soft surface: grass...) it's actually a kiss war



Everyone sitting in a circle (the sitting part is essential because it makes the game more difficult and fun). Girls get a number whispered in their ear and boys get letters. One participant is sitting in the middle saying out loud one letter and one number.

If the person sitting in the center is a girl, the boy who heard his letter has to run and give the middle a kiss in the cheek. The girl with the number, has to run and try to prevent the kiss from happening at all costs!

In order to win, the participant who wants to block the kiss has to kiss the person with the opposite gender first!

Sounds simple? wanna try???



- The spoon killer

Every participant has to collect two pieces of paper from two different bowls

On the first paper there's a name of another participant and in the second piece of paper there is a tool written on.

The goal is for everyone to "kill" their victims by giving them the tool that was written on their paper

The goal is achieved only if the killer and the victim are alone in the same room and the victim takes the tool from the killers hands.

then the "dead" victim had to give the name of their own victim.

PEDAGOGICAL GAMES

- Laundry

Participants stand in a circle and one holds a ball. Each has to find words related to the topic of the project.

The 'ball holder' starts by saying his/her word and send the ball to someone else. The person who got the ball has to say his/her word quickly and leave his/her place before 1st person arrives in his/her spot.

This game aims to increase the brainstorming activity. The glossary of the program, the speed, sharing the ball with someone who you believe knows a word.. it is a game of cooperation and trust building as the laundry has to keep going.



- Balloon & Toothpick

Group was divided into 2 teams. Half of them got balloons while one of the facilitators gave secretly toothpicks to the rest of the team.

Instructions were to protect the balloon at all costs. And the game begins!

The team with the toothpicks started chasing the players with the balloons when finally after a few minutes, the game only had 2/3 balloons.

Participants were confused, frustrated and disappointed. They felt deceived and sad.

The aim of this game was for participants to realize the attention everyone gives to instructions.

How easily you can be distracted and act as someone else just because they didn't hear or ignored the instructions or even get confused and make assumptions because of the misleading of an individual.

- Learn, teach, observe

Participants were divided into groups of 3. Sitting together, one was the 'teacher', one was the learner and the third who was not taking part in the discussion, was the observer. Teachers had to pick an item from the up - cyclable materials that they found previously and try to share the possibilities and importance of the item. Student could be participating adding uses or debating the up- cycling possibilities or

Observer is supposed to keep notes on the attitudes the level of interest from both sides. After a few minutes, a couple groups share their impressions and the teams are repositioning. This game is a simulation of common attitudes towards recyclable materials, and an effort to upgrade our communication and innovation skills as to become better entrepreneurs.



- Blind goat

5 teams were given the instructions, that 1 person from each team could be able to see without speaking or hearing, one hearing but not being able to speak or see, and one who could speak without the ability to hear or see. The rest of the members should be followers in blindfolds also.

Training team set a landmine of materials you shouldn't step on, teams take positions in the Start line and Go!

Participants had all kinds of feelings after the activity. The activity was on being able to communicate with different language means such as touch, body language, and a lot of other creative ideas.



- Secret Code

Participants in groups of five.

The leader would be given a 6 digit number and they had to plan a strategy to code the secret code in order to be able to communicate it to each other.

After that, they would not be allowed to speak with each other or stand as all teams players would have to be constantly moving and not forming smaller groups still, pass the secret code to the whole team.

To add to the difficulty of the game, teams after guessing their own Secret Code, they would have to guess from their colleagues signals, which is their number.

Leadership, communication, concentration and team work skills all in one!

- Role play game - "Take what you need"

Every team received a piece of paper with a fictional basic plot.

Under theatrical terms they had to separate the roles and start playing without a script.

The stories were on overspending either money food or materials. Every sketch had to be not over 5 minutes and every team would have to come up with one character that would give a logical solution on how to manage overspending.

- Role play game, classroom simulation

Groups of five had to simulate a situation in a classroom where there would be children with a stereotypical behavior and a teacher with another.

Every team had to prepare a little sketch with many of children's most often behaviors like bullies, over attached to parents, aggressive, quiet.. and how the teacher or the partner would react to that, either the wrong reaction either the proper one.

- **SOCIAL AND EUROPEAN IDENTITY**

- **World map**



Trainer asked the group to form a world map where everyone had to stand in the room where they stand as origin countries on the map.

The 'confusion' was interesting and playful!

- **Common ground**

Each country had to write 7 highlights of their country for example Mediterranean cuisine, mountains, castles ... and in the same mentality as the world 's map game, now they had to gather according to their common grounds which led 2 or 3 countries teaming up together.



- **Mixed Tape**

Like a mixed tape containing all kinds of music, as so the participants had to make teams of different nationalities to represent a country without an actual member from that country in the team . e.g. A Greek, a Latvian, a Romanian and a Spanish participant had to pretend they are Italian and so on...

Each participant had to act like "their country" sharing laughter and smash stereotypes, bringing participants closer.
Educational method: Role Play

- **Centre of the universe**

As an informal evaluation of technical issues, participants were asked to stand accordingly to their satisfaction on each question, in the center of the universe(in the middle of the room) or any distance from it according to their dissatisfaction .



Council of Europe: <http://hub.coe.int/>

- **On material properties**

- Kites**



*Teams of four, are given a short amount of time to cooperate and create a kite .
The frame, the cover, the strings, the team has to find the best possible way to create
a strong frame using only the tools that they are given without the use of pre - sketches.*

*When the time run out, the teams would have to go outside trying to fly their kite, to test
how good work they managed to do*

- Wind propulsion**

When experimenting with the materials, the educational team decided to help the participants with another solving problems game. This time the making a ball taking under consideration the weight and a wind race revealed the possibilities of the item.

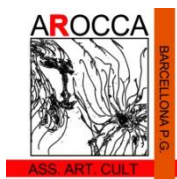
They asked to make balls that would be lights enough as to race it with teams of 3



- Towers**

After a recycling garbage safari and proper cleaning of all items, 5minutes is given to all the teams so they can build the highest tower they can with the things they collected. The shape, the size, the strength and all rest properties of the materials were faced as teams switched piles of materials exchanging with other teams.

PARTNERS:



Italian organization

<http://www.eprojectconsult.com/>



Latvian organization

<http://worldatourhome.com/>



Romanian organization

<http://www.geyc.ro/>



Spanish organization

<http://www.libertasinternational.com/>



Hosting organization from Greece

<http://www.youthfullyyours.gr>

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