



Training on Youth Sexuality and Healthy Relationships

Erasmus+ Mobility for Youth Workers
23.11-3.12 2017, Thessaloniki, Greece
2016-2-EL02-KA105-002345

A description of Activities Sessions

Informal Group CHANCE
24/3/2017

Timetable "T.O.Y.S. and Healthy Relationships"

	Arrivals/ Welcome										Departures	
23-11-16 Wednes day	24-11-16 Thursday	25-11-16 Friday	26-11-16 Saturday	27-11-16 Sunday	28-11-16 Monday	29-11-16 Tuesday	30-11-16 Wednesday	1-12-16 Thursday	2-12-16 Friday	3-12-16 Saturday		
08:30-09:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
09:45-13:30	Getting to know each other	Energizers	Energizers	Energizers	Energizers	Scavenger Hunt (Relationships & Couples)	Energisers	Energizers	Energizers	Energizers		
	Group building	NFE TOYS KA1 Youthpass/ Guidelines for Self-Assessment	Long-term Relationships. A working model	Sexual Function Myths on Sex & Sexuality	Presentation of Tasks Part I	Promotion of Sexual Health	Why don't we understand each-other? - Communication	Working on the follow-up activities	Division of tasks			
13:30-14:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
14:30-15:30	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers			
15:30-18:15	Hopes & Fears Group contract	NGO Bazaar	Self-confidence, Empathy and Reduction of stereotypes (Acceptance of differences)	Responsible Sexual Behaviours	Presentation of Tasks Part II	Scavenger Hunt Results	Educational visit Ngo Women Shelter	What did we learn? Tools that have been gained	Evaluation Writing my Youthpass Closure			
	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment	Self - Assessment			
18:15-18:30	Welcome meeting	Feedback	Feedback	Feedback	Feedback	Feedback	Feedback	Feedback	Feedback			
18:30-19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner			
19:30-20:30	Free Night	Free Night	Free Night	Free Night	Free Night	Free Night	Free Night	Free Night	Free Night			
20:30-	IN I: Latvia, Croatia, FYROM	IN II: Portugal, Egypt	IN III: Moldavia, Serbia, Jordan	IN IV: Romania, Greece								



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ACTIVITY SESSION 1
T.O.Y.S. and Healthy Relationships

NAME Getting to know each other / Group Building

AIMS - to create comfort and get to know each other (participants); to create multicultural atmosphere and give input on Greek culture; - to practice communication skills and to provoke collaboration; - to develop team building atmosphere; to set norms ; to stimulate creativity.

DESCRIPTION We start the session with the energizer pantomime " My big Greek family". We divided the groups by number and set 6 groups which were given tasks - to form families on their own e.g mum, dad, pet cat, grandma) and to act as such (nobody speaks) and to take a family picture. Overall we had 10 min on the presentation and 5 min on preparation.

During the Getting to know each other the pax will start to interact and the group dynamics will be on 0 level. Still we have storming level of the group, so in order to set norms they need to start show leadership and individual attitudes. For the Group Building part - I would suggest going through several steps in 1 hour session 1.30 min which to develop in them community relationship as well -

Tasks You are going to pass by the islands of Santorini, Crete, Zakintos, Thassos and Lesbos. On each of these islands you need to fulfill a task.

1. So, you are on the inland of **Santorini**- It is almost the end of November but still can visit Oia and enjoy the sunset ... and need to draw on a sheet of paper a map of the countries you represent.

2. You are on the island of island of **Zakintos** and just to see the famous Careta -careta turtles and you need to find the missing words from the following proverbs:

Choose one of these words : Respect , Compassion , Beauty, Knowledge Love, wisdom , Patience, Truth

- A. Experience is the mother of -----.
 - B. Where there is -----there is no darkness. (Burundi Proverb)
 - C. ----- and perseverance have a magical effect before which difficulties disappear and obstacles vanish. (John Quincy Adams)
 - D. Man may dismiss -----from his heart, but God never will. (William Cowper)
 - E. Doubt is the key to ----- . (Iranian Proverb)
 - F. If you want to be respected, you must -----yourself. (Spanish Proverb)
 - G. Sooner or later the -----comes to light. (Dutch Proverb)
 - H. -----without wisdom is like a flower in the mud. (Romanian Proverb)
- (answers: 1.Wisdom 2.Love 3.Patience 4.Compassion 5. Knowledge 6.Respect 7.Truth 8.Beauty)

3. You are reaching island of **Samothrace** island in order to see where was discovered the very famous Nike from Samothrace and you need to play a card game (rules to be explained) - you need to match 2 by 2 cards - I was given a set of Picasso pictures (but you can be creative)

4. You are on the island of **Lesbos** famous as well as Mitilini - where except this that in modern times can meet a lot of refugees from Syria is also known as as the birthplace of the poet Sappho and you need to discuss characteristics of each of the members and the team; give yourselves a name based on the shared qualities and introduce it to the other team
(it was quite interesting process of choosing the name as the participants were trying to choose Greek words for among the groups like i. Etsi ketsi ii.Mnimi iii.Tribe iv.MC Jam v.Energetic one (white) vi. Helpers

5. You are on the island of **Crete** and you are in Knossos and you need to pass through a maze with a ship. You need to create a functioning ship using your bodies without any other materials. The ship has to have a 2 meter mast. You need to pick a captain who is standing in the middle of the ship and commands it. You need to go through the maze without touching the border and you should never stop once moved. If you stop and the maze borders are crossed you need to come to the beginning. Overall you have 15 min.

The group will finish all in given time and the last step will be to introduce the name of the group. Each group will receive their tasks on a sheet of paper.

TIME 2 hours

RESOURCES - 5 games for different groups. Print tasks for 6 groups but there will be not even number in every group because the group is of 40 people. The maze will be made on the floor with white scotch tape ; every group after passing all the games will need to go through the maze , giving to each other instructions; choose music - I am sailing , Rod Stewart or else.

CONTENT – IDEAS Developed by - Nataliya Nikolova



The Maze

ACTIVITY SESSION 2
T.O.Y.S. and Healthy Relationships

NAME Hope and Fears/ Group Contract

AIMS to clarify objectives and expectations of participants ; - To enhance the understanding of working in multicultural teams; - To clarify what are the “rules” and what are the “values” of the group; - To create a safe learning environment; - To facilitate participants' communication on different levels.

DESCRIPTION

Evolution energizer¹ - There are four levels in this game: amoeba, chicken, dinosaur and Supreme Being. Everyone starts out as an amoeba and wanders around the space moving like an amoeba (shaking like jelly and making a wobble, wobble sound). When they meet another amoeba, they play Rock, Paper, Scissors. The winner becomes a chicken flap your wings and cluck), the loser stays an amoeba. You may only play Rock, Paper, Scissors with someone who is at the same level as you (chicken and chicken, etc.) As people continue to win they move up the levels to dinosaur (stomp and roar) and finally to supreme being (strut around saying, "I'm cool, I am a supreme being."). Supreme beings are just that and are exempt from Rock, Paper, Scissors. If you lose, you go back down a level.

Hope and Fears

Start the session with relaxing music - Whenever we are about to have a new experience and we are about to meet new people we usually develop (consciously or unconsciously) hopes, fears and expectations. In order to make the "good" things happen and avoid the bad – sharing those thoughts is a good start. So we will start it with creating good and bad weather as a metaphor- Sunny and Rainy weather.

1 • Personal (10 min) – each participant receives 2 rays - yellow or orange colour (for the Sun) for hopes and 2 drops in blue colour for fears, and writes his/her hopes & fears regarding: The TC, The group, Myself. The group is asked to put them in a plastic bag . After all the group gathers in a circle and one by one or those who

¹ Evolution energizer - Playing this game requires the knowledge of Rock, Paper, Scissors.

like share as imitating - mimic like Pictionary the hope or fear he or she got. Since there are 40 people we can be divided in two groups

Another Scenario as a second step instead of Pictionary -

The group can have some more minutes after writing and putting it on the wall the hope and fears and everybody can go around the venue, in the room and choose a symbol, from their surroundings, reflecting the hopes and fears. These symbols are brought back to the room and one by one they display them in the middle of the circle on a big sheet of paper, while explaining to the group the reason for choosing these symbols. This "exhibition" is kept until the last day.

On the last day – during Evaluation – we put it back in the middle and look at it. Everyone gets 5 minutes to reflect on their addition and to make a change if needed.

Then everyone will make the change and tell the group why and how their hopes, expectations have come through, or not. The same applies for the fears.

For the Group contract -

Ask participants to stand, close eyes. Ask them to, as silently as possible, sit down when they think 60 seconds have past. Then they can open their eyes. Discussion about time and make a common agreement on how We should manage time during this TC. Is time the same for all?

Cultures? Individuals? How could we manage a group like this? At the end, the team explained how important it is to have everybody involved at the same level in all the sessions of the programme and how important their individual involvement is for the group process. But no push, no punishments mention.

Group Contract–20 min

TIME 1 hour



RESOURCES – Make drops and rays for the sun - see picture attached. Prepare the sun on a flip chart. Markers, Flip chart.

CONTENT – IDEAS Developed by - Nataliya Nikolova



Hopes and Fears as objects of symbols

ACTIVITY SESSION 3
T.O.Y.S. and Healthy Relationships

NAME Presenting NFE - differences and Open Badges - new methods for evaluation of learning outcomes.

AIMS to differentiate between different training styles and learning formats; to raise awareness of the importance of technology in evaluation process; to raise awareness of Open badges ; to learn new methods for evaluation of learning outcomes.

DESCRIPTION

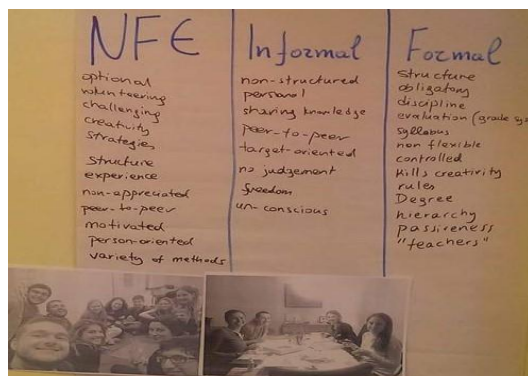
1. The first part of the session is on NFE - show participants three pictures in formal, informal and non-formal situation (see attached pictures). Ask them what do they think about the pictures and what are the differences among the pictures. Make a board with the differences between formal and non-formal education where the participants will suggest their answers. After, the participants are asked to form groups of 5 to present formal and non-formal education situations in a 5 minutes theatre play.

2. After that or at the end of self -assessment on Youthpass (show all the competences and explain how to evaluate them daily, introduce the diary of the day and go to Open Badges - www.badgecraft.eu and how they work. Give intro on the topic and as well explain the whole technology process. Show online how to access, pass, link, how they can earn badges and how to help them in reflecting on their learning process - the role of the machines in learning, in present and future. It is essential every day just as an intro do the day to announce the badge for the day and to show the activity flow on the page.

TIME 1 hour

RESOURCES Flipchart , markers, On a flipchart - write for the Open badges - pass, link, Print 3 pictures from Formal, Informal and Non - formal situation education.

CONTENT – IDEAS Developed by - Nataliya Nikolova



ACTIVITY SESSION 4
T.O.Y.S. and Healthy Relationships

NAME Youthpass / Guidelines for Self Assessment

AIMS to understand the 8 key competences and how these describe somebody's development in the project

DESCRIPTION

1. Watch first the story of youthpass <https://www.youtube.com/watch?v=3hHe95Zy5CY>,
2. Describe the 8 key competences using picture from <http://jacisyouthpartners.blogspot.gr/p/youthpass.html>. It is also useful to show a Youthpass Certificate from the platform - <https://www.youthpass.eu>.
3. Play game: Fortune Telling Origami, available at <https://www.salto-youth.net/tools/toolbox/tool/youthpass-8kc-folded-fortune-telling-origami.1577/>. Divide pax in groups of 2-3. Each group must have an origami to play with – group members are asked to fill in randomly numbers 1-8 in the competence areas. Then, one member of each group becomes the Fortune Teller (FT). The other member of each group chooses a number and the FT reveals the content in the origami, so the first needs to perform a given “task” given by the FT. Then, group members switch roles and continue the game until all numbers have revealed and all “tasks” are given.

TIME 1 – 1,5 hour depending on discussion in Steps 1,2

RESOURCES – printed origami for each group.

CONTENT – IDEAS Developed by – Anastasia Timologou

ACTIVITY SESSION 5
T.O.Y.S. and Healthy Relationships

NAME NGO Bazaar

AIMS Pax present their organisations.

DESCRIPTION Divide group per country. Members of each country has 30' to prepare a "presentation" of their organisation. Presentation can be an artistic creation / poster which is later stuck on the wall, where everyone can re-visit and find out more about each organisation. Then, participants present their organisations per country – 10' each.

TIME 1,5 – 2 hours depending on number of countries participating.

RESOURCES – posters, flipcharts, colored papers, glue, scissors, markers.

CONTENT – IDEAS Developed by – Anastasia Timologou



Serbia



Jordan

ACTIVITY SESSION 6
T.O.Y.S. and Healthy Relationships

NAME Healthy relationships – a working model

AIMS raise participants' awareness about their personal values on how they make relationships, make clear the distinction between healthy and non-healthy characteristics of human relationships, create a model of healthy relationships based on values and behaviours of both partners. Exchange of opinions from the whole group.

DESCRIPTION. Show the animated story “The missing piece meets Big O”, by Shel Silverstein

<https://www.youtube.com/watch?v=MCmZ2jrQooE&t=4s>

Use of the metaphor of the ship (human relationships are compared to a ship in the sea which must have a strong constitution in order to flow safely) by drawing on a large piece of paper a ship in the sea. Each participant has a small piece of paper on which is written a certain behaviour for example “he/she feels jealous when I go out alone” and has to decide if this behaviour either promotes a healthy relationship or not. The behaviours that promote healthy relationships were put on the ship whereas the others in the sea. The participants discuss on how and why they made their decision.

TIME 2 hours

RESOURCES – flipchart, post-it papers, video presentation

CONTENT – IDEAS Developed by – Fotini Argyroudi



ACTIVITY SESSION 7
T.O.Y.S and Healthy Relationships

NAME Empathy/Self Confidence/Reduction of Stereotypes

AIMS - to set out main attitudes to topics of the project; to raise awareness on the complexity and role of culture/society in constructing identities; to put focus on the different methods we can use in the youth work;

DESCRIPTION 1. Start session with a game – Dominoes (<http://www.eycb.coe.int/edupack/28.html>); 2. Divide the groups (8x5) or smaller number to present as slow motion different scenes on the topic (to be decided); What do do - this activity uses differences in opinion in the group about how to approach common dilemmas in relationship (Gender matters, p. 147) - Statements are shown on the screen (from the COE Manual - Gender Matters p.147 "What to do " activity - https://www.coe.int/t/dg4/youth/Source/Resources/Publications/Gender_Matters_en.pdf) , read and the groups stand in the middle of the room; after each statement the participants are choosing which corner to go, and there is a discussion in the corner as one

volunteer (or one by one) presents his/ her opinion on the statement

3. Present discussion key / Terms _Gender, Sex, Gender Identity- Role of Empathy in life - (Can work in groups to discuss the terms or just as a group to put keywords and to conclude on definitions/

4. Stereotypes and gender - Ask the participants with what colours associate the following words - an apple , banana, fire engine, boy and girl (- show different stereotypes - cloths, data, videoclips) and start the presentation- <https://prezi.com/ydq65gc-jxxj/gender-and-stereotypes-toys-and-healthy-relationships-erasmus-project-k-1-youth-mobility/>;

- Gender and self esteem- show and discussion https://www.youtube.com/watch?time_continue=5&v=XjJQBjWYDTs

- Gender and Stereotypes - show and discussion <https://www.youtube.com/watch?v=cAUDKEI4QKI>

- Conclude - and again show the key terms - sex, gender, intersex, identity, Empathy and self confidence and project "Sworn Virgins" - Albania - from prezi presentation

5. You can put the video or music while making collages - www.youtube.com%2Fwatch%3Fv%3DYzMHaLQK2FU Identity collage - or in case of time - Man and Woman groups division and divide tasks to create man and women image having magazines (SALTO) game

1st Part from 1 – 2, 2nd Part - 3-4-5

TIME 2 hours

RESOURCES – Magazines/Newspapers, Paper Frames on paper to bring, different colours, print roles for statues, print statements - 4 copies ; make corners signs for statements , multimedia with pictures to show, glue, scissors

CONTENT – IDEAS Developed by - Nataliya Nikolova



ACTIVITY SESSION 8
T.O.Y.S. and Healthy Relationships

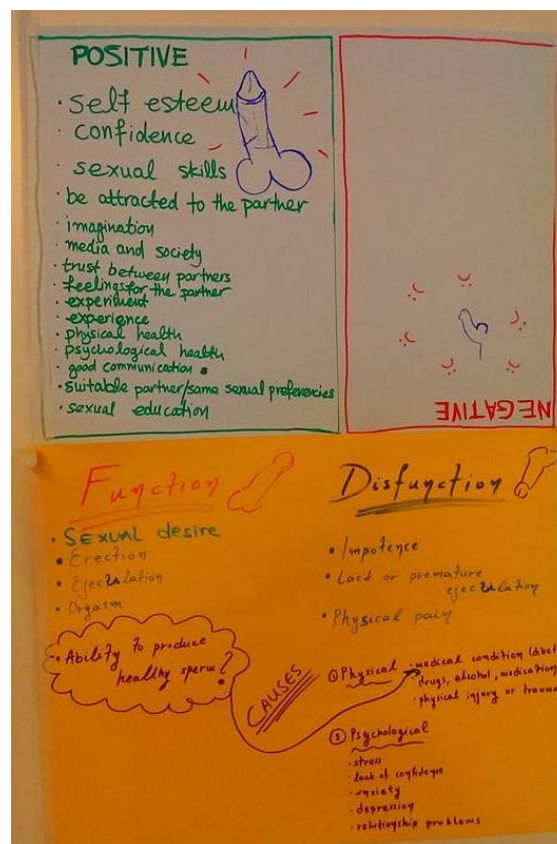
NAME Sexual Function

AIMS An introduction on sexual function and dysfunction in order to promote better sexual health.

DESCRIPTION. Divide the group in 4 smaller groups. Two of them will discuss female sexual function and the other two male sexual function. Develop a diagram/ map of what they believe play important role in the sexual function of each sex. Present and discuss. What are the differences and similarities?

TIME 1 hour

CONTENT – IDEAS Developed by
– Georgia Gounari



ACTIVITY SESSION 9
T.O.Y.S. and Healthy Relationships

NAME Myths on sex and sexuality

AIMS Our perception of what is normal and abnormal can affect the way we behave and function in general and more specifically can affect our sexual behaviour.

As sex and sexuality is still a taboo we will try to 1. identify sexual myths that can have a negative effect 2. provide tools for youth workers to help and educate young people

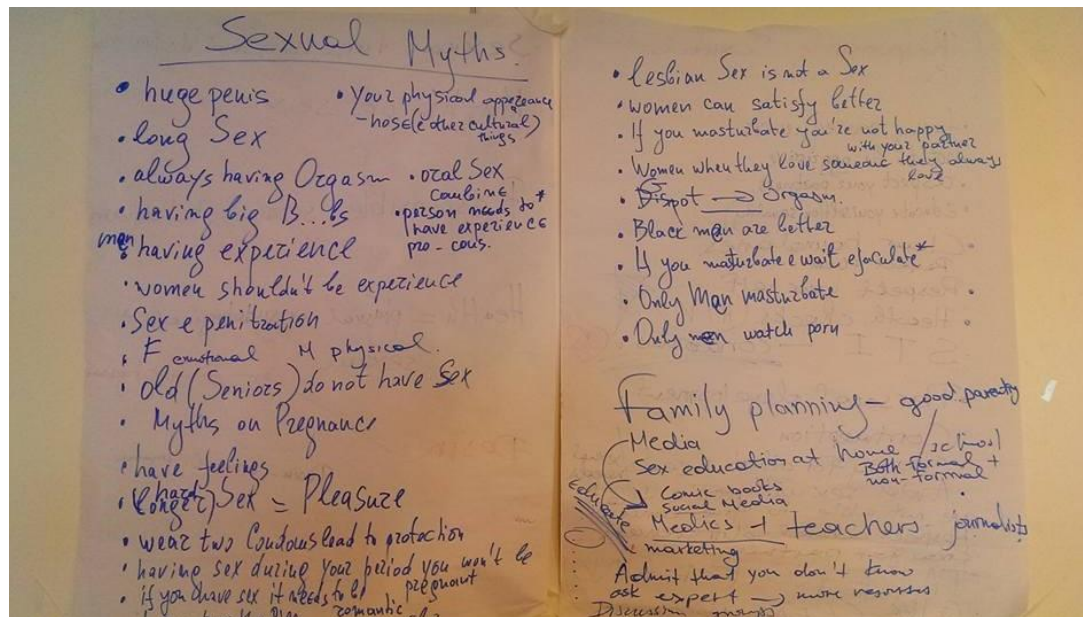
DESCRIPTION. Brain storming on sexual myths and discussion. Create a poster on sexuality in smaller groups. Discuss how stereotypes can have a negative effect on the expression on

sexuality. Create a model on how we can accept differences/ individuality and reduce stereotypes.

TIME 1 hour

RESOURCES – magazines, newspapers, glue, scissors

CONTENT – IDEAS Developed by – Georgia Gounari



ACTIVITY SESSION 10
T.O.Y.S. and Healthy Relationships

NAME Responsible Sexual Behaviours

AIMS A better understanding on what it means responsible sexual behaviour in order to assist youth workers to help youth to adopt these type of behaviours.

Everyday, a big percentage of people can become aducers or victims and they can not even recognise it.

DESCRIPTION. Role plays on healthy sexual behaviours in different settings (relationship, outdoors), how can I say no, creation of messages to hand out to youth on responsible

behaviours. Create a small video that can be used to motivate others on the matter.

TIME 2 hours

RESOURCES – coloured pens, papers, cameras

CONTENT – IDEAS Developed by – Georgia Gounari

ACTIVITY SESSION 11
T.O.Y.S. and Healthy Relationships

NAME SCAVENGER HUNT

AIMS Looking for treasures in the urban land. Acknowledge the benefits of being outside for a relationship.

DESCRIPTION. Participants are divided into 4 groups of 9. Group size can be smaller depending on the number of pax. Each group needs to go to specific locations in the city and discover places where couples/families/friends can be together and enjoy outdoor activities. (The same activity can be done in the countryside). Each group is given instructions and specific tasks to implement. Presentation of the tasks is then made in the plenary.

TIME 5 hours

RESOURCES – Directions and Instructions given on specific locations per group.

CONTENT – IDEAS Developed by – Anastasia Timologou



ACTIVITY SESSION 12
T.O.Y.S and Health Relationships

NAME Session on Promotion of Sexual health

AIMS - To raise awareness on the concept of SE, To familiarize with different aspects of tackling and prevention of deceases - to practice group work and creativity.

DESCRIPTION Start the session with the presentation <https://www.youtube.com/watch?v=-7V9S9wdLfc>

After that ask if the participants if they know the format TED and show data on the different countries - ask what is going on this level! - present report on Sexual Education in Europe of the European Parliament with statistics and briefly summarize actors in this field worldwide.

Continue with this activity - <http://www.fpa.org.uk/sites/default/files/jiwsj-sre-activities-english.pdf> - p.30 (Ask each participant to take a statement from the floor and to read it - The task is choose (Easy or Difficult) to talk to someone about- specific statement read <http://www.fpa.org.uk/sites/default/files/jiwsj-sre-activities-english.pdf> - p.30 and again focus, supplement answers with Data (I have chosen the following statements for answer by pax - "*I want to have an abortion ; Tell me about your previous girlfriends/boyfriends; I do not want to use condoms; I will only have sex if we use condoms; The long term of our relationship; I do not want to have sex yet; Have you ever had a sexuality transmitted infection; I am pregnant; Are you using contraceptive?; I haven't had sex before.*". In case of no time for all statements explain this to pax.

Show good examples initiated by youth people - e.g. <http://loveguide.bg/@loveguidebg>; Bulgarian Association for

reproductive health and they are leaflets, gamecards for youth with deviant behaviour, textbooks, on Sexual education for children with special needs; also speak about your own experience and if they were given a book on this matter as a child.

Show good examples on Sexual education programmes

- <http://www.zanzu.de/en> - German Federal centre for Health Education

- <http://www.fpa.org.uk/sites/default/files/economics-of-sexual-health-findings.pdf>

5. Introduce different styles and presentation of TED on Sexual Education

- Give tasks on making a TED (<http://www.sparkol.com/engage/8-classic-storytelling-techniques-for-engaging-presentations>)

Presentation or represent A PhotoVoice project <http://www.rutgers.international/photovoice> - one picture to show

- Groups from the very beginning to be introduced for this task so called peers groups (6 groups of 6 people)

Presentations 1 hour and 30 min show (6 groups for 8 min max 48')

Share these links with participants on actors that work on the topic

- the future

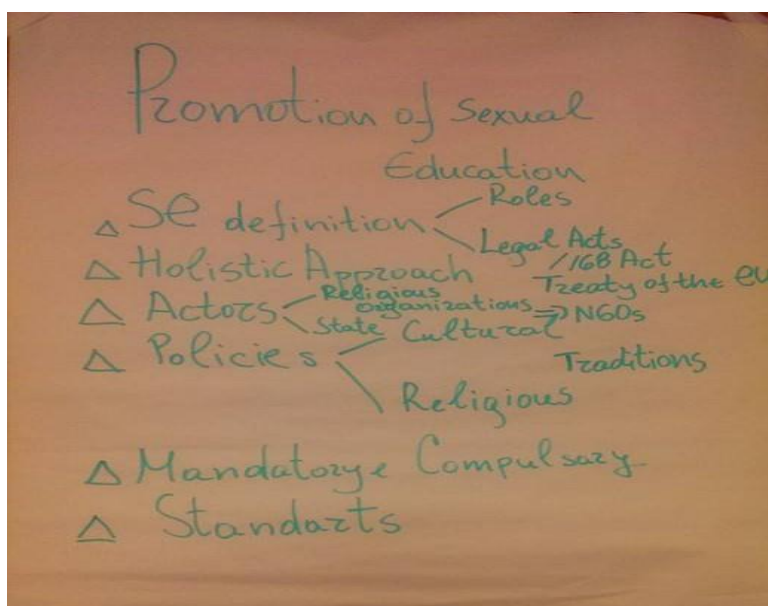
- <https://www.ifpa.ie/node/713> - https://www.ifpa.ie/sites/default/files/safe_guide_for_developing_policies_on_the_sexual_and_reproductive_health_and_rights_of_young_people_in_europe.pdf Safe Project
- <http://profamilia.de/>
- <http://www.rutgers.international/our-products/tools/explore>
- <https://www.youtube.com/watch?v=uEhim6vkYGw> - The role of SE

- https://www.youtube.com/watch?time_continue=6&v=pX2FYBWSLW8 cases in Zambia on importance of SE
- <https://www.youtube.com/watch?v=-7V9S9wdLfc>
- <https://www.youtube.com/watch?v=kpfsQbFV5-U>
- <https://www.youtube.com/watch?v=6kmnqLgbmU>

TIME 2,5 hours

RESOURCES – Print file 8th presentations, photo voice projects presentation, download presentations, multimedia, all materials from different organizations bring, flipcharts, print from booklet <http://www.fpa.org.uk/sites/default/files/jiwsj-sre-activities-english.pdf> - p.30, 31, 32

CONTENT – IDEAS Developed by - Nataliya Nikolova



Brainstorming on Actors / Institutions in the area of Sexual Education

ACTIVITY SESSION 13 T.O.Y.S. and Healthy Relationships

NAME Communication – Why we don't understand each other

AIMS Raise awareness of the barriers in human communication and promote more functional ways to listen to each other, promote team work and active listening skills

DESCRIPTION. Play the game “send the message”-the group will be separated in 3 smaller and group A has the task to send a message to group C (a phrase, a song etc and group B will interfere so that group A will not be able to understand the message).

Presentation of basic principles in human communication

Separation of the group in two and brainstorming on the barriers/limitations of communication and discuss the effects on people

Role-playing game. The group will be separated in 3 smaller. From each group one person will speak about his/her “problem” and the other member will respond to the speaker in a way that doesn't promote communication (irony, criticism etc). Discussion in the speakers’ feelings.

Introduction-presentation of active listening skills-video

The members of the group will try and respond to the speaker as active listeners and discuss about the differences noticed between active listening and the other forms of communication. Practice of active listening skills in pairs.

TIME 2,5 hours

RESOURCES – flipchart, printed scenarios of the problematic situation, presentation of a short part of the film “Detachment” (2011)

CONTENT – IDEAS Developed by – Fotini Argyroudi

ACTIVITY SESSION 14
T.O.Y.S and Health Relationships

NAME What did we learn? Tools that have been gained

AIMS - to sum up and set out methods that can be used in other projects; to create different approach on the topic of SE and Relationships, to set out the complexity of being a youth worker and educator and to familiarize with various approached;

DESCRIPTION In advance we wrapped 2 tables and plates in pink paper.

1. Sum up a bit going through the programme- what we talked on previous day on the main theme/themes;
2. Divide into 4 groups and set out task - to create an image (on a flipchart) of the Youth worker in Sexual Education and Healthy relationship and what she /he posses

Give 30 min for preparation ; Divide on 4 groups and show materials to be used; After the presentations by the participants , show the video as a conclusion- <https://www.youtube.com/watch?v=uEhim6vkYGw>

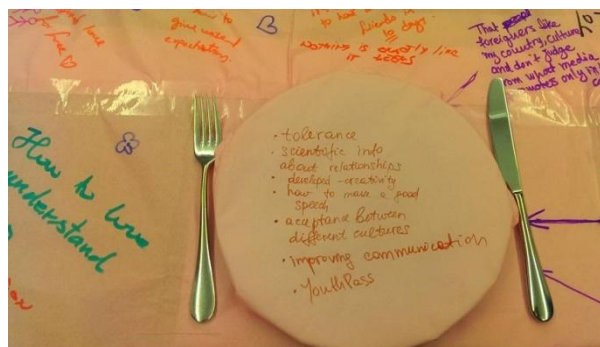
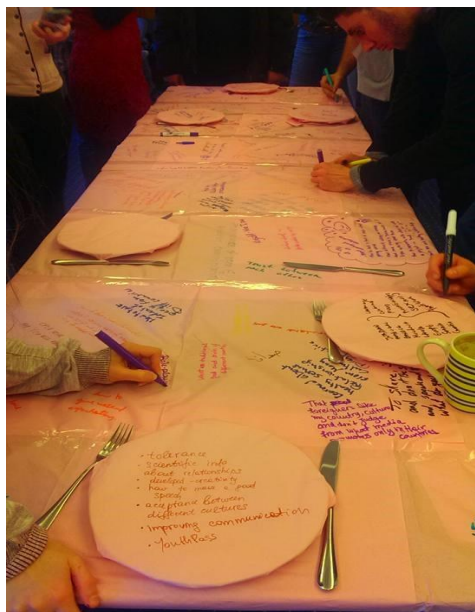
3. Follow with a presentation and introduction of the whole interior and what does it symbolize - remarks to Papiertheater; show various projects on the topic of relationships/art - <https://prezi.com/pljy4afn9s6o/copy-of-art-apps-and-culture/>; in case of time divide into small groups to discuss in groups what they can do on the topic in their countries; Last step is to provoke all of participants to express their thoughts on what did we learn during these days talking on the themes.

Das Papiertheater / Johannes Volkmann
<http://daspapiertheater.de/Unbezahlbar/german/impressum.htm>,
field app, other art projects

TIME 1,5 hour

RESOURCES – wrapping paper- coloured, plates, to be wrapped, pencils, multimedia with presentations of various projects, flipcharts

CONTENT – IDEAS Developed by - Nataliya Nikolova



Das Papier evaluation on what did we learn

ACTIVITY SESSION 15 T.O.Y.S and Health Relationships

NAME Steam Groups or Buzz Groups

DESCRIPTION Various Methods

- WATT groups (What about the day today) - It may be useful to start the meeting of the reflection groups with a get-to-know activity of some kind - everybody to introduce / studies/passion/ something to set a calm atmosphere. As an extra question can be What about the day today ? and each person to answer.

- Powwow groups (the tradition of indians sitting in a circle) and Ball Toss - One starts as tossing a ball from one to another . Each person who catches the ball states one thing or comment on the day or what has learned from the day (make a ball or bring a small one)

- Collective summary - Pose a summarising question Try to think a word or phrase that sums up your feelings at the end of the day ; also you can say a colour that symbolize the day
- Group bulletin board - cards - Each person in turn adds one word or picture to a group display and explains why it represents something important he or she feeling/learned - will bring set of
- Home groups - Draw a reward for yourself and ask 'how can you use today's programme at home?'
- Gratitude letter - Close your eyes. Call up the face of someone still alive who years ago did something or said something that changed your life for the better. Someone who you never properly thanked; someone you could meet face-to-face next week. Got a face? Gratitude can make your life happier and more satisfying. When we feel gratitude, we benefit from the pleasant memory of a positive event in our life. Also, when we express our gratitude to others, we strengthen our relationship with them. But sometimes our thank you is said so casually or quickly that it is nearly meaningless. In this exercise ... you will have the opportunity to experience what it is like to express your gratitude in a thoughtful, purposeful manner.

Your task is to write a letter of gratitude to this individual and deliver it in person. The letter should be concrete and about three hundred words: be specific about what she did for you and how it affected your life. Let her know what you are doing now, and mention how you often remember what she did. Make it sing! Once you have written the testimonial, call the person and tell her you'd like to visit her, but be vague about the purpose of the meeting; this exercise is much more fun when it is a surprise. When you meet her, take your time reading your letter.

TIME 30' each day



RESOURCES – A ball , various cards, a printing version of the reward

CONTENT – IDEAS Developed by - Nataliya Nikolova



CHANCE ID

The informal group "CHANCE" was established in 2010 in Thessaloniki, Greece. It occupies a group of young scientists – volunteers, and is coordinated by experienced young people. "CHANCE" aims to:

- Promote health, creating networks and implementing projects based on non-formal education and learning by experience methodology.
- Design programs that encourage social cohesion, protect the human rights and respect the environment.
- Empower young people, enhance and build their personal skills.
- Organize campaigns and initiatives that benefit the society.

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