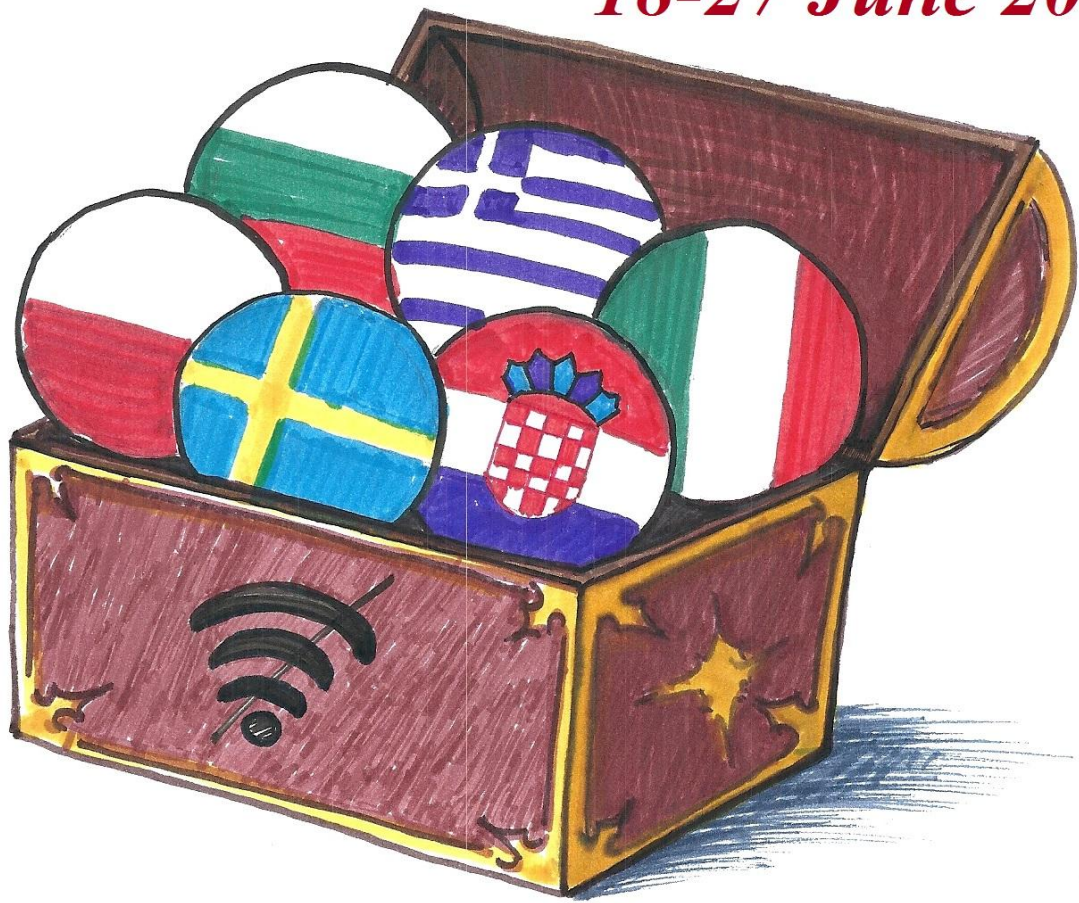


# Offline is the new luxury

**Gnosjö,  
18-27 June 2018**



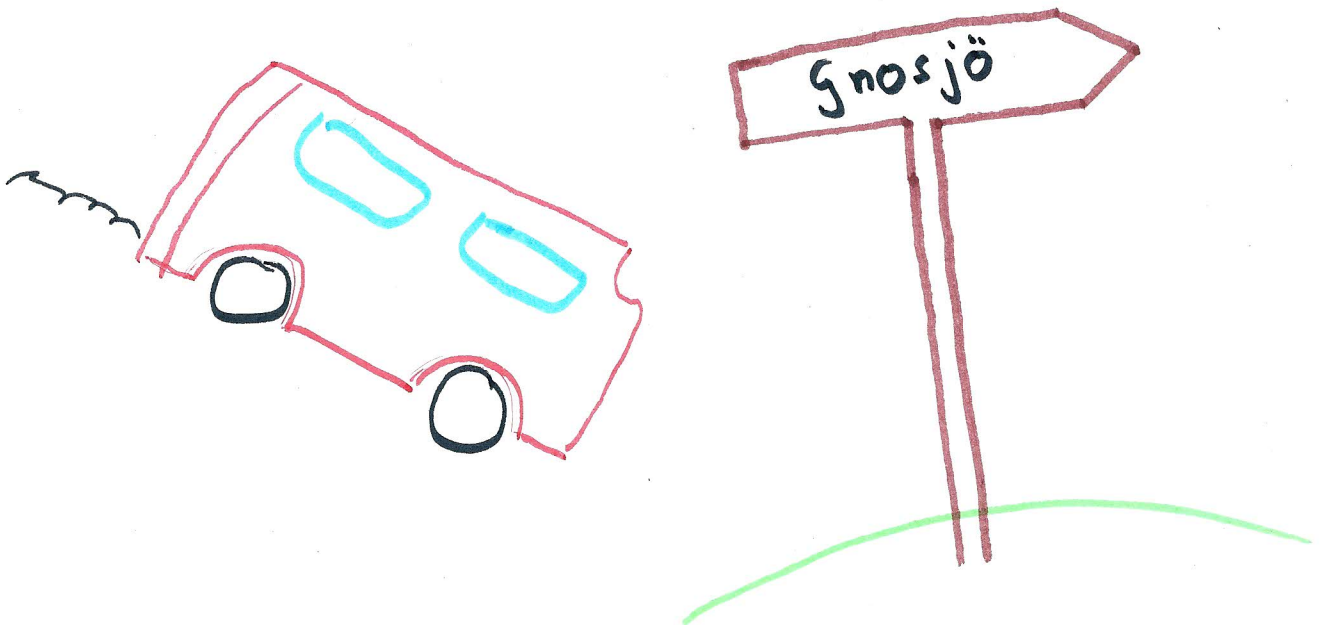
Co-funded by the  
Erasmus+ Programme  
of the European Union

**Erasmus+**

# DAY 1

## Arrival

On 18<sup>th</sup> June our journey began. A group of 40 completely unknown strangers met on the busstation of Gothenburg. And after 2 hours, full of good vibes and music, we arrived in a small village called Gnosjö. After the long day everyone felt tired and we went to sleep pretty early, expecting great time and ready for the big adventure called „Offline is the new luxury“...

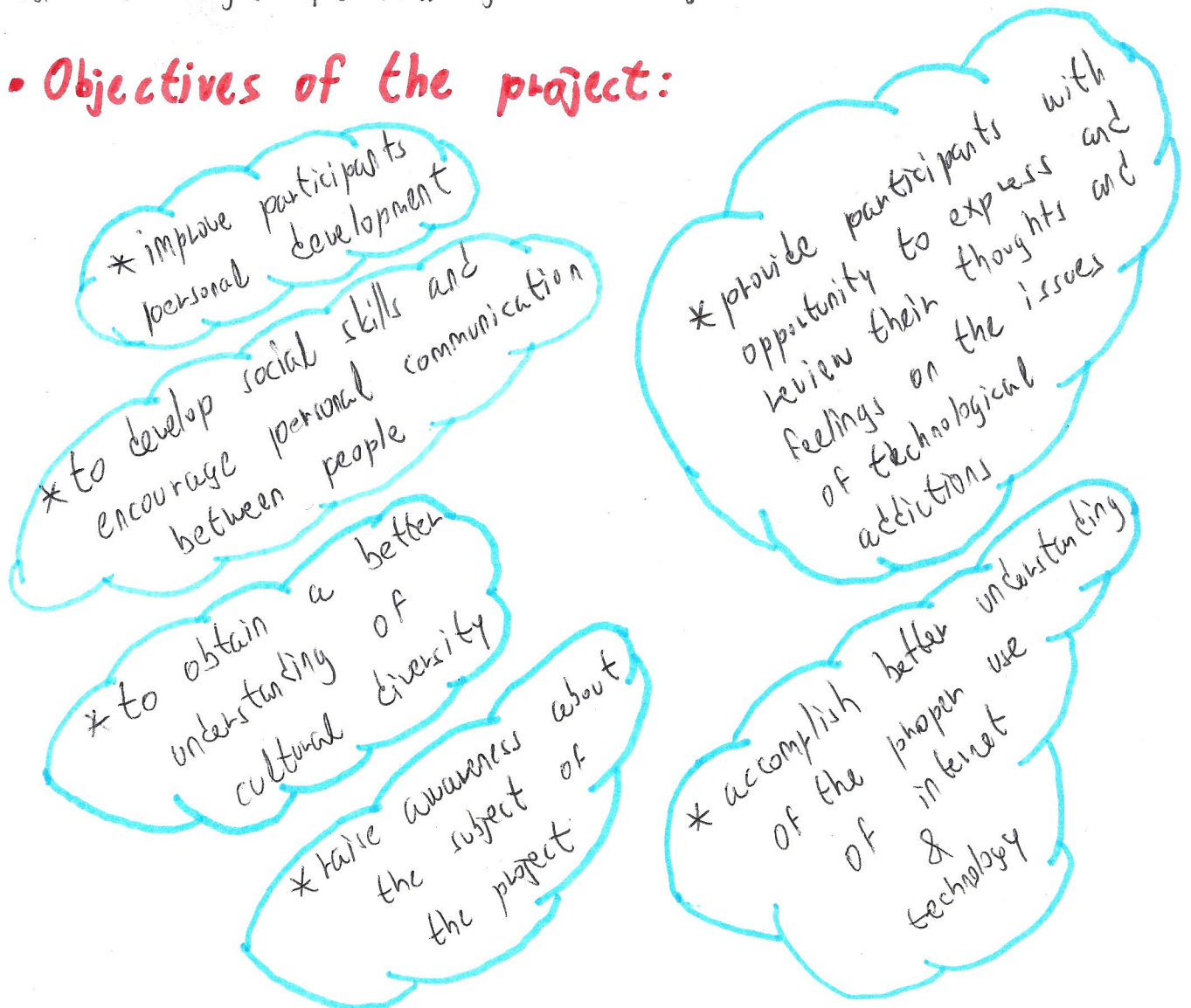


# ⇒ Introduction ⇐

## • About the project:

- "OFFLING is the new luxury" is a youth exchange which took place in Grojjo, Sweden from 18th - 27th June 2018. Project gathered 40 young people from Sweden, Croatia, Italy, Poland, Greece and Bulgaria. Through numerous number of non-formal methods, discussions, role plays, simulations, videos and presentations we learned from each other about importance of offline communication, awareness about minuses and pluses of online communication and tools which can be used in raising awareness about it, awareness about cyber bullying, lack of interpersonal communication and isolation, mental and physical health issues and advantages & disadvantages of digital world.

## • Objectives of the project:



WHAT YOU DON'T USE, YOU LOSE. Forrest

## • Partners:

Country	Organization
Sweden	Ungdomsfronten
Croatia	C:E:T platforma
Poland	Stowarzyszenie Swete Limon
Italy	F.E.E.L.
Bulgaria	IYAC
Greece	C:E:T platform Hellas

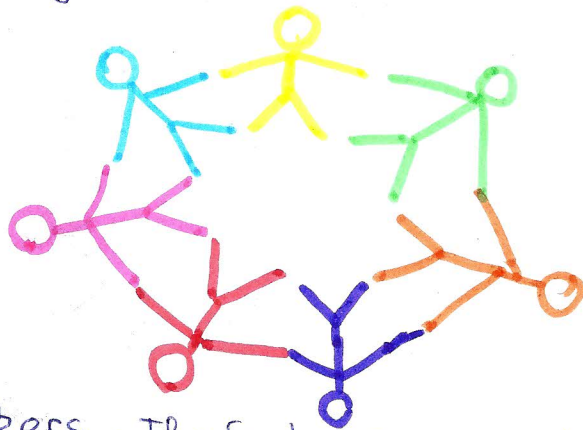
## • Activities:

- DISCUSSIONS
- ROLE PLAYS
- MOVIE NIGHT
- GAMES
- MUTE THEATER
- SIMULATIONS
- PRESENTATIONS
- TEAM BUILDING
- NGO FAIR
- ENERGIZERS
- OUTDOOR ACTIVITIES
- WORKSHOPS
- BOARD GAMES
- IC EVENINGS

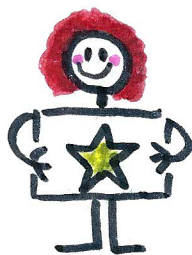
# DAY 2

## Getting to know each other and agenda of the project

Forty people coming from six different countries came together in one place to make a difference - in their lives and in the world. Day two of the project was actually the day when all the participants got the chance to know each other better and to connect. And how did it go? Well, offline of course.



• Icebreakers • The first game we played was called "Make your name unforgettable." There we had the chance to express our creativity in which ever way we wanted: drawing, storytelling, acting, and believe me some names will never be forgotten.



After that we played a game with the timeless tool - the ball, where we had to pass the ball to another person and say her or his name.

But the game that really made us observe each other thoroughly was the "draw-me-on-an-envelope" game. So, we had to write our name on an envelope, pass it on to other people and they had the task to draw one part of our face. After some time we switched the envelopes and drew another part of the face, and so on until the face was done. The results were pretty funny.

Activity: As for the activity where we had to cooperate with each other in order to achieve a common goal, we played something only Tom Cruise survived - "Mission impossible". There were ten tasks and we had limited time to accomplish them. The tasks weren't easy: Take a picture with a local, with an animal, finding train station, collecting objects for each letter of the alphabet, learning Swedish phrases and others. Seems like a lot to do, but together we managed it all.



# Day 3

## YOUTH LIFESTYLE IN MY COUNTRY / TECHNOLOGY +/- ME AND MY ADDICTIONS

This day was about being more aware of the affects technology has on us. We learned how to improvise individually and within the group.

### ENERGIZER

- someone will guess who is the person and everyone is following their movement
- trust game
- Kinuna and mindfulness. If you are more interested in this technique Google it ...

### YOUTH LIFESTYLE

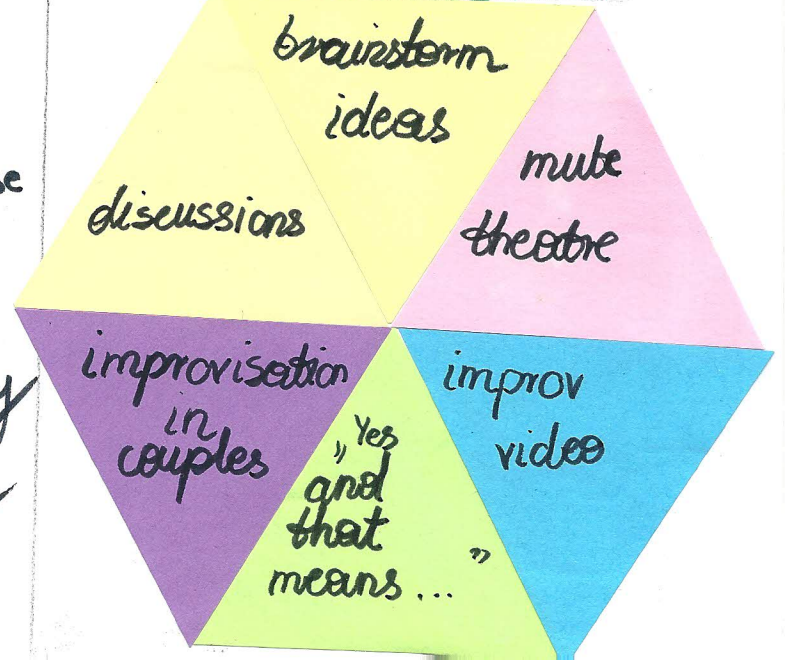


1) How do I use technology in my everyday life? Do I abuse or misuse tech? In which sense?



2) Which social media do I use and how? How many hours do I spend on them? How much do I post about my life? What I would like to change? How would I achieve that?

### TECHNOLOGY +/-



### 3) Act it on - Theatre of the oppressed

After public speeches on said topics, it was time to Act it on in the Theatre of the oppressed. Our assignment was to come up with short performances in which we were showing the issues of cyber bullying, online predators and so. After performances, we got the chance to give our opinions on the topic itself and perhaps a new/different way how we would represent said issue.

### 4) Improvisation at the theatre - The "Twilight Zone"

Later on, it was time to improvise!

We started off with a TedX talk by Jennifer Hunter on improvisation and how we can apply it in everyday life and change our routine (and who knows? Maybe even the world?) with improvisation skills. From the talk, we realized that with just few key words and steps, even us, the amateurs, could improvise (well, most of us). Words such as: "Yes, and..." could motivate us to say yes to new challenges and adventures and make us think which set of skills can we bring to the table for these "adventures" (no more spoilers - go and check out the video for yourselves!).

After little improv 101, we were each given a piece of paper with an object/name written on it, then we had to find our match. For example: Romeo - Juliet, Tom - Jerry...

So, after everyone found their matches, we were ready (more or less) for following improvisation games:

association game, repeating your partner's moves and adding yours. The "gibberish" game was next, where one person in the pair had to talk gibberish (noun; unintelligible or meaningless speech or writing nonsense) while the other person had to tell the same story with sign language.

That was just a warm up. Next, we combined pairs in order to make groups of 4 to have a translator, a gibberish talker, a sign language communicator and a listener. Needless to say, the results were interesting.



# Day 4

## Energizers:

- light exercise in circle: walking on toes, walking on heels ...
- "wrestling" in pairs: trying to touch your partner's shoulders while avoiding their touch on yours
- "Hug wrestle", same as previous exercise, instead of shoulders, you're trying to hug your partner.

## Activities:

### 1) Locate the issue - World café

In the first activity, we were working in small groups of 6 talking about valid issues: cyber bullying, online predators, mental disturbance: depression, social isolation and exposure of personal data. After discussion we prepared key words for next groups, one person stayed on the same place and the rest of the group went to the next place. So we were changing places every 10 minutes to be able to talk about every topic and add something new to the poster. This exercise opened new subjects for next activities.

### 2) Speak it up - public speaking

In this activity we were still working in groups and we had an opportunity to give a speech about topic connected with the previous activity. It was fine exercise to be more confident when we have to speak on public. Next we could give a speech again in front of all the participants. We had an open discussion about the topics which we presented and we were advised how to make better speech.

Next game was "The victim" game where "the victim" had to do a movement repeatedly while answering a mathematical question and a personal question.  
Last but not least, group improvisations.

One person is doing a movement (silently) while another person ~~is~~ enters the same scene and continues it.

### 5) Movie session

To end this eventful day, we watched a movie called "The cyber bully", directed by Ben Chanan.  
No spoilers.



# DAY 5

## Topic of the day



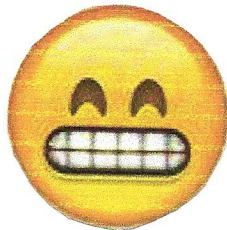
( Emojis / Midsommarafton )

First of all, there are multiple ways to express the things that you want to say nowadays and we always end up using the nonverbal way of communication ( )

But today our mission was to start a revolution by using something unrealistic into the real world.





And this was where the Midsommer Day festival in Gnösjö came in hand with our task.




Fika, good friends and swedish traditional music... yeah, if you are Swedish you surely knows what I am talking about.

# DAY 5

No matter the nationality all of us started dancing on the so called song "the bear sleeps" finishing with the fertility dance. 

In between we exchanged with the locals in order to express our emotions and to pass the good vibes around ourselves. 

As a gift we received some tasty cinnamon rolls made by the gnösjones. 

If I needed to sum up the day:



# DAY 6

## ▶ Energizer:

We're all in a circle. There's a person in the middle. That person, points to someone else and says one word, choosing from: **Merilyn Monroe**<sup>①</sup>, **Elephant**<sup>②</sup>, **James Bond**<sup>③</sup>, **Washing machine**<sup>④</sup>, **Mixer**<sup>⑤</sup>.

When they point to you, you do a pose and the two people next to you also do a pose, depending on what the person said. The poses are:

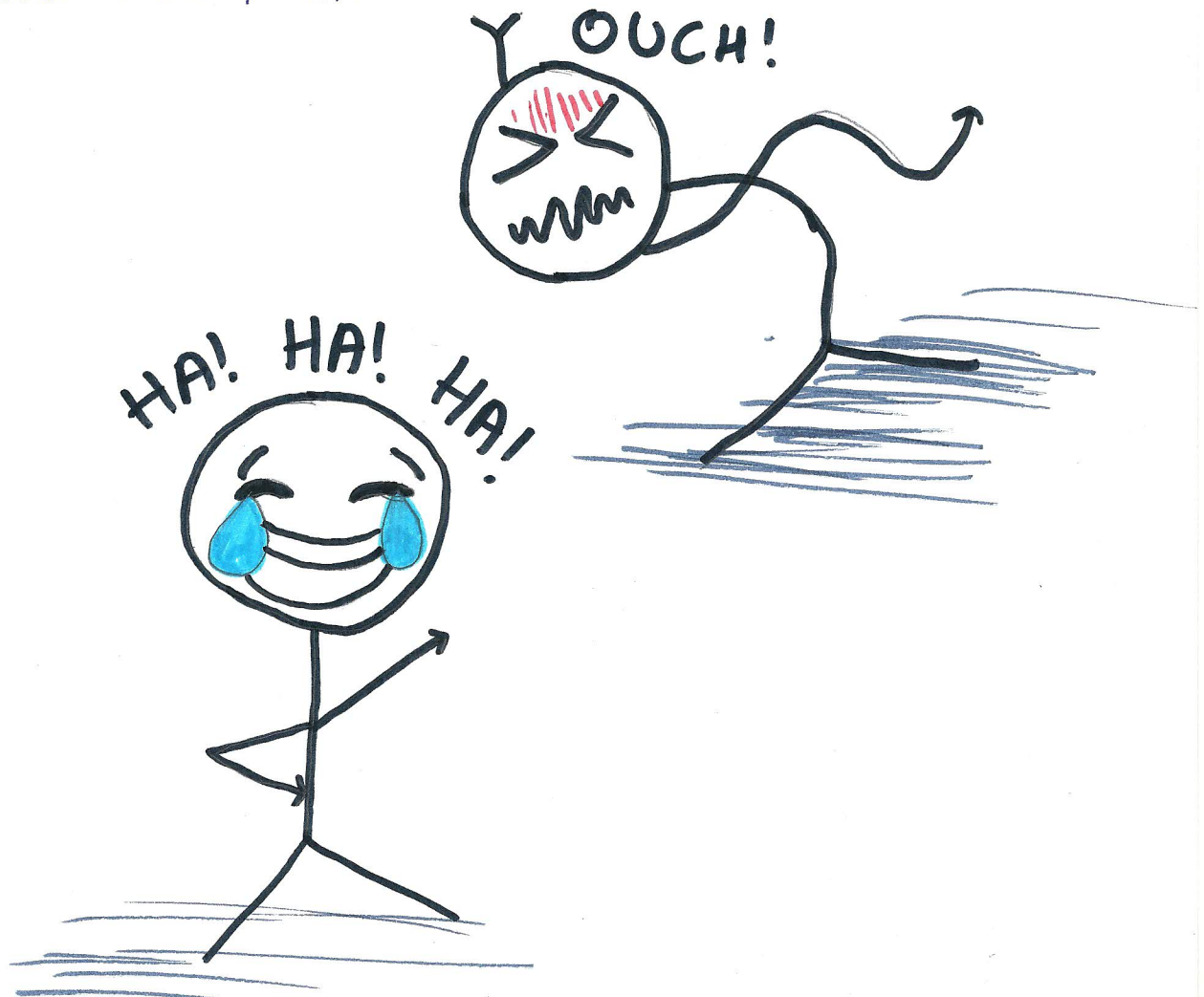
1. You are the model and the people next to you are the photographers.
2. You are making a trunk and the people next to you are the elephant's ears.
3. Obviously, you're the cool spy. You make finger guns and the one's next to you say: "**Jame<sup>ss</sup>**".
4. The people next to you make a circle with their hands and you move your head back & forth.
5. You lift your hands, right on top of the people next to you. They have to spin right round.



## ▶ Activity: Reconnect me - The museum

After making pairs outside by only using eye contact, we all gathered inside. The purpose of the activity is to move your partner without telling them the directions, but showing them. You make your partner look as weird as possible, and after making them look like a statue, you admire all the other statues - until you become one.

Caution: this activity causes extreme laughter (and back pain).



**WHAT WE LEARNED TODAY:**  
**WHAT YOU DON'T USE, YOU LOSE.**

# DAY 7

In the beginning of day 7 we talked about games and videogames, comparing the ways they are played and the interaction between the players in each case. Then we proceeded to the football court for each country to show their nation's popular game and play it with all the others. After this we were split in two groups in order to create our own outdoor and board game.

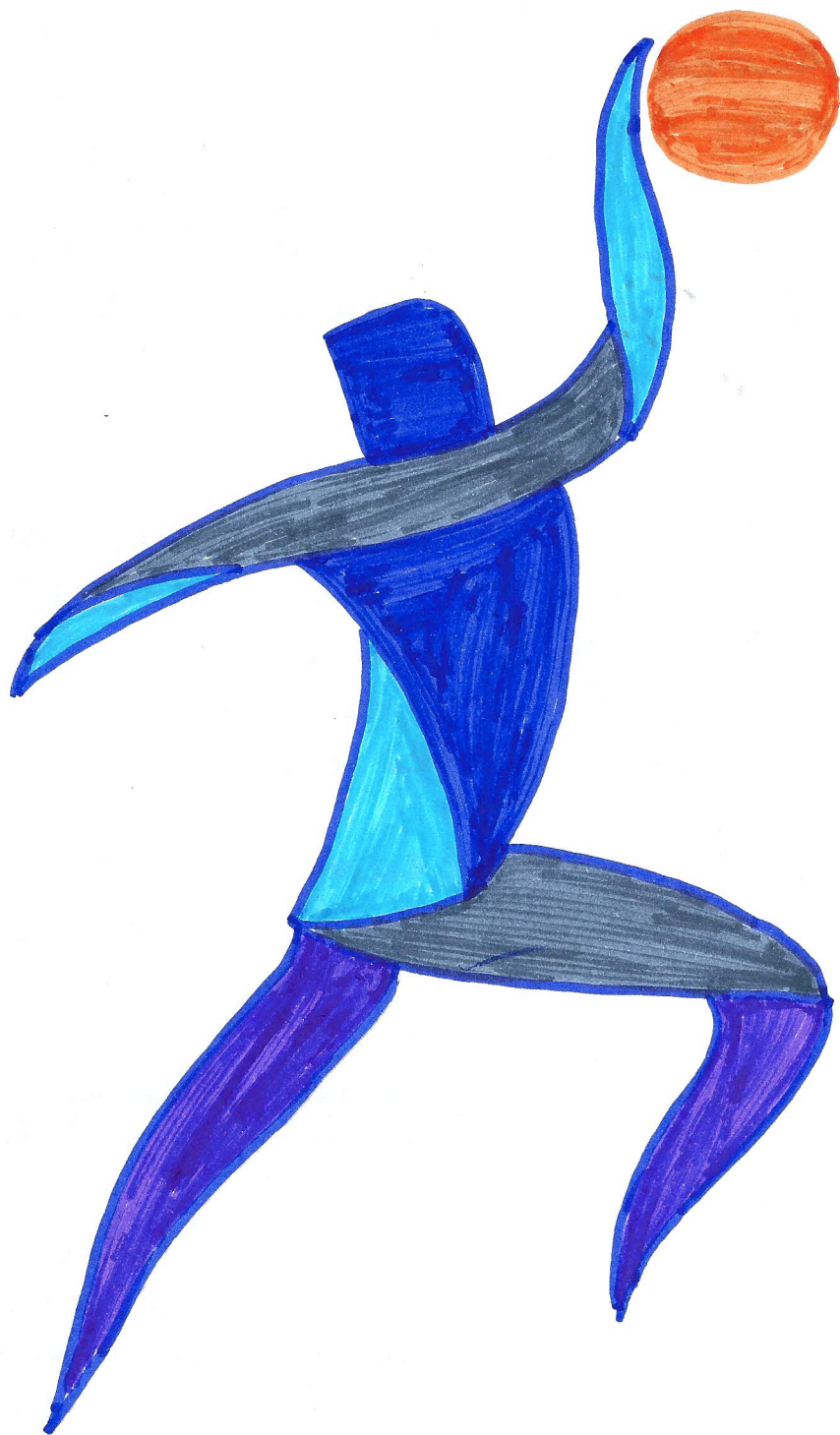
## ► Outdoor game

In our first meeting for the outdoor game there were many ideas and suggestions and at the end we decided to include many of them, creating the Erasmus Olympic Games. The games that were chosen are:

- Pass the water: Every team should get in a row and pass the water from the first player to the last, using cups.
- Jumping in bags: Every player should jump using a bag on a straight line until he reached the finish point.
- Relay race: Every team are split in pairs. In each pair the two people have to place the ball between their backs, until they reach the finish line, without letting it fall.
- Hitting the soldier: One person is standing in front of his team\*, trying to pass them the ball under the condition that they don't move their feet.

\*blindfolded

In the end of the Erasmus + Olympic Games, the fastest teams were rewarded, being given medals

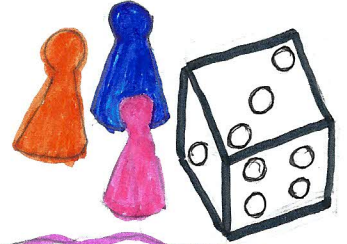




# DISCONNECT

This board game's main goal is to get to the lake as quickly as possible. It's suitable for maximum 8 people, divided into 2-4 teams.

**RULES:** When you end up on a # you need to take a card and follow the given rule.

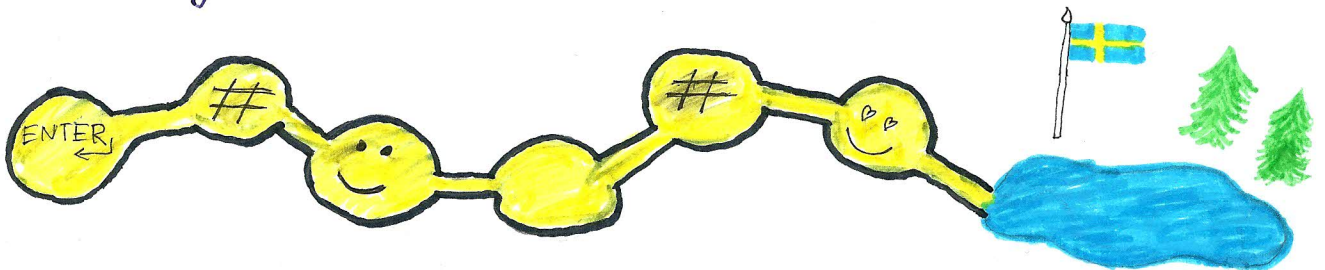


"You don't have wifi, go back three steps"

"You got a like, go four steps forward"

"Someone unfollowed you, go two steps back"

- When you end up on a smiley you need to choose the advanced or the easier card.
- When you end up on an empty area you stay.



1. Up to 1 action / time and dice roll
2. More steps (spaces) → It will also make it longer
3. Special stops (IKEA, animal, forest etc).
4. Easy emoji (30 sec) Only facial expression
5. Diff. emoji (30 sec) Pantomime and word explanation
6. Final spot → Special action or question (or you play again next round / roll dice).

The loser cleans the dishes! ▽

# DAY 7

Energizer: I have never ever

Make a circle with chairs, but one chair less than the total number of participants, then one participant has to stand in the middle of the circle while the other participants are sitting in their chairs and then the person standing in the middle of the circle has to say: "I have never ever" followed by something the person has never done and if the participants have done what was said they have to change their seats, so there will always be one person standing and saying: "I have never ever"

## Morning:

After a presentation of Erasmus + programme and the possibilities it offers we had the opportunity to draft our own project ideas. We chose our "partners" and worked in teams. Many new ideas came on paper and we hope that with the help of our organisations they will come to life!!!

## Afternoon:

During the afternoon we evaluated the whole week. We closed our eyes and listened the voice of one of the facilitators to narrate the week past, we took a blank wooden cube each, that represented what we would take back with us, we reviewed our fears, expectations and contributions from the start of the week and evaluated what we achieved. We drew our project "pizza", each slice represented one aspect of the project. The closest we put the ingredients to the centre, the better! And more activities that left many of us in tears and nostalgia, even though we were still there...

Goal achieved!

We really got  
connected  
OFFLINE !!!



NEW LUXURY

OFFLINE IS THE

