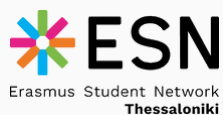


Jumpstart



THE BOOKLET



ABOUT JUMPSTART

Jumpstart is a youth exchange that took place from the 6th until the 14th of May 2022 in Hopeland, Argos, Greece. It brought together an international group of 30 young people from 6 different countries: Greece, Romania, Poland, Spain, Italy and Lithuania.

The Erasmus Student Network of Thessaloniki is a **student-led volunteering association** that provides services to international students. Our day-to-day life revolves around Erasmus students, so we created Jumpstart in order to encourage young people to develop both personally and professionally, through international mobility.

**EU values
and opportunities** **Intercultural
dialogue**
European identity
Non-formal education

The booklet is a creation of the participants of the youth exchange, who had the opportunity to experience planning and implementing activities for the whole group. Therefore, the following 6 activities were designed and implemented by the Jumpstarters during the mobility and can be used for future educational purposes.



ACTIVITY 1

Description

Energiser: Trust fall activity. Participants create couples and they practice the trust fall in order to feel safe with each other. - 5 min

After the trust was built, in groups of 3, the participants start practising different Acroyoga poses shown by the facilitators.

1. Finding physical balance helps you achieve your mental balance.
2. Trust is not always something that is built but actually breathing and letting go of control.
3. Practising physical trust will result in improving mental trust as well.
4. If you fall down, there will always be someone to catch you.
5. If you lack trust, you live in constant tension.
6. Trust is like any other skill. Acroyoga is one of the most efficient ways of developing it!

Total time: 1 hour

Name

Balance yourself

Materials needed

Yoga mattresses (according to the number of participants)



ACTIVITY 2

Name

Democracy and European bodies

Materials needed

Flipcharts, markers, 10 pieces of paper, one ball

Description

First, participants are split into groups. Then they play a quiz on EU Institutions and their functions.

Then a role-playing activity proceeds, with participants emulating a European Parliament discussion and voting.

The groups are representing different European Parliamentary parties. Different roles should be set for each participant and then, the parties would discuss different issues and finally have to vote on a proposal that was suggested during the discussion.



ACTIVITY 3

Name

Come as you are

Materials needed

4 flipcharts, 1 flipchart holder, chairs (for each participant)



Description

Energiser: Participants sit in a circle and touch the shoulders of the person next to them. After that, they touch the shoulders of the second person and finally the third, creating a circle of people that are very close to each other. After that, they slowly go down, sitting on the knees of the person behind them, creating a united group. – 5 min

Connection Activity: Participants move around the room and stop when the facilitator says so. When they stop they create a couple with the closest person and they hug, look into each other's eyes or hold hands. – 5 min

Sharing Activity: With the partner from the previous activity, the participants answer questions related to their personal life, dreams, goals, and struggle, practising empathetical listening and honest expression. – 40 min

Reflection: People sit in a circle and are given the space to express how they are feeling and what insights they had during the activity. – 10 min

Total time: 1 hour

ACTIVITY 4

Description

The activity can start with a brief energiser. Then, the participants are split into groups. After that, each team is given a cultural event, for example:

- an 18th birthday party,
- Christmas night, a wedding,
- New Year's Eve,
- Easter, etc.

The groups are given 30 minutes to prepare a presentation of all the traditions each of the participants has back in their country, regarding the specific cultural event that has been assigned to them. After that, the groups present for 5 minutes and receive feedback.

When all groups are finished with the presentations, there are 10 minutes assigned to reflect on the presentations and the different traditions we share in Europe.

Name

Cultural Events

Materials needed

Speaker, flipchart, pens, colourful pens, markers



ACTIVITY 5

Name

Environment

Materials needed

Yoga mats, pencils, pens, papers
(according to the no of participants).



Description

Welcoming the participants and introduction of the workshop – 5 min

Yoga in couples as energizer – 10 min

Meditation focused on connecting people to the nature and environment. – 5 min

During the meditation, each participant will receive a piece of paper that has written a location of the venue (in nature), where each participant is invited to go and answer 3 questions:

1. What will you always remember about Hopeland (the venue)?
2. Are you now connected with Hopeland, do you feel at home?
3. If Hopeland was a person, what would you say? – 10 min

The group gathers and each participant picks a type of herb that is prepared on the table. This process happens in silence. The group divides into teams, according to the herb they chose (oregano, lavender, sage, rosemary, thyme, rock rose) – 10 min

Each team receives a flipchart paper and draws/ writes a message to send to Hopeland and the nature, to share with the environment. – 15 min

Closing, debriefing and group hug – 5 min

Total time: 1 hour

ACTIVITY 6

Description

Participants are divided into groups. Each group is given the task to create their own country. For that, they have to invent:

1. the country's name,
2. design its flag,
3. its traditional dish,
4. four rules/principles of this country
5. the traditions it holds during its national day.

The groups have 25 minutes to prepare everything and another 5 minutes to present their newly invented countries. After the presentations, the facilitator holds a discussion with the groups, trying to spark a conversation around the newly formed countries' traditions and principles, while connecting what has been said with the values and traditions of the European Union.

After the discussion, participants reflect on the activity by writing notes and putting them on the flipchart.

Name

Create your country

Materials needed

Flipchart, papers, colourful pens, plates, crayons, tape



THE STORY OF JUMPSTART WILL LIVE ON

Check us out

