DIGITAL YIN-YANG IN YOUTH WORK

PROJECT
Information

Digital yin-yang in youth work was a 5-day long training course in Croatia that focused on increasing the awareness of experts about the importance of creating a yin-yang, **a balance of online and offline activities for young people**, and offered them an opportunity to create a strategy by which this could be done.

While having a rationally critical assessment of the digital world, participants worked on finding a way how to combine modern technologies in their youth work in a way that would benefit the young people they were working with, while reducing potential harm to the minimum.

31 participants from 9 countries

Arrival day: **10.3.2023.**
Training days: **11.3.2023. - 15.3.2023.**
Departure day: **16.3.2023.**

Partner organisations:

Coobra
Austria

Shokkin Group
Estonia

Contextos
Portugal

BRAVO
Bosnia and Hezegovina

Jugend, Bildung und Kultur
Germany

Youth for Equality
Slovakia

Roec Cooperativa
Greece

Active Bulgarian Society
Bulgaria

WHY IS DIGITAL BALANCE IMPORTANT IN *Youth Work* ?

The balance between online and in-person activities in youth work is crucial for several reasons:

HOLISTIC DEVELOPMENT

Youth work aims to support the holistic development of young people, which includes their cognitive, emotional, social, and physical well-being. In-person activities provide opportunities for direct interaction, hands-on experiences, and real-life connections that can enhance various aspects of their development. On the other hand, online activities can supplement this development by offering access to information, resources, and virtual communities that may not be readily available locally.

SOCIAL AND INTERPERSONAL SKILLS

In-person activities allow young people to practice and develop essential social and interpersonal skills. They learn to communicate face-to-face, express themselves, build relationships, resolve conflicts, and collaborate with others. These skills are vital for their personal growth, future education, and career success. While online activities can provide some opportunities for social interaction, they often lack the same level of depth and nuance as face-to-face interactions.

DIGITAL LITERACY AND TECHNOLOGICAL SKILLS
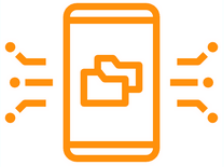
In today's digital age, it is crucial for young people to develop digital literacy and technological skills. Online activities provide a platform for them to explore and engage with various digital tools, platforms, and resources.
By incorporating technology into youth work, young people can learn to navigate online spaces responsibly, critically evaluate information, and acquire digital skills that are increasingly necessary in the modern world.

INCLUSION AND ACCESSIBILITY

Balancing online and in-person activities ensures inclusivity and accessibility for all young people. Some individuals may face physical, geographic, or social barriers that limit their participation in in-person activities. Online activities offer an alternative avenue for engagement, allowing those who may not be able to attend in-person sessions to still benefit from youth work programs. By offering both options, youth work can cater to the diverse needs and circumstances of young people.

PERSONALIZED LEARNING AND FLEXIBILITY

The balance between online and in-person activities provides flexibility and opportunities for personalized learning. Different young people have different learning styles, preferences, and schedules. Some may thrive in face-to-face interactions, while others may feel more comfortable and engaged in online environments. By offering a mix of activities, youth workers can create a more inclusive and adaptable learning environment that caters to the unique needs of each young person.

It is important to strike a balance between online and in-person activities in youth work to ensure a comprehensive approach that meets the diverse needs of young people, fosters their holistic development, promotes social and interpersonal skills, develops digital literacy, and embraces inclusivity and accessibility. By leveraging the strengths of both modes of engagement, youth workers can create a more impactful and relevant experience for the young people they serve.

DIGITAL *Tools* IN YOUTH WORK
(EXAMPLES)

AUDIO

Anchor, Audacity, Podbean, Riverside, Spotify, SoundCloud

IMAGE EDITORS

Canva, PIXLR, ISSUU, Pine Tools, Photopea

SPOTIFY

Spotify is a digital music, podcast, and video service that gives you access to millions of songs and other content from creators all over the world.

CANVA

Canva is a free-to-use online graphic design tool. Use it to create social media posts, presentations, posters, videos, logos, and more.

ANCHOR

Anchor.fm is a free hosting platform from Spotify to create, distribute and monetize your podcast. Anchor.fm is browser-based, but there is also an anchor app you can use from mobile.

PIXLR

Pixlr is a cloud-based set of image editing tools and utilities, including a number of photo editors and a photo sharing service.

More sources: https://padlet.com/pavel30/digital-tool-library-ill4vrge69978g1l

VIDEO EDITORS

Animoto, MAGISTO, VEED.IO, Wevideo, DaVinci Resolve, CapCut

LEARNING RESOURCES

Competendo, AcademicEarth, Khan Academy, TED.COM

ANIMOTO

Animoto is a cloud-based video creation service that produces video from photos, video clips, and music into video slideshows, and customized web-based presentations.

KHAN ACADEMY

Khan Academy is a free, online education service with subject material ranging from math to science to art history to other disciplines. The lessons are made up of videos, readings, and interactive components designed to help you start at the beginning of any academic discipline.

DAVINCI RESOLVE

DaVinci Resolve is a color grading, color correction, visual effects, and audio post-production video editing application.

TED.COM

TED.com is the online branch of this series of conferences. It contains over 1500 articles and recorded lectures featuring cutting-edge ideas on a large variety of topics, including education, social interactions, leadership, medicine, math, art, language, computers, and more.

EXAMPLES OF *In-Person* ACTIVITIES

ESCAPE ROOMS

Take young people to an escape room facility where they can work together in teams to solve puzzles, find clues, and escape a themed room within a set time limit. This activity promotes critical thinking, teamwork, and problem-solving skills.

DEBATE OR MOCK TRIAL

Organize a debate or mock trial session where young people can practice their critical thinking, public speaking, and persuasive skills. Assign topics or scenarios and let them engage in structured debates or trials.

OUTDOOR SCAVENGER HUNT

Organize an outdoor scavenger hunt where young people work in teams to solve clues and complete challenges while exploring a park or a designated area.
This activity encourages teamwork, problem-solving, and navigation skills.

OUTDOOR MOVIE NIGHT

Set up an outdoor movie screening in a park or community center. Let the youth choose a movie, set up blankets or seating, and provide snacks for a fun and relaxing movie night under the stars.

More sources:
www.youthwork-practice.com/
www.stalbans.anglican.org/wp-content/uploads/101-fun-ideas-for-working-with-young-people.pdf
www.fyt.org.uk/v2/wp-content/uploads/well-over-100-things-to-do-with-yp.pdf

WILDERNESS SURVIVAL SKILLS

Arrange a wilderness survival skills workshop where youth learn essential skills like building a shelter, starting a fire, identifying edible plants, and navigating in the wilderness. This activity promotes self-reliance, resilience, and nature appreciation.

AMAZING RACE CHALLENGE

Organize an "Amazing Race"- inspired challenge where teams of young people race against the clock to complete various physical and mental tasks at different checkpoints. This activity promotes teamwork, problem-solving, and strategic thinking.

COMMUNITY ART INSTALLATION

Collaborate with young people to create a community art installation in a public space. This can involve painting murals, creating sculptures, or designing interactive installations that reflect community values or tell a story.

TRIVIA QUIZ NIGHT

Organize a trivia quiz night where young people can test their knowledge in various subjects such as history, science, pop culture, or sports. Divide them into teams and have them compete in a friendly quiz competition, answering questions and earning points.

WHAT IS *Erasmus +*

- **Erasmus+** is a programme funded by the European Commission that is giving opportunities to support education, training, youth and sport in Europe.

- Erasmus+ also supports the **professional development of youth workers** through training or networking periods abroad.

Erasmus+ offers mobility and cooperation opportunities in:

- Higher education
- Vocational education and training
- School education (including early childhood education and care)
- Adult education
- Youth
- Sport

More about the programme: https://erasmus-plus.ec.europa.eu/

Erasmus+
Enriching lives, opening minds.

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