CLOWNPATH 2.0

PUBLICATION

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THE AIM OF THE PROJECT IS DEVELOPMENT OF YOUTH WORKERS COMPETANCIES IN FIELD OF USING CLOWN METHODOLOGY FOR SOCIAL INCLUSION OF YOUNG PEOPLE WITH FEWER OPPORTUNITIES AND FOR PREVENTING VIOLENT RADICALIATION OF YOUTH.

OBJECTIVES

01 DEVELOPING OF THE YOUTH WORKERS COMPETENCES IN CLOWN METHODOLOGY AS A TOOL FOR SOCIAL INCLUSION AND ANTI-RADICALISM

02 DEVELOPING YOUTH WORKERS COMPETANCES IN FACILITATION THE LEARNING PROCESS USING CLOWN METHODOLOGY AND EXPERIMENTAL LEARNING APPROACH.

03 DEVELOPING COMPETENCIES OF YOUTH WORKERS AND SUPPORTING THEIR PROFESSIONAL AND PERSONAL GROWTH

04 INCREASING INTERNATIONAL CAPACITY OF PARTNERS ORGANIZATION AND THEIR COOPERATION AT INTERNATIONAL LEVEL.

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THE IDEA

We wanted to develop the second edition of the ClownPath because of the great success and impact of the first edition and the urgent need to continue the promotion and education of the non-formal methods based on clowning.

During the development of the first edition of the project and after it, there were organizations and educators writing to us with questions about the new project and opportunities to learn about the clown methodology and to increase the organizations' capacity with those tools and methods.

Together with partners, we agreed to continue the work and involve new organizations that were highly motivated and wanted to develop the project together to share the clown methodology across Europe. The reach and impact of the first edition were beyond our expectations, as the partners and the local evaluations showed the change and impact of clown methods.

CLOWN METHODOLOGY FOR SOCIAL INCLUSION OF YOUTH

The Clown Methodology is an innovative and engaging approach that leverages the art of clowning to promote social inclusion, intercultural understanding, and tolerance among young people. Rooted in non-formal education principles, this methodology employs humor, creativity, and experiential learning to address complex social issues, including discrimination, radicalism, and the marginalization of certain groups.

At its core, the Clown Methodology seeks to create a safe and inclusive space where participants can explore their emotions, challenge stereotypes, and develop empathy. By donning the metaphorical "clown" persona, participants are encouraged to step out of their comfort zones, embrace vulnerability, and express themselves authentically. The playful and light-hearted nature of clowning allows for a unique approach to discussing serious topics, enabling youth to engage with sensitive subjects in a non-threatening and constructive manner.

Workshops and activities within the methodology often involve improvisation, theater games, storytelling, and role-playing. Through these activities, participants can develop a deeper understanding of their own biases, explore perspectives different from their own, and practice effective communication skills. The methodology's emphasis on collaboration and teamwork fosters a sense of community among participants, breaking down barriers and promoting cross-cultural interactions.

The Clown Methodology not only helps participants build emotional intelligence but also encourages critical thinking and reflection. By examining the absurdities of everyday life through the lens of clowning, participants can gain insights into the complexities of social dynamics, challenge preconceived notions, and develop a more nuanced worldview.

Importantly, this methodology is not about performing as traditional clowns, but rather about adopting the playful and open-minded spirit that clowns embody. This allows participants to tap into their innate creativity and develop a deeper connection with themselves and others. By incorporating the Clown Methodology into youth work, our project aimed to equip youth workers with a powerful tool to combat discrimination, promote social cohesion, and prevent radicalization among young people. As the methodology encourages self-discovery, empathy, and dialogue, it has the potential to create a lasting impact on participants' attitudes, behaviors, and relationships, fostering a more inclusive and harmonious society.

CORE POINTS

CREATIVE EXPRESSION

EXPERIENTIAL LEARNING

NON-JUDGMENTAL ENVIRONMENT

INCLUSIVE APPROACH

EMPATHY AND PERSPECTIVE-TAKING

CORE POINTS
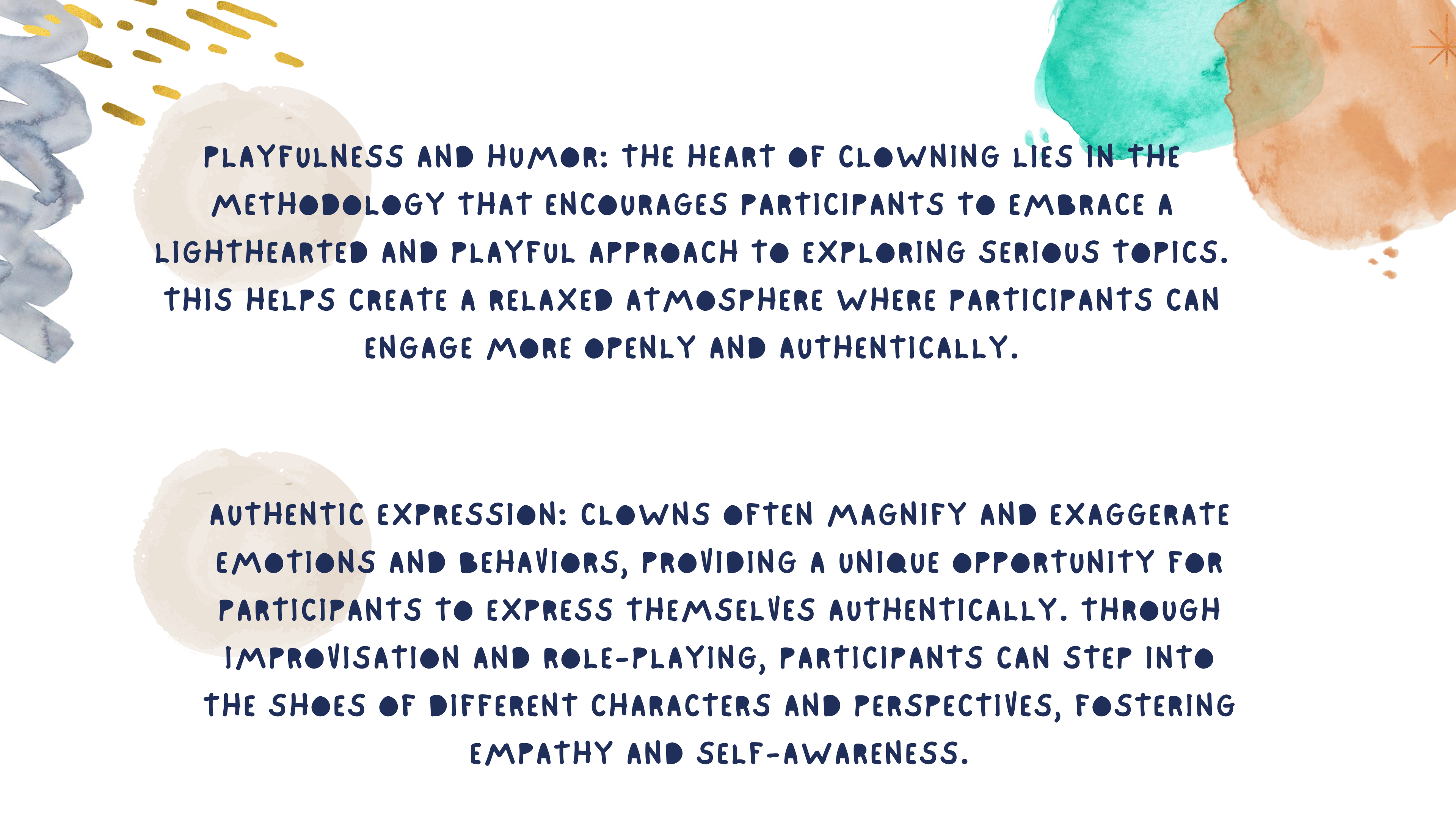
CHALLENGING SOCIAL NORMS

AUTHENTIC EXPRESSION

REFLECTION AND DIALOGUE

PLAYFULNESS AND HUMOR
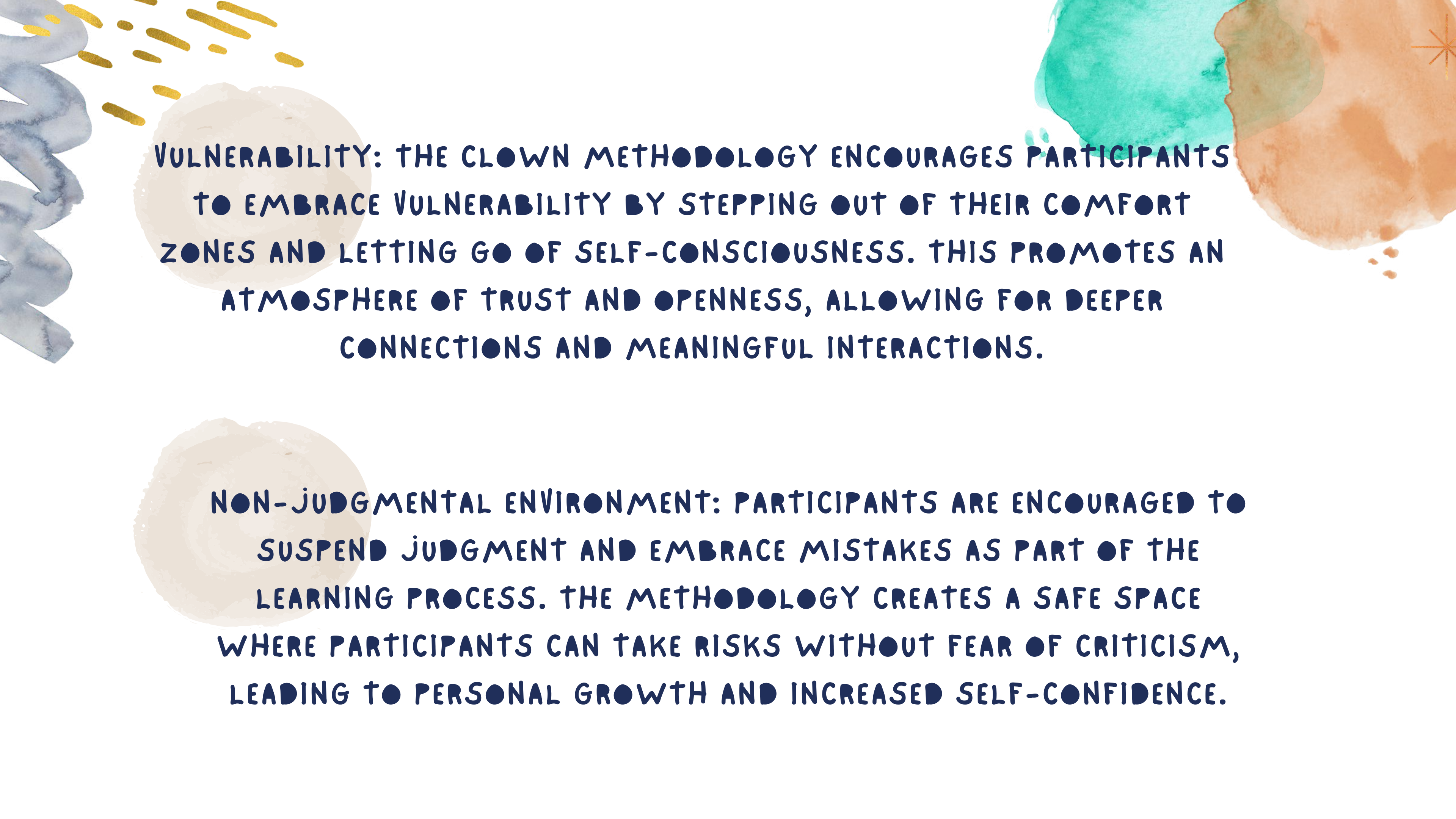
COLLABORATION AND TEAMWORK

PLAYFULNESS AND HUMOR: THE HEART OF CLOWNING LIES IN THE METHODOLOGY THAT ENCOURAGES PARTICIPANTS TO EMBRACE A LIGHTHEARTED AND PLAYFUL APPROACH TO EXPLORING SERIOUS TOPICS. THIS HELPS CREATE A RELAXED ATMOSPHERE WHERE PARTICIPANTS CAN ENGAGE MORE OPENLY AND AUTHENTICALLY.

AUTHENTIC EXPRESSION: CLOWNS OFTEN MAGNIFY AND EXAGGERATE EMOTIONS AND BEHAVIORS, PROVIDING A UNIQUE OPPORTUNITY FOR PARTICIPANTS TO EXPRESS THEMSELVES AUTHENTICALLY. THROUGH IMPROVISATION AND ROLE-PLAYING, PARTICIPANTS CAN STEP INTO THE SHOES OF DIFFERENT CHARACTERS AND PERSPECTIVES, FOSTERING EMPATHY AND SELF-AWARENESS.

CLOWNING IS NOT THE EXPRESSION OF ACCIDENT BUT RATHER OF THE ACCUMULATED YEARNINGS, DREAMS AND WISDOM OF OUR VERY SOUL.

Vulnerability: the clown methodology encourages participants to embrace vulnerability by stepping out of their comfort zones and letting go of self-consciousness. this promotes an atmosphere of trust and openness, allowing for deeper connections and meaningful interactions.

Non-judgmental environment: participants are encouraged to suspend judgment and embrace mistakes as part of the learning process. the methodology creates a safe space where participants can take risks without fear of criticism, leading to personal growth and increased self-confidence.
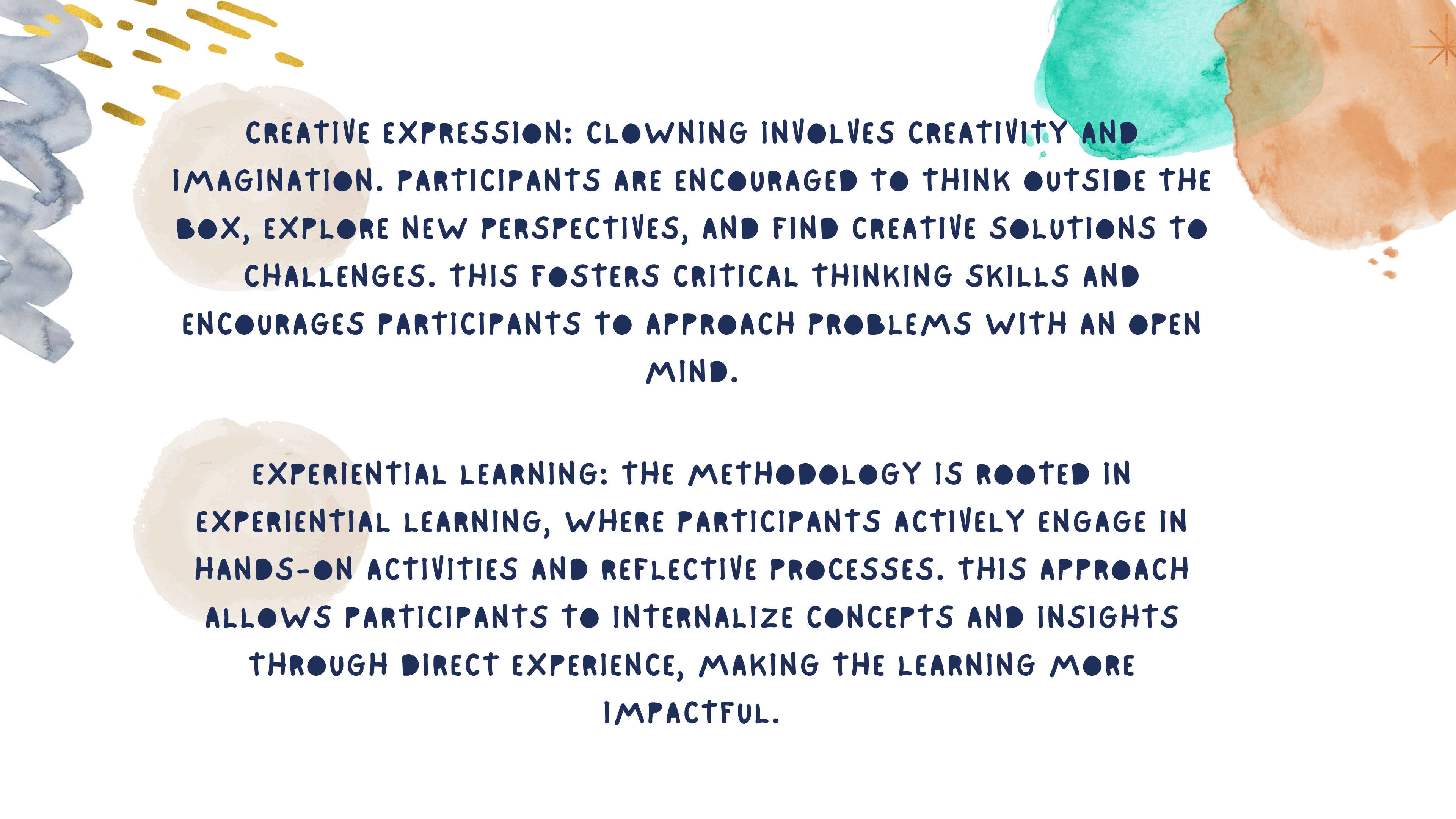
CLOWNING IS THE COURAGE TO MOVE FROM ONE NOTE TO THE NEXT.

CREATIVE EXPRESSION: CLOWNING INVOLVES CREATIVITY AND IMAGINATION. PARTICIPANTS ARE ENCOURAGED TO THINK OUTSIDE THE BOX, EXPLORE NEW PERSPECTIVES, AND FIND CREATIVE SOLUTIONS TO CHALLENGES. THIS FOSTERS CRITICAL THINKING SKILLS AND ENCOURAGES PARTICIPANTS TO APPROACH PROBLEMS WITH AN OPEN MIND.

EXPERIENTIAL LEARNING: THE METHODOLOGY IS ROOTED IN EXPERIENTIAL LEARNING, WHERE PARTICIPANTS ACTIVELY ENGAGE IN HANDS-ON ACTIVITIES AND REFLECTIVE PROCESSES. THIS APPROACH ALLOWS PARTICIPANTS TO INTERNALIZE CONCEPTS AND INSIGHTS THROUGH DIRECT EXPERIENCE, MAKING THE LEARNING MORE IMPACTFUL.

IN CLOWNING, THERE ARE NO MISTAKES.

Empathy and perspective-taking: Through embodying different characters and roles, participants develop a greater understanding of different perspectives and experiences. This encourages empathy and helps break down stereotypes and biases.

Collaboration and teamwork: Clowning often involves working in groups and improvising together. Participants learn to collaborate, communicate effectively, and value the contributions of others. These skills are transferable to real-life situations and interactions.

THE MINUTE YOU MAKE A MISTAKE – THAT'S IMPROVISATION!
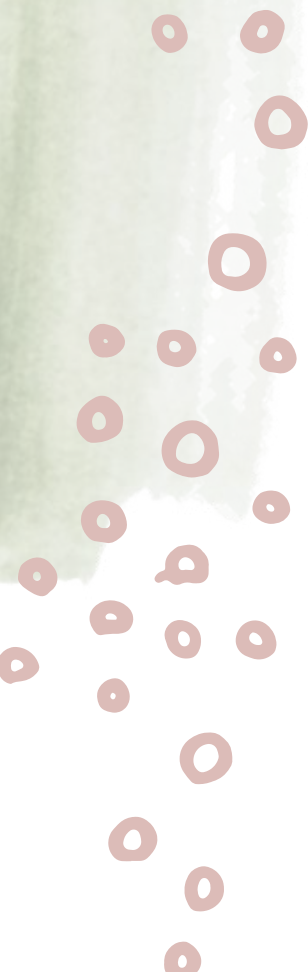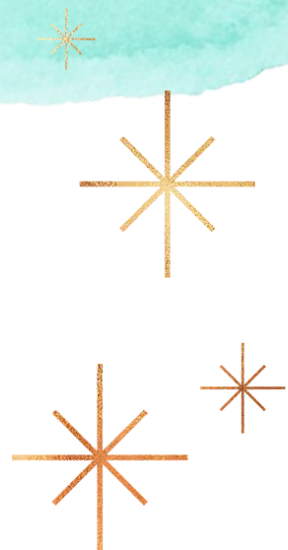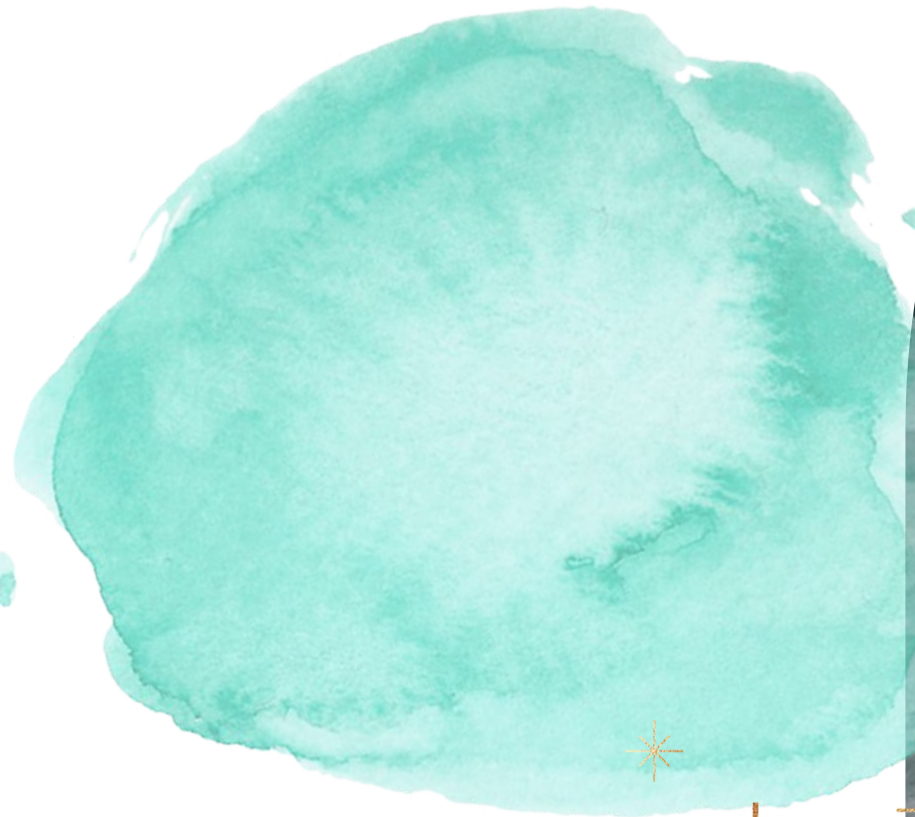
REFLECTION AND DIALOGUE: AFTER PARTICIPATING IN CLOWN ACTIVITIES, PARTICIPANTS ARE ENCOURAGED TO REFLECT ON THEIR EXPERIENCES AND ENGAGE IN MEANINGFUL DISCUSSIONS. THIS REFLECTIVE PROCESS DEEPENS THEIR UNDERSTANDING OF THE CONCEPTS EXPLORED AND ENCOURAGES PERSONAL GROWTH.

CHALLENGING SOCIAL NORMS: THE CLOWN METHODOLOGY ALLOWS PARTICIPANTS TO CHALLENGE SOCIETAL NORMS AND EXPECTATIONS THROUGH HUMOR AND SATIRE. THIS CAN LEAD TO THOUGHT-PROVOKING DISCUSSIONS ABOUT CULTURAL NORMS, STEREOTYPES, AND SYSTEMIC ISSUES.

IMPROVISATION IS REALLY NOT SO MUCH REMEMBERING THINGS. AND THIS IS WHAT I DO WHEN I PLAY. I FORGET THINGS. WHEN I GO ON THE STAGE, I WANT MY MIND TO BE A BLANK, SO THAT I CAN – THINGS CAN COME INTO ME WITHOUT MY KNOWING WHERE THEY CAME FROM.

Sonny Rollins

INCLUSIVE APPROACH: THE METHODOLOGY IS INCLUSIVE BY NATURE, AS IT ENCOURAGES PARTICIPANTS TO EMBRACE DIVERSITY, CELEBRATE DIFFERENCES, AND FIND COMMON GROUND. THIS ALIGNS WITH THE GOALS OF PROMOTING SOCIAL INCLUSION AND INTERCULTURAL DIALOGUE.

POSITIVE REINFORCEMENT: THE METHODOLOGY EMPHASIZES POSITIVE REINFORCEMENT AND ENCOURAGEMENT, FOSTERING A SENSE OF ACHIEVEMENT AND SELF-WORTH AMONG PARTICIPANTS. THIS POSITIVITY CONTRIBUTES TO THE OVERALL EMOTIONAL WELL-BEING OF PARTICIPANTS.

MY ADVICE TO YOU: LIVE IN THE MOMENT. STAY FLUID AND ROLL WITH THOSE CHANGES. LIFE IS JUST A BIG EXTENDED IMPROVISATION. EMBRACE THE EVER CHANGING, EVER EVOLVING WORLD WITH THE BEST RULE I'VE EVER FOUND. SAY 'YES AND."

Jane Lynch

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SOCIAL INCLUSION

Social inclusion refers to the process of ensuring that all individuals, regardless of their background, identity, or circumstances, are actively and equitably engaged in various aspects of society. The goal of social inclusion is to create an environment where everyone has the opportunity to participate, contribute, and benefit from social, economic, cultural, and political activities. It is about breaking down barriers and promoting a sense of belonging for all members of a community.

KEY POINTS ABOUT SOCIAL INCLUSION

EQUAL OPPORTUNITIES

DIVERSITY AND ACCEPTANCE

PARTICIPATION

EQUITY

REDUCING EXCLUSION

EMPOWERMENT

BREAKING CYCLES OF DISADVANTAGE

POLICY AND ADVOCACY

INCLUSIVE SPACES

LONG-TERM IMPACT

EQUAL OPPORTUNITIES

Social inclusion aims to provide equal opportunities for everyone to access education, healthcare, employment, housing, and other essential services. It seeks to remove barriers that prevent certain groups from participating fully in society.

DIVERSITY AND ACCEPTANCE

Social inclusion values diversity and promotes acceptance of individuals from different backgrounds, cultures, ethnicities, genders, ages, abilities, and social statuses. It aims to challenge prejudices and stereotypes.

PARTICIPATION

Inclusion means actively involving individuals in decision-making processes, policies, and programs that affect their lives. This participation empowers people to have a say in their communities and society at large.

EQUITY

While equality means treating everyone the same, equity recognizes that different individuals have different needs and circumstances. Social inclusion emphasizes addressing these differences to ensure fairness and justice.

REDUCING EXCLUSION

Social exclusion occurs when certain individuals or groups face discrimination, isolation, or marginalization due to societal attitudes or structures. Social inclusion efforts work to reduce these forms of exclusion.

EMPOWERMENT

Through social inclusion, individuals gain a sense of empowerment and agency over their lives. They are more likely to contribute positively to society when they feel valued and included.

BREAKING CYCLES OF DISADVANTAGE

Inclusion initiatives often target marginalized or vulnerable groups, aiming to break the cycles of disadvantage by providing them with the tools and resources needed to overcome barriers.

POLICY AND ADVOCACY

Governments, organizations, and communities play a role in creating policies and implementing practices that promote social inclusion. Advocacy efforts work to ensure that these policies are enacted effectively

INCLUSIVE SPACES

Inclusion involves creating environments where everyone feels welcome and comfortable. This could be in educational institutions, workplaces, public spaces, or online communities.

LONG-TERM IMPACT

Social inclusion has the potential to lead to positive societal changes by reducing inequalities, fostering social cohesion, and creating a sense of unity among diverse groups.

DEVELOPING YOUTH WORKERS'
COMPETENCES IN USING CLOWN
METHODOLOGY AS A TOOL FOR
SOCIAL INCLUSION AND ANTI-
RADICALISM INVOLVES EQUIPPING
THEM WITH THE KNOWLEDGE,
SKILLS, AND ATTITUDES NEEDED TO
EFFECTIVELY APPLY CLOWNING
TECHNIQUES TO PROMOTE
INCLUSIVITY AND PREVENT
RADICALIZATION AMONG YOUNG
PEOPLE.

HERE'S A BREAKDOWN OF WHAT THESE COMPETENCES MIGHT INVOLVE:

01 UNDERSTANDING SOCIAL INCLUSION AND RADICALISM

02 KNOWLEDGE OF CLOWN METHODOLOGY

03 FACILITATION SKILLS

04 CULTURAL SENSITIVITY AND INCLUSIVITY

EXAMPLES OF CREATED WORKSHOPS

ICEBREAKER CLOWN

01

AIM: CREATE A COMFORTABLE AND OPEN ATMOSPHERE FOR PARTICIPANTS TO ENGAGE IN THE WORKSHOP SERIES.

Objectives:

- Participants introduce themselves in a playful and non-threatening manner.
- Establish trust and a sense of belonging within the group.

Target Group: Youth ages 14-18
Duration: 60 minutes

Implementation:

Welcome and Introduction (10 mins): Explain the workshop's purpose and goals.
Warm-Up Clown Circle (15 mins): Participants stand in a circle. One person makes a clownish movement, sound, or gesture, and the next person imitates it, adding their own. Continue around the circle.
Partner Clown Dialogue (20 mins): Participants pair up and engage in a conversation using exaggerated facial expressions and gestures. Switch partners and repeat.
Group Reflection (15 mins): Discuss how the activity made them feel, emphasizing the role of playfulness in breaking the ice.

Debriefing Questions:

How did the clowning activities help you connect with others?
How did the playful atmosphere affect your comfort level?
What did you learn about your own body language and expressions during the partner activity?

EMBRACING DIFFERENCES

02

AIM: EXPLORE DIVERSITY AND PROMOTE EMPATHY AMONG PARTICIPANTS.

Objectives:
- Participants recognize the value of diversity.
- Encourage participants to step into others' shoes and consider different perspectives.

Target Group: Youth ages 16-20
Duration: 90 minutes

Implementation:

Recap and Warm-Up (10 mins): Review the previous workshop's key points.
Stereotype Clown Parade (25 mins): Participants create exaggerated clown personas based on common stereotypes. They then parade as their stereotype and discuss how it feels.
Role Reversal (30 mins): Participants choose a partner. One person shares a personal experience, and the other responds as a clown character, empathizing and offering support.
Group Discussion (25 mins): Participants reflect on the activity, discussing the impact of stereotypes and how clowning allowed them to connect on a deeper level.

Debriefing Questions:
How did embodying stereotypes influence your perceptions?
How did the role reversal activity change your understanding of empathy?
In what ways did clowning enable you to approach a serious topic in a unique way?

BREAKING BARRIERS THROUGH CLOWNING

03

AIM: CHALLENGE PARTICIPANTS TO BREAK DOWN SOCIAL BARRIERS AND COMMUNICATE BEYOND STEREOTYPES.

Objectives:

- Participants explore how clowning can transcend language and cultural differences.
- Encourage participants to connect on a human level regardless of background.

Target Group: Youth from diverse cultural backgrounds, ages 18-25
Duration: 120 minutes

Implementation:

Introduction and Recap (10 mins): Review the previous workshops' key learnings.

Clown Gesture Exchange (40 mins): Participants pair up. Each person teaches their partner a gesture or movement from their culture. Partners then combine these gestures into a new routine.

Group Clown Story (40 mins): Participants collectively create a clown story using minimal words. Each person contributes a sentence or gesture, building upon the previous contributions.

Group Reflection (30 mins): Discuss how the activities showcased the power of non-verbal communication and the potential for connection beyond words.

Debriefing Questions:

How did the gesture exchange activity challenge your assumptions about communication?
What did you learn about non-verbal forms of expression through the clown story exercise?
How can the experience of connecting beyond words be applied to everyday interactions?

CLOWNING FOR CONFLICT RESOLUTION

AIM: EQUIP PARTICIPANTS WITH CONFLICT RESOLUTION SKILLS THROUGH THE LENS OF CLOWNING.

Objectives:

- Participants explore how humor and playfulness can diffuse conflicts.
- Teach participants basic conflict resolution techniques.

Target Group: Youth ages 14-18
Duration: 90 minutes

Implementation:

Recap and Introduction (10 mins): Summarize previous workshops and introduce the theme of conflict resolution.

Clown Dialogue (30 mins): Participants pair up and engage in a mock argument using exaggerated clownish expressions. The goal is to resolve the conflict using humor.

Forum Theatre (40 mins): Participants create a short scene depicting a conflict. Others intervene as clowns to find creative and non-confrontational solutions.

Group Discussion (10 mins): Reflect on the effectiveness of clowning in resolving conflicts and its potential for real-life situations.

Debriefing Questions:

How did using clowning techniques change your approach to conflict resolution?

What strategies did you use during the clown dialogue to resolve the conflict?

Can you think of situations outside of the workshop where similar techniques might be useful?

CLOWNING FOR EMPOWERMENT

05

AIM: EMPOWER PARTICIPANTS TO CHALLENGE THEIR SELF-PERCEPTIONS AND DEVELOP SELF-CONFIDENCE.

Objectives:
- Participants recognize the potential for personal growth through clowning.
- Encourage participants to embrace vulnerability and overcome self-doubt.

Target Group: Youth with low self-esteem, ages 15-20
Duration: 120 minutes

Implementation:

Introduction and Recap (10 mins): Recap the previous workshops and introduce the theme of empowerment.

Mirror Clown (40 mins): Participants pair up. One person portrays a clown who struggles with self-doubt. The other plays a supportive, empowering clown who helps overcome challenges.

Individual Performances (40 mins): Participants create solo clown routines that express their personal strengths and challenges. They perform for the group.

Group Reflection (30 mins): Discuss the transformative potential of clowning in building self-confidence and encouraging vulnerability.

Debriefing Questions:

How did the mirror clown exercise illustrate the impact of supportive interactions?

What strengths did you highlight in your individual clown routine, and how did it make you feel?

In what ways can the experience of stepping into a clown persona translate to increased self-confidence in daily life?

CLOWNING ACROSS GENERATIONS

06

AIM: BRIDGE GENERATIONAL GAPS AND PROMOTE INTERGENERATIONAL UNDERSTANDING THROUGH CLOWNING.

Objectives:

- Participants appreciate the experiences and perspectives of different age groups.
- Encourage participants to find common ground and connect across generations.

Target Group: Youth ages 16-22
Duration: 90 minutes

Implementation:

Introduction and Recap (10 mins): Recap the previous workshops and introduce the theme of anti-radicalism.

Humor and Stereotype Deconstruction (30 mins): Participants analyze radical stereotypes and create clownish characters that challenge these stereotypes.

Radicalization Prevention Role-Play (30 mins): Participants role-play scenarios where they act as clowns intervening in situations that could lead to radicalization.

Group Discussion (20 mins): Reflect on how humor and empathy can play a role in preventing radicalization and promoting tolerance.

Debriefing Questions:

How did the clownish characters challenge radical stereotypes?

How did the role-play exercise illustrate the potential of humor and empathy in preventing radicalization?

How can you apply the insights from this workshop to engage with individuals who might be vulnerable to radical ideologies?

HUMOR AND EMPATHY IN ANTI-RADICALISM

07

AIM: USE HUMOR AND EMPATHY TO ENGAGE PARTICIPANTS IN DISCUSSIONS ABOUT RADICALIZATION PREVENTION.

Objectives:

- Participants explore the role of humor in defusing radical ideologies.
- Encourage participants to empathize with vulnerable individuals susceptible to radicalization.

Target Group: Youth ages 14-18
Duration: 60 minutes

Implementation:

Welcome and Introduction (10 mins): Explain the workshop's purpose and goals.
Warm-Up Clown Circle (15 mins): Participants stand in a circle. One person makes a clownish movement, sound, or gesture, and the next person imitates it, adding their own. Continue around the circle.
Partner Clown Dialogue (20 mins): Participants pair up and engage in a conversation using exaggerated facial expressions and gestures. Switch partners and repeat.
Group Reflection (15 mins): Discuss how the activity made them feel, emphasizing the role of playfulness in breaking the ice.

Debriefing Questions:
How did the clowning activities help you connect with others?
How did the playful atmosphere affect your comfort level?
What did you learn about your own body language and expressions during the partner activity?

CLOWNING FOR COMMUNITY ENGAGEMENT

08

AIM: ENCOURAGE PARTICIPANTS TO USE CLOWNING AS A MEANS OF ENGAGING WITH THEIR LOCAL COMMUNITY.

Objectives:

- Participants understand the potential of clowning for community outreach.
- Encourage participants to use clowning to address local issues and connect with diverse community members.

Target Group: Youth involved in community service or activism, ages 17-24

Duration: 90 minutes

Implementation:

Introduction and Recap (10 mins): Review the previous workshops and introduce the theme of community engagement.

Community Issue Clown Skits (30 mins): Participants form groups and create short clown skits that address a local community issue. Use humor to highlight the issue and propose creative solutions.

Clown Flash Mob (30 mins): Participants organize a spontaneous clown flash mob in a public space to spread positivity and raise awareness about the chosen community issue.

Group Reflection (20 mins): Discuss how clowning can be a tool for initiating conversations and positive change within a community.

Debriefing Questions:

How did the clown skits effectively communicate important community issues?

How did the flash mob generate attention and awareness for the chosen cause?

What other community issues could be addressed using similar clowning techniques?

ERASMUS+

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work. The seven year programme will have a budget of €14.7 billion; a 40% increase compared to spending levels between 2007 and 2013, reflecting the EU's commitment to investing in these areas. Erasmus+ will provide opportunities for over 4 million Europeans to study, train, gain work experience and volunteer abroad.

Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work in order to tackle the skills gaps we are facing in Europe.

It will also support national efforts to modernise Education, Training, and Youth systems. In the field of Sport, there will be support for grassroots projects and crossborder challenges such as combating match-fixing, doping, violence and racism. Erasmus+ brings together seven previous EU programmes in the fields of Education, Training, and Youth; it will for the first time provide support for Sport. As an integrated programme, Erasmus+ offers more opportunities for cooperation across the Education , Training , Youth , and Sport sectors and is easier to access than its predecessors, with simplified funding rules.

FUNDACJA INNOWACYJNEJ EDUKACJI

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