

Europe's Musical Interconnection

Handbook for Youth Workers





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Coordinating NGO:	YUOMORE APS
Authors:	Educators and youth workers from partners in EUMI part 2 project

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1. About the project

Project Overview & Objective

Europe's Musical Interconnection (EUMI) part 2 is an international training funded by Erasmus plus, an initiative that celebrates the power of music as a universal language to connect people, cultures, and ideas across borders.

Launched as a collaboration between youth-focused organizations from **Italy, Germany, France, Portugal, Türkiye, Spain, and Romania**, the EUMI project brings together young people, youth workers, and facilitators in a shared learning environment that blends non-formal education with the rich traditions of European musical heritage.

In this second edition, hosted in **Brescia, Italy**, the training course engages **25 participants** in a week-long immersive journey. Through workshops, jam sessions, and collaborative performances, participants explore how music can be a powerful tool for youth empowerment, inclusion, intercultural dialogue, and community building.

More than just a training course, **EUMI is a space for co-creation**, where participants build skills, form international friendships, and take home innovative ideas to strengthen youth work in their communities. It's a project that aims to amplify voices, foster creativity, and inspire action—one melody at a time.

Handbook Objectives

This Handbook was developed within the *Europe's Musical Interconnection Part 2 (EUMI 2)* project, co-funded by the Erasmus+ Programme, as a practical and inspiring resource for youth workers, educators, and cultural facilitators. It gathers methodologies, best practices, and tools that emerged from the training course held in April 2025 in Brescia, Italy.

Main Objectives

- To provide youth workers with concrete, music-based educational tools for promoting intercultural learning and inclusion.
- To encourage the creative use of music in youth work, with an emphasis on European traditions, collaboration, and diversity.
- To share tested non-formal learning methods that can be adapted and implemented in various local contexts.
- To empower youth workers to replicate and adapt project results within their own organizations and communities.

Where and when use it

This Handbook is designed to be flexible and adaptable. It can be used in a variety of settings and moments, including:

- Workshops with young people in schools, youth centers, or informal education spaces
- Training sessions for youth workers and facilitators
- Intercultural events or music festivals where participatory activities are welcome
- Local project development where community engagement and creativity are key
- Online or hybrid activities, adapted with digital tools and platforms

Whether you're planning a one-day workshop or a longer-term project, this guide provides inspiration and structure to support impactful, inclusive, and musical youth work.

Expecting results

By using this Handbook, youth workers and organizations can expect to:

- ☐ Gain new ideas and practical tools to engage young people through music
- ☐ Improve intercultural understanding and cooperation among youth
- ☐ Foster creativity, expression, and participation through collaborative musical activities
- ☐ Support the inclusion of young people with fewer opportunities in educational and cultural experiences
- ☐ Contribute to building a stronger European identity and awareness of shared cultural heritage
- ☐ Promote long-term sustainability and transferability of project methods

Ultimately, this Handbook is more than a resource—it's an invitation to continue the EUMI journey in your own context, using music as a bridge between cultures and as a tool for lasting social impact.

2. Approach & Methodologies

The activities and tools presented in this handbook are rooted in the principles of Non-Formal Education (NFE) — an approach that places young people at the center of the learning process.

NFE creates spaces for *active, experiential, and participatory learning*, where music becomes both a medium of expression and a vehicle for inclusion.

Non-Formal Education Principles

♪ Music-Based Learning

Using **sound**, **rhythm**, and **voice** as non-verbal forms of communication and emotional release. This approach helps overcome linguistic and social barriers, creating inclusive and joyful learning spaces.

♪ Peer-to-Peer Learning

Encouraging youth to teach, support, and inspire each other, promoting collaboration and shared responsibility.

♪ Learning by Doing

 Participants learn through direct experience.

In the musical context, this means playing, composing, or listening actively – transforming rhythm and sound into learning moments that stimulate creativity and cooperation.

♪ Voluntary Participation

Engagement in activities is always based on choice. Music-based exercises invite young people to participate at their own pace, respecting personal boundaries and encouraging self-expression.

♪ Participant-Centered Learning

Youth workers act as *facilitators* rather than teachers. The learning path is co-created with the group: participants bring their own cultural, musical, and emotional backgrounds, enriching the shared experience.

♪ Holistic Development

Non-formal education supports not only cognitive but also emotional, social, and creative growth. Music, in particular, connects body, mind, and emotions, fostering self-awareness and empathy.

♪ Intercultural Learning

Music transcends language barriers and becomes a shared language among diverse

cultural backgrounds. Activities promote dialogue, understanding, and respect between participants from different communities or countries.

♪ **Reflection and Evaluation**

Each activity includes space for reflection – individually and in groups. Through discussion, journaling, or creative feedback (songs, drawings, or recordings), participants consolidate what they have learned and link it to their daily lives.

♪ **Empowerment and Active Citizenship**

By engaging creatively and taking ownership of their learning, young people develop confidence, teamwork skills, and a stronger sense of agency – essential for active participation in their communities.

Music as a Tool for Learning & Inclusion

♪ **Experiential Learning Cycle** ([Kolb Model](#))

- Experience → Engaging in a musical or rhythmic activity
- Reflection → Discussing feelings, group dynamics, or personal insights
- Conceptualization → Linking the experience to inclusion, teamwork, or communication
- Application → Transferring the learning to youth work contexts

♪ **Digital Storytelling & Media Creation**

Integrating basic digital tools (radio, podcasting, video) to document and share experiences – bridging creativity and digital competence.

“Rhythms Around the World”	“Song of Stories”	“Sound Mapping My Culture”
Each participant introduced a rhythm, instrument, or song from their culture. The group combined these elements into a collective performance –	Youth shared personal stories or social issues from their communities, transforming them into lyrics or spoken word pieces accompanied by music.	Participants recorded or imitated sounds representing their environment (city, nature, celebrations). The sounds were then mixed to create an

creating a musical mosaic of cultures.	This allowed participants to hear each other's experiences and reflect on common challenges.	intercultural soundscape symbolizing unity in diversity.
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3. Workshop Design & Activities

How to Facilitate a Music Workshop

A successful music workshop doesn't require participants to be musicians — it's about creating a **safe, creative, and collaborative space**.

Some Key Steps:

1. Prepare the Space

- Choose a **welcoming, open area** where movement and sound are possible.
- Arrange chairs in a circle to promote equality and eye contact.
- Have simple instruments available: hand drums, shakers, body percussion, or improvised instruments (bottles, boxes, pencils).

2. Set the Tone

- Begin with an **icebreaker or rhythm game** to create energy and reduce tension.
- Establish group agreements: listening, respect, participation at one's own pace.
- Emphasize that **"there are no mistakes in creativity."**

3. Facilitate, Don't Teach

- Act as a **guide**, not a music instructor.
- Encourage exploration, co-creation, and self-expression.
- Value each participant's contribution equally — musical or not.

4. Encourage Reflection

- After each activity, invite participants to share feelings or discoveries:
 "How did that rhythm feel?"
 "What did you learn about working together?"
- Use creative reflection tools (drawings, movement, short recordings).

5. Close with Celebration

- End each session with a collective performance, group jam, or moment of silence to appreciate what was created.
- Reinforce a sense of achievement and community.

Sample Activities & Practical Tips

1. Body Percussion Jam



Objective: Build group energy and coordination.

Duration: 15–20 min

Materials: None.

Steps:

1. The facilitator introduces simple sounds (clap, snap, tap).
2. Participants repeat and build on them.
3. Gradually layer rhythms to create a “human drum circle.”

Tips:

Use call-and-response patterns.

Encourage improvisation.

4. Impact: Increases focus, unity, and self-confidence.

2. Rhythm & Emotion



Objective: Explore emotions through rhythm.

Duration: 30–40 min

Materials: Percussion instruments or everyday objects.

Steps:

1. Assign emotions to rhythms (e.g., calm = slow beat, anger = fast, chaos = random).
2. In small groups, participants create a short rhythm piece expressing one emotion.
3. Share and reflect: “What emotion did you feel or perceive?”

Impact: Enhances emotional awareness and empathy.

3. Collaborative Songwriting



Objective: Promote teamwork and creative expression.

Duration: 60–90 min

Materials: Paper, pens, recording device or instruments.

Steps:

1. Choose a theme relevant to the group (e.g., friendship, identity, dreams).
2. Brainstorm words and images.
3. Build verses or a chorus together.
4. Add rhythm, melody, or background sounds.

Tips:

- Focus on the message, not perfection.
- Allow multilingual lyrics – embrace diversity.

Impact: Builds communication, collective identity, and self-esteem.

4. Youth Radio: Voice and Identity



Objective: To promote digital and communication skills through music.

Duration: Variable (from a 2-hour workshop to a 4-week course).

Materials: Computer, microphone, recording software (Audacity, Anchor.fm).

Steps

Participants create a podcast or mini radio show where they discuss youth-related topics, alternating between self-selected music tracks and moments of reflection or interviews.

Impact: Enhances digital creativity, strengthens self-esteem, and improves communication skills.



Rhythm to break the ICE

Objective: To promote inclusion and group cohesion.

Duration: 20–30 minutes

Materials: Simple percussion instruments (tambourines, maracas, hands, chairs) and background music.

Steps:

Youth workers lead a circle rhythm activity in which each participant adds a rhythm or sound. The activity encourages active listening, collaboration, and helps reduce language barriers.

Impact: Decreases shyness, builds trust, and facilitates participation among young people from diverse backgrounds.

Digital Adaptation: Create an online version using rhythm apps such as Groove Pizza or Incredibox.

Creating a Shared Repertoire

A **shared repertoire** strengthens the group's sense of belonging and continuity.

It can include:

- Common rhythms or body percussion sequences
- Group-created songs or chants
- A playlist of tracks representing participants' cultures or emotions
- Simple call-and-response games that become "traditions" in each meeting

This repertoire can be used to:

- Open or close future workshops
- Welcome new participants
- Perform at community or dissemination events

A shared repertoire is not just music — it's a living memory of collaboration and cultural connection.

4.Resources & Reflections

This final section gathers useful tools, templates, and digital resources that youth workers and organizations can use to replicate or adapt the project's methodologies.

It also includes a space for reflection and ideas for future collaborations to sustain the impact beyond the mobility experience.

Templates, Tools & Media

Workshop Planning Sheet – helps facilitators design and structure a music workshop (objectives, materials, steps, reflection points).

Evaluation & Reflection Form – supports participants in analyzing what they learned and how they felt during the activity.

Media Consent Form – ensures that audio, photo, or video materials can be shared ethically and with full consent.

Activity Log Sheet – a simple tool to document workshops, outcomes, and lessons learned for future reference.

Purpose	Suggested Tools	Notes
Audio recording & editing	Audacity, BandLab, Soundtrap	Ideal for podcasts, soundscapes, and musical experiments.
Rhythm & composition	Groove Pizza, Incredibox, Chrome Music Lab	Encourage creativity without requiring musical training.
Video creation	Canva Video, CapCut, iMovie	Useful for storytelling, event promotion, or youth testimonials.
Online collaboration	Miro, Padlet, Google Jamboard	Enables collective brainstorming and remote teamwork.
Podcast publishing	Anchor.fm, Spotify for Podcasters	Disseminate youth voices and promote organizational visibility.

Reflection is at the heart of **non-formal learning**.

Use these prompts to guide participants or team members after each activity:

- *What emotions did you experience during the workshop?*
- *What did you learn about yourself or others?*
- *How did music help you communicate or connect?*
- *What challenges did you face, and how did you overcome them?*
- *How can you apply what you learned in your daily work or organization?*

Encouraging open reflection strengthens learning retention, emotional awareness, and team cohesion.

Future Collaborations and Acknowledgements

This project has demonstrated the transformative potential of **music, creativity, and youth collaboration**.

Moving forward, the partners aim to:

- Develop new Erasmus+ initiatives focused on **music and mental well-being**
- Create an **online community of youth workers** sharing musical methodologies and digital outputs
- Co-organize **transnational workshops and residencies** for young people to co-create new artistic projects
- Continue disseminating good practices through open-access materials and partnerships with local stakeholders

Special thanks to:

- All **participants and youth workers** who contributed with passion, creativity, and openness
- The **partner organizations** that supported the process and ensured long-term impact
- The **Erasmus+ Programme of the European Union**, for empowering young people and promoting intercultural dialogue through non-formal education

"Music connected us. Collaboration transformed us.

What we created together will keep resonating beyond this project".

