

COLLECTION OF METHODS

Getting to know each other
& group formation (name
games, Ice-Breakers,
Energizer...)



Getting to know through self directed & social learning

Instructions:

Target Group / Age: 18+ Youth Professionals

Group Size: 15-60

Duration: 90min

Materials Needed: Printed learning bingo, name tag,
previous Youthpasses

Getting to know through self directed & social learning

Instructions:

1. Line of Names – No Talking
2. Participants form a silent line according to their first names (A-Z).
3. Map of Europe
4. Lay a large map of Europe on the floor. Participants stand on their hometown or country.
5. Room Corners / Activity Stations
6. Set up different areas around the room for participants to visit:
7. Funny Travel Story – Write or draw a funny or interesting travel story on a flipchart.
8. Travel Learning – Reflect on what you've learned while coming here; write it down.
9. Name Tag Station – Create your own name tag.
10. Participants List – Add your name to the main list.
11. Interesting Learning Material – Write down an inspiring book, podcast, or learning material you've enjoyed.
12. Youthpass Corner – Bring (or send in advance) a Youthpass you're proud of or one where you feel you wrote the second part best.
13. Find Someone Who... – Play the learning bingo based on information from applications.
14. Experience with Erasmus+ – Note which Erasmus+ or related projects you've joined.
15. Experience with Youthpass – Indicate how many Youthpasses you already have.

The Human Bingo / Blown by the wind

Target Group / Age: 10+ / 7+ (both can be adapted
depending on the age)

Group Size: 12-40 / 8-25

Duration: 90min

Materials Needed: Printed learning bingo, name tag,
previous Youthpasses

The Human Bingo / Blown by the wind

Instructions:

Learning Bingo

- Prepare bingo cards with fun facts (e.g. Has a pet, Speaks more than 2 languages, Loves hiking).
- Participants walk around, find someone who matches each fact, and get their signature.
- The first person to complete a row shouts “Bingo!”
- The winner shares the funniest or most interesting fact they discovered.

The Wind Blows

- Participants sit in a circle with one person standing in the middle.
- The person in the middle says: “The wind blows for everyone who...” (e.g. has a pet, likes chocolate, is wearing red).
- Everyone matching the statement stands up and quickly finds a new seat.
- The person left without a chair becomes the next caller in the middle.

"I come from"

- Target Group / Age:** All Ages
- Group Size:** Any size
- Duration:** Flexible
- Materials Needed:** Film projector

Instructions:

1. Use poet Dean Atta's "I come from" as the model – see: <https://www.youtube.com/watch?v=a5fyRTUmy6I>
2. Decide on the medium: spoken word, written word, audio recording, video recording, or PowerPoint-style presentation.
3. Task participants to create their own "I come from" version.
4. Set aside programme time: either at the start of the activity period or as pre-activity preparation for online meetings.
5. Discuss each submission in a Q&A to get to know each person better, with strict time limits for each speaker.

Princess and the Castle

Target Group / Age: All Ages

Group Size: Any size

Duration: Flexible

Materials Needed: Film projector

Instructions:

1. Form groups of three. Two face each other with raised hands to form the “castle walls”; the third stands between them as the “princess.”
2. Start: One princess stands without a castle and moves to find an empty castle (a pair of walls).
3. Call out: The princess shouts “I want a castle!”—all princesses quickly find a new castle. One person is left without a castle and becomes the next princess.
4. Repeat: Keep playing so each round ends with one person without a castle, who then calls out to trigger the change.
5. Variations:
6. Right/Left walls: The facilitator calls “Right walls!” or “Left walls!”—wall participants on that side must move, forcing quick changes.
7. Earthquake level: The facilitator calls “Earthquake!”—everyone changes positions, switching roles freely.
8. Continue as many rounds as desired, increasing speed or complexity to challenge coordination and reaction time. This keeps the game dynamic, promotes movement, and encourages fun interaction.

Broken Telephone aka Chinese Whispers

Target Group / Age: 12+

Group Size: 10+

Duration: Flexible

Materials Needed: None

Instructions:

1. "Broken Telephone is a fun game where a message is whispered from one person to the next in a line. The last player says the message out loud, usually with funny changes from the original."
2. Keep messages short and simple for younger groups, or make them longer and trickier for more fun.
3. * Use sentences instead of single words to increase the challenge.
4. * Common pitfall: speaking too loudly so the next person overhears more than intended.
5. * Variation: whisper actions (e.g., "clap twice, spin around") instead of words for extra laughter.

Grandma - Grandpa

Target Group / Age: All people

Group Size: 10-15

Duration: 10min

Materials Needed: (Group Size-1) amount of chairs

Instructions:

1. Place chairs randomly around the room, each facing a different direction. Leave one chair empty.
 2. One person becomes "Grandma-Grandpa" and slowly walks toward the free chair.
 3. The group must prevent Grandma-Grandpa from sitting down – without speaking.
 4. Participants can move to the empty chair to block it, but once they leave a chair, they cannot sit in the same one again.
 5. The activity continues until Grandma-Grandpa manages to sit down or the group successfully keeps them standing.
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1. Sometimes it takes time, that the people get really involved in the game and that they "wake up" to be really active, so that the non-verbal communication is working at it's best.
 2. You have to remind some grandma/grandpas that they are old and slow

Emotion Dice

Target Group / Age: All people

Group Size: Variable

Duration: 45min

Materials Needed: Real foam dice with tape and custom faces

Instructions:

Use a large foam die, a paper dice template, or show numbers on a screen if no die is available.

Assign one emotion to each number (see example below).

One person rolls the die.

Based on the number, they answer a prompt related to that emotion.

Example Dice Faces:

Happy - "Describe a recent moment that made you smile."

Sad - "Share something that made you feel down recently."

Excited - "What are you looking forward to?"

Angry - "What's something that frustrates you?"

Nervous/Anxious - "What makes you feel nervous?"

Proud - "Tell us about something you're proud of."

Live museum

Target Group / Age: All people

Group Size: Variable

Duration: 10min

Materials Needed: Music

Instructions:

1. People stand in the room.
 2. When music starts, everyone walks slowly.
 3. Anyone who feels free starts moving/dancing. People nearby stop and observe their moves. When dancers decide they don't want to dance anymore, they stop and resume walking.
 4. People who are walking can start dancing at any time.
 5. Some people may choose only to walk and observe.
- Aim: everyone has the freedom to choose whether to "say" something with their moves or not.
 - Observers pay attention, analyse what the dancer is trying to "say," and show appreciation.
 - Dancers move in a way that feels natural to them—no need to show off.

It is very important to advise participants that the most important thing during this exercise is to be present and pay attention to others who are moving/how they are doing it/what they want to "say" with their moves.

Speed dating

Target Group / Age: 15 years+

Group Size: 15+

Duration: 45-90min

Materials Needed: Paper or note taking app

Instructions:

1. Introduction & instructions (5 min)

- State the purpose of the activity.
- Give each participant one sheet of paper and one marker.
- Ask everyone to draw a clock and write the 12 numbers (each number = a meeting time).
- Explain how to fill the clock: find a different person for each hour; no one can be chosen more than once.

2. Filling the clock (5 min)

- Let participants move around to find partners for each hour.
- Set the time for them to complete every hour on the clock.

3. Speed meeting (45 min)

- Participants meet the partner assigned to the current hour and talk about a topic provided by the facilitator (e.g., sports, movies, pets, travel, best memory). This supports name recall and easier conversation.
- After 3-4 minutes, announce that the hour has changed; participants switch to their next agreed partner.
- Topics may be prepared in advance or changed according to participants' wishes.

Speed dating

Instructions:

Reflection & conclusion (10 min)

When all 12 hours are done, gather everyone in a circle.

Facilitate reflection with questions such as:

- “How did it feel to meet and interact with multiple people during this activity?”
- “Was it easy or difficult for you to initiate conversations? Why?”
- “Did you notice any changes about yourself when sharing personal information after a few meetings? If yes, what were they?”
- “What was the most interesting or surprising thing you learned about someone?”
- “How did this activity help you feel more connected to the group?”
- “Would you like to repeat this activity in the future?”
- Thank everyone for participating.