



I  
AM  
MY OWN  
SYMBOL  
OF

**FREEDOM**

Loesje

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**Workshop's Collection**

Loesje

**26.09.-03.10.25  
Berlin**

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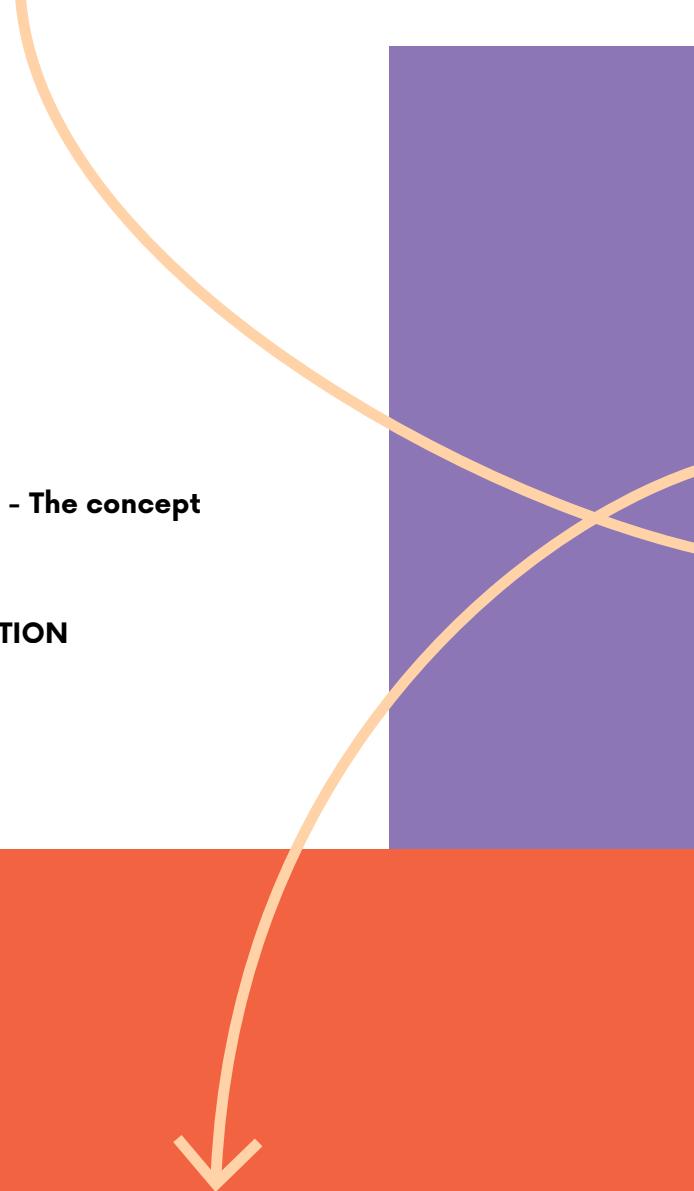
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CAN BE A CAGE**

**BUT  
THE DOOR  
IS ALWAYS  
OPEN**

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**THE WORLD  
IS FULL  
OF NOTES**

**BUT  
CAN YOU HEAR  
THE MUSIC**

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**I AM  
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**Erasmus+ Mobility for  
Youth Workers**

As far as ideas go, the sky is the limit - and why even the sky? You don't have to be an expert on a topic to lead a workshop about it; you can try out new things or join others and prepare something you are curious about.

This project was developed to motivate, encourage and inspire youth workers and new trainers to explore their own potential and to deliver workshops on topics they are deeply passionate about. At the same time, they would participate in other workshops which enriched their knowledge, skills and competencies on other non-formal educational methods.

The objectives of this project were:

- To share and practically experience the Loesje method "School of Freedom"
- To enhance the facilitation, workshop design, presentation, and communication skills of the participants.
- To create a strong network of youth workers, trainers, and Loesje members who can collaborate, share resources, and support each other

Specific objectives:

- To develop a handbook with workshops created by the participants
- To create a short documentary: "Dream of Freedom"

# PARTNERS

## LOESJE E.V. (GERMANY)

Loesje works in Human Rights Education, combining non-formal education and creative methods, educating youth workers from all over the world.

## GNU INTERNATIONAL APS (ITALY)

We want to respond to the challenges faced by young people, artists, youth workers, educators, and minority groups on a daily basis.

## LOESJE BULGARIA (BULGARIA)

Through creative writing methods and non-formal education techniques, we aspire to improve the quality and opportunities for development.

## YOUTH NEET SOLUTIONS (SPAIN)

We defend the interests of young people who "neither study nor work" or who are in difficulties during their academic training or when joining the labor market.

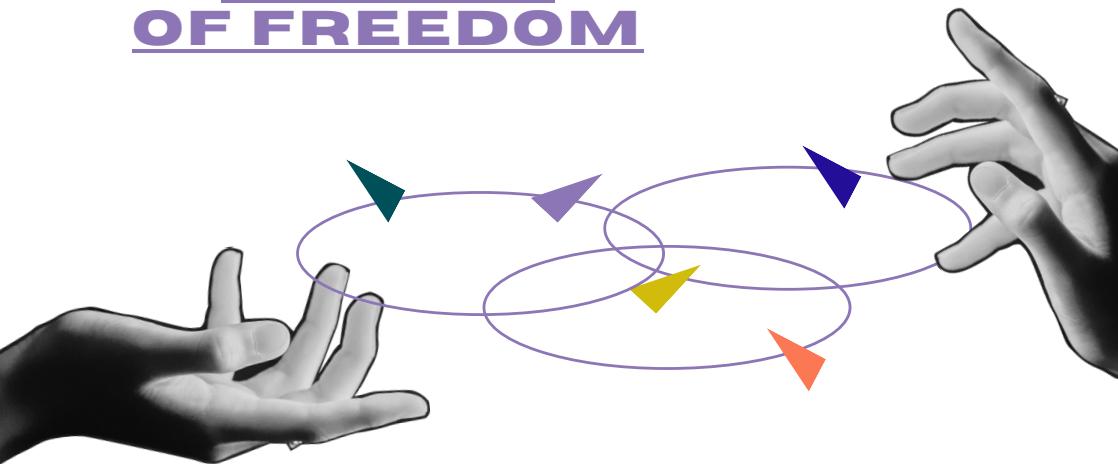
## YGA ACADEMY (TÜRKİYE)

The academy is dedicated to addressing and cultivating the cultural and social interests of young people through non-formal education.

## LOESJE BITOLA (NORTH MACEDONIA)

Our goal is to increase awareness in society about current challenges through creative non-formal approaches.

# **SCHOOL OF FREEDOM**



**The School of Freedom** is a method developed in the Loesje network to organise activities in a group in a way that enables exchange of knowledge and skills. It inspires through exchanging practices and strengthens the capabilities and self-confidence of the participants, as well as share responsibilities between them. Here everyone is a participant and everyone is a workshop giver! This means that each participant can suggest, as well as wish for workshops, lectures and other activities.

**Tasks of Freedom** were the daily activities the group had to maintain around the venue and other responsibilities shared by the group (such as maintaining the common spaces and creating this collection of workshops).

During the **School of Workshops** the participants learned how to (re)shape/translate their inner capabilities (professional, personal), knowledge and creativity into a workshop, discussion or other activity. They learned how to plan, present and execute their activity. This gave the participants the tools needed, and allowed them the creative freedom to then use the project to create meaningful content where they exchanged knowledge and practices. After the participants had internalised the method and were equipped with tools to execute it, the School of Freedom began. All participants took the time to present the activities they were offering (workshop, discussion, movie, class, lecture) on the themes they choose, based on their personal and professional knowledge and capabilities.

The participants were also guided into making several **Films of Freedom**, where they in a short time created short films, including script, acting, editing and sound.



# WORKSHOP'S COLLECTION

The workshops were  
created and  
implemented by each  
participant in this  
mobility

# WITCHES OF FREEDOM



## RESONANCE LABOR

We explored the "field" or the "space in between". How does creativity come from connection? As a wrap up, with AI we created film posters and a song that expressed the "field" of subgroups.

Richard Schut, Germany



## CREATIVE MOBILE PHOTOGRAPHY

This is a participatory workshop on creative mobile photography. The aim is to learn how to look at the environment with fresh eyes, developing creativity through practical and fun challenges. During the session, participants will receive basic tips on composition and light, and they will put them into practice through a "Photo Hunt" game, where they have to capture different elements or emotions with their camera. The workshop encourages observation, teamwork, and personal expression, showing that you don't need a professional camera to take great photos – just a curious and creative eye.

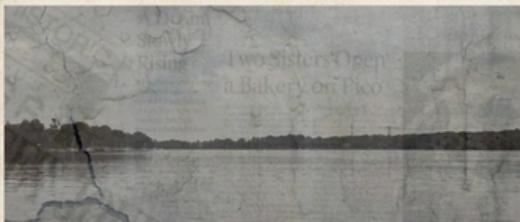
## CAPTURE FUN PHOTOGRAPHS

TIPS TO SEE THE WORLD IN CREATIVE WAYS!



## PLAYFUL ENGLISH

Practicing English in a relaxed and creative way. We made funny sentences, acted out silly scenarios, and laughed together while building confidence in speaking. At the end, we shared our favorite moments and what we discovered during the activities.



Radostina Nikolova, Bulgaria

Deep down in the forest outside  
of Berlin you will find your  
freedom just like me.

My workshop will help  
you set healthy boundaries  
to protect your peace  
and say "No" guilty free.

## MY FREEDOM MY BOUNDARIES

The workshop "My Freedom, My Boundaries" teaches participants that personal freedom comes from setting healthy boundaries. It starts with a discussion about what "freedom" means to each person and why saying "no" can be empowering. The main part includes a game to practice protecting personal space and exercises using specific phrases to set boundaries. Participants work in pairs or as a group to practice these phrases and reflect on which ones felt easiest or most difficult. At the end, everyone chooses one phrase to use during the next week and shares in a closing circle.

## CARDS AGAINST FASCISM

This is a card game inspired by "spiral dynamics" to explore the dynamics of fascism and extremism in society. We learnt to recognise patterns and to play "alternative cards" to counter fascism.



## **ECO REFLECTION CIRCLES**

Small groups gather outdoors in a circle to reflect on personal and collective experiences related to nature, sustainability, and responsibility. Using guiding questions and symbolic objects from the environment, participants exchange perspectives in a safe and inclusive space. The tool enhances critical thinking, peer learning, and dialogue on green values aligned with Erasmus+ sustainability goals.

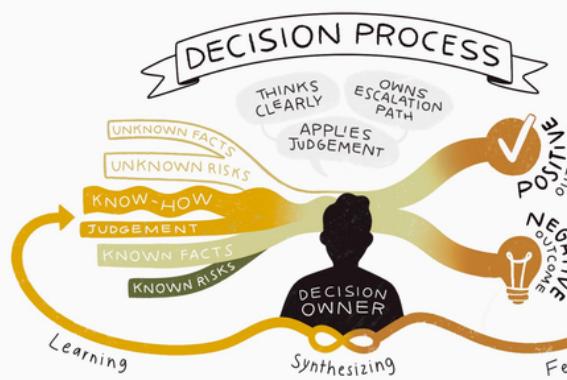


## **NATURE AS A LEARNING SPACE**

Participants move the learning process outdoors, using the natural environment as an active educational setting rather than a backdrop. Through guided observation, sensory awareness, and reflection tasks, participants explore how nature supports well-being, self-regulation, and learning motivation. The tool strengthens environmental awareness while promoting experiential learning, inclusion, and holistic development in line with Erasmus+ priorities.

## **METAPHORE LEARNING**

Participants move the learning process outdoors, using the natural environment as an active educational setting rather than a backdrop. Through guided observation, sensory awareness, and reflection tasks, participants explore how nature supports well-being, self-regulation, and learning motivation. The tool strengthens environmental awareness while promoting experiential learning, inclusion, and holistic development in line with Erasmus+ priorities.



## THE ISLAND OF CHOICES

The group imagines being stranded on an island with limited resources. Together, they must agree on five values that will guide their survival and coexistence. Through discussion and negotiation, participants explore leadership, power dynamics, and freedom of choice. The activity encourages cooperation while highlighting how shared values shape collective freedom.



## THE HUMAN KNOT

Participants stand in a circle, close their eyes, and randomly connect hands with others. Without letting go, the group must untangle itself into a circle. Throughout the process, participants share short personal reflections on freedom and limitation. The activity builds trust, communication, and collective problem-solving while symbolizing how personal stories are interconnected.

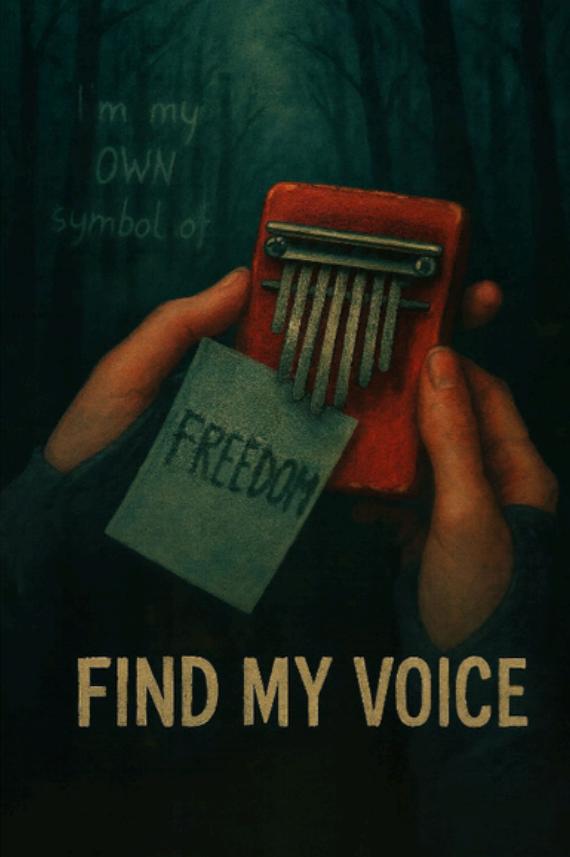


## WALKING IN MY SHOES

Participants pair up and silently walk together while one person leads with eyes closed. After switching roles, the group reflects on trust, vulnerability, and responsibility. The exercise uses body awareness and silence to explore freedom through dependence and care for others, strengthening empathy and emotional safety within the group.

## EXPLORE YOUR LIMITS - SEWING WORKSHOP

Exploring craftsmanship as a means of expression: we created a personal micro-bag step by step, learning the basics of sewing through play and sharing.



## CHIL(H/W)OOD: PLAYING WITH NATURE

A workshop where we reconnected with nature and our inner child to have fun with very little. We used our imagination to create games and entertain ourselves using only what was available to us in nature, sharing the joy of being together outdoors.



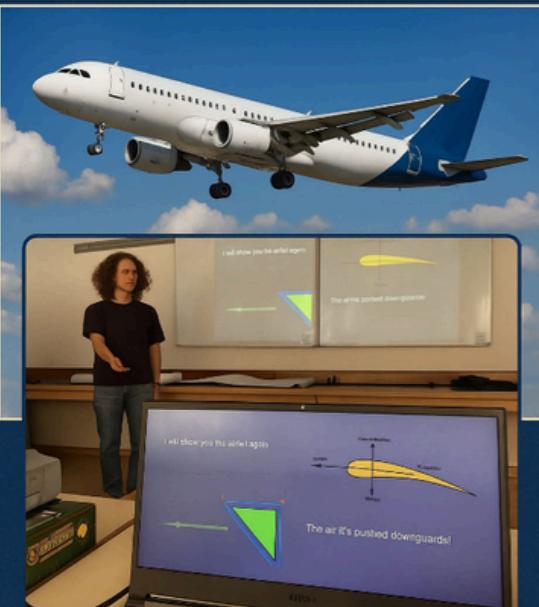
## FUNNY PORTUGAL

My workshop was about Portugal, the country where I was born. It was interesting to see the stereotypes that other countries have about Portugal. Fun facts, funny things, and also the not-so-good aspects of the country were topics in my workshop. We also played some games, and I taught a few Portuguese words and expressions. It was my first workshop, and I think I did really well, stay tuned for the next one!

## FLYING FOR DUMMYS

We explained aeronautics basics from a very basic level

Ended being a little harder than expected but it probably managed to transmit a lot of concepts



Do you like trees? Do you like breathing air? (Good news: forests help with both!) Join us in this super-duper, mega-awesome workshop where we'll hang out with nature like it's our BFF. We'll explore the forest, play games and learn fun facts like why trees are basically superheroes with leaves.

## FUNNY PORTUGAL



## FRINEDS OF THE FOREST



LEARN ABOUT OUR PRECIOUS NATURE! SHARE, EXPERIENCE, PLAY... AND MORE! :)



## QUIETING DOWN THE INNER CRITIC

On this journey, we began with somatic cleansing — shaking, tapping, and free-flowing movement — to prepare body and mind for diving deeper, down the rabbit hole, into a direct meeting with our Inner Critic.

This is the voice that often tries to bring us down, telling us we are too much, not enough, or unworthy. Sometimes it is sharp, judgmental, even cruel. In the intimate and sacred space we created together, participants met this voice personally — felt its presence, listened to its concerns, and discovered that beneath its harshness lies an attempt to protect us.

From this raw encounter, we moved into transformation: reshaping the Inner Critic into the Inner Guide — a voice of kindness, empathy, and unconditional acceptance. A guide who supports us with love, reminding us of our wholeness.

It was a deeply emotional experience, a small but powerful step in peeling back the layers that cover our essence. With each step, we moved closer to our true being — free, authentic, and unafraid to embody who we are, both with ourselves and with others.

## THE ART OF DOING NOTHING

### Purpose:

To remind ourselves of the value of pausing, breathing, and doing nothing for our mental health in today's overstimulating and stressful world — and to realize that these struggles are shared by many.

### Content:

Interactive discussions and activities focused on social connections. Participants shared their own experiences and built awareness together.

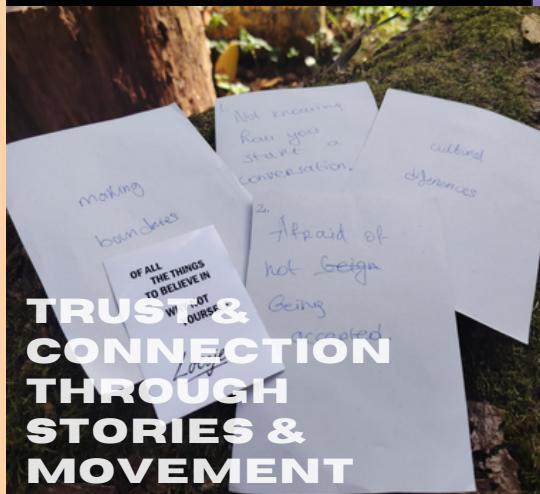
### My Learning:

I realized that many people face similar struggles in daily life, and these challenges are more common than we think.

### Participants' Learnings & Feedback:

- They expressed that they became more aware and conscious.
- They realized the importance of taking time for themselves to step out of the constant 'overstimulation' of daily life.
- They understood that these struggles are not unique to them, but rather a shared human experience.

*Sometimes, the most productive step is to do nothing.*



A deeper sense of connection by combining story sharing with physical trust exercises. We reflected on the barriers we face when trying to connect with others and explored ways to overcome them. Together, we practiced building trust, recognised the boundaries we carry, and discovered how belonging can grow when we open up to one another.



## FREEDOM CROSS-BRIEF

In this workshop, the participants from different countries explored freedom through speech, movement, economy, and digital privacy. Using post-its, dots, and reflections, we created a shared map of freedom. At the end, three actionable principles captured our collective voice.



## DRAG ME OUT

Drag origin, what's Drag, who does Drag, why do Drag. Step-by-step choosing colors, applying the shades and finishing the look.

# THE COLLECTIVE SYMBOL

Small groups create a symbol representing freedom using only their bodies. Each group presents their frozen image, explaining its meaning. The activity stimulates creativity, non-verbal communication, and collective expression. By shaping a shared symbol, participants experience freedom as a collaborative and negotiated process rather than an individual concept.



Engaging Approachable Body Language



# THREADS OF CONNECTION

Each participant receives a thread and shares one personal strength while tying it to another person's thread. Gradually, a visible web forms in the space. The activity illustrates interdependence, solidarity, and mutual support. It reinforces the idea that individual freedom is strengthened—not limited—by connection with others.

# THE LINE OF COURAGE

Participants stand on an imaginary line representing a journey from fear to freedom. One by one, they step forward and share a moment when they acted courageously or wished they had. No discussion follows—only attentive listening. The activity creates emotional connection, mutual respect, and a safe space where personal courage becomes a shared source of strength.



## PERSONAL LEARNING PATH

Participants visually map their learning journey throughout the Training Course, identifying key moments, challenges, and breakthroughs. Using symbols, keywords, or drawings, they reflect on personal development, competencies gained, and future application of learning. This tool supports self-awareness, ownership of learning, and recognition of non-formal learning outcomes in line with Youthpass principles.



## THE INNER DIALOGUE

Participants are guided through a structured self-reflection process using written prompts that invite them to explore thoughts, emotions, and values activated during the Training Course. By externalizing their inner dialogue on paper, participants increase self-understanding and emotional literacy. The tool contributes to mental well-being, reflective practice, and lifelong learning competencies.

## MIRROR OF COMPETENCES

Participants individually assess their personal and professional competences before and after the activity using reflective questions aligned with key Erasmus+ competence areas. By comparing perceptions, they identify growth, learning needs, and next steps. This tool supports conscious competence development, critical self-assessment, and validation of learning outcomes.



# DISCLAIMER



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