

MEDIA FOR INCLUSION MANUAL

LIJA, MALTA

3RD-12TH
JULY 2015



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Introduction

Media for Inclusion (MFI) has been an awesome and amazing experience and adventure, as it has been our very first youth exchange! We are delighted to have come up with the idea, implemented and shared it with such great and fantastic partners and participants. It was a project which left an indelible impression and impact on young participants' life experiences because it delved into issues that are affecting young people and adults all over the globe. We all know how media has evolved and is being used these days, from connecting and networking with friends and loved ones on social platforms to cyber bullying, harvesting of data and spreading of hate and extremist ideologies. All of us also know very well how powerful and emotional media issues can affect and touch all our lives. Thank you to all our partners, young participants and facilitators for making this an amazing journey.



Heddy Bvumburah – Project Leader
Cross Culture International Foundation – Malta.

Our Partners
Youthfully Yours-Greece, Mokymosi Idejos–Lithuania, Espacio Joven-Spain,
Asociatia Bemerang-Romania and Kargenc Club-Turkey.

Topic

“Media for Inclusion” was an international Youth Exchange about creating better use and taking advantages of the practical opportunities to use media in our day to day life as a very important tool for inclusion and to raise awareness on issues we face daily. MFI is a practical solution to the identified gap in improving the learning for youths with diverse backgrounds and life stories by engaging them through using media as tools for informal learning and inclusion. Media has become a major factor in our life and we cannot ignore this important tool. We hear a lot about freedom of expression, with discussions intensifying following the attack on the offices of the Charlie Hebdo’s French magazine. In these circumstances we want to equip ourselves and fellow youths with the know-how on the appropriate use of this tool, and raise awareness on various topics related to human rights, democracy, social inclusion, sports, culture, etc.

MFI also aims to expose the participants to diversity, and to allow them to learn from others' cultures, to become more aware of the values of EU citizenship, and to deal with radicalism and the lack of tolerance which at the moment is a growing problem.

We implemented the project to improve all participants' competencies, skills and practical use of media in daily life. The activities held during the youth exchange were not competitive, but fun packed learning experiences that motivated us and other youths to take part in such activities and learn further more.

Aim of the Youth Exchange

The objectives of this project, which are linked to the Erasmus+ program are:

- ✓ The responsible use of media tools and audio visual applications for informal learning;
- ✓ Empower participants to be responsible EU citizens;
- ✓ Team building by working with youths of different backgrounds and cultures;
- ✓ Promote fun, cultural awareness and tolerance;
- ✓ Encourage youth to participate in healthy and outdoor activities;
- ✓ Equip the youths with skills for employment;
- ✓ Help participating youths to communicate well and build up self-confidence and self-esteem;
- ✓ Raise awareness on social media safety;
- ✓ Equip youths with the skills that allow them to directly participate in the democratic process of our country.

The project enhances the aims and objectives of the Erasmus+ Program by including and giving priorities to youths that are disadvantaged, have a disability, and are encountering educational difficulties, form part of minority groups and those with fewer opportunities and social problems.

MFI links perfectly with the Erasmus+ aims of boosting skills and employability, modernising education, training and youth work as it provides youths with alternatives to train, gain practical experience and volunteer.

This youth exchange fosters transnational partnerships among NGOs from six different countries:

- Spain, Turkey, Lithuania, Malta, Greece and Romania

Team

The Media for Inclusion Youth Exchange – MFI was co-organised by Cross Culture International Foundation CCIF Malta with 5 partner organisation: Asociatia Bumerang Romania; Youthfully Yours Greece; Kargenc Club – Turkey; Espacio Joven Spain and Mokymosi Idejos - Lithuania under the Erasmus+.

Arrival Day – 3rd July

We just arrived in Malta today and were picked up by some nice guys from the airport to the University of Malta Residence – Lija where we had welcome

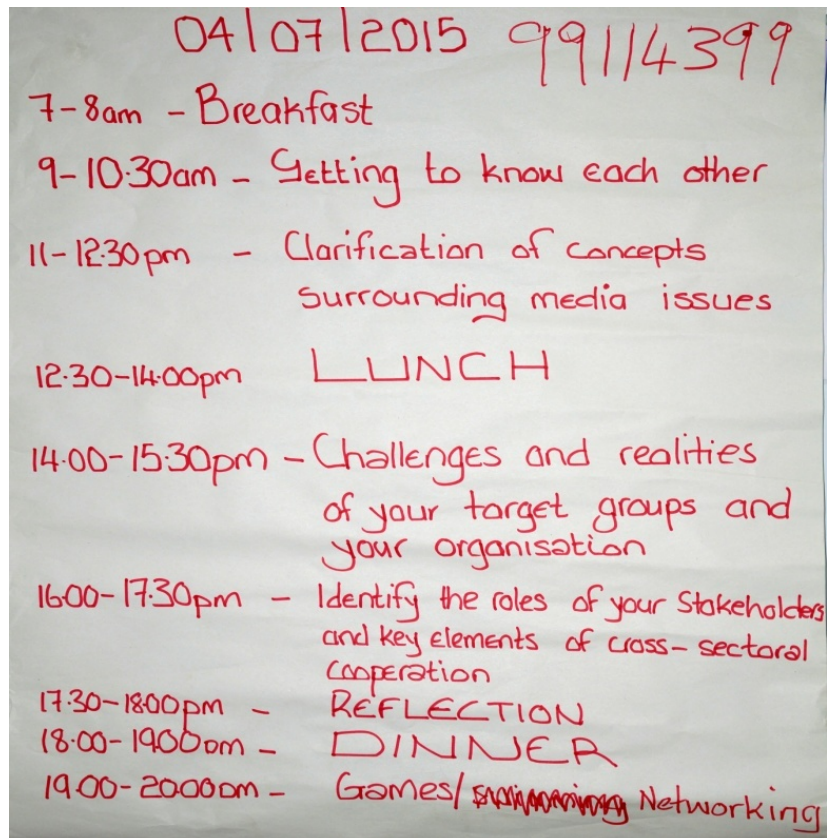


dinner!!! ☺ Everyone was friendly and smiling. After the dinner we had some icebreakers and games to get to know each other. One of the games was to introduce yourself and say a word that describes you e.g. I am ... and am awesome. In our free time we played some music and had lovely chats. We all think that a great adventure is awaiting us! It was nice to see a greeting in our native languages as a welcome gesture by the organizers



2nd Day – 4th July

The first thing that happened today was some ice breakers and a game called houses and tenants, which kept us active on our feet as we had to run around. We also did a number of ice breakers in which we got to know more of each other and more of the people around us and their thoughts and opinions. We were also given an introduction to the emoji's Chart where we are going to draw an emoji that describes how we felt during the day, and also the handbook manual summaries which we will be doing at the end of each day. We were also put into pairs of learning buddies. A learning buddy is a person not from your country but another so that we can connect and learn from one another and also help each other reflect on what was learnt during the day.

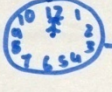





The organizers asked the participants to come up with their own house rules which we wrote on a flip chart and attached to the wall to hang as a reminder of what was agreed upon. The organizers had no input into the house rules.

After that we had an introduction to media classification of what goes around involving media including the reactions of people in different groups, to reject and also accepting the or fixing the situation both making it good from bad or turning it from good to excellent. After lunch we had an energiser and then a discussion about the challenges and realities of target groups which are effected through media. Then after that we had a group discussion about the roles of stake holders through different scenarios and companies and how media takes a role. In the reflection session we described and also explained through what had happened throughout the day and helped each other understand some of the concepts with our learning buddies.



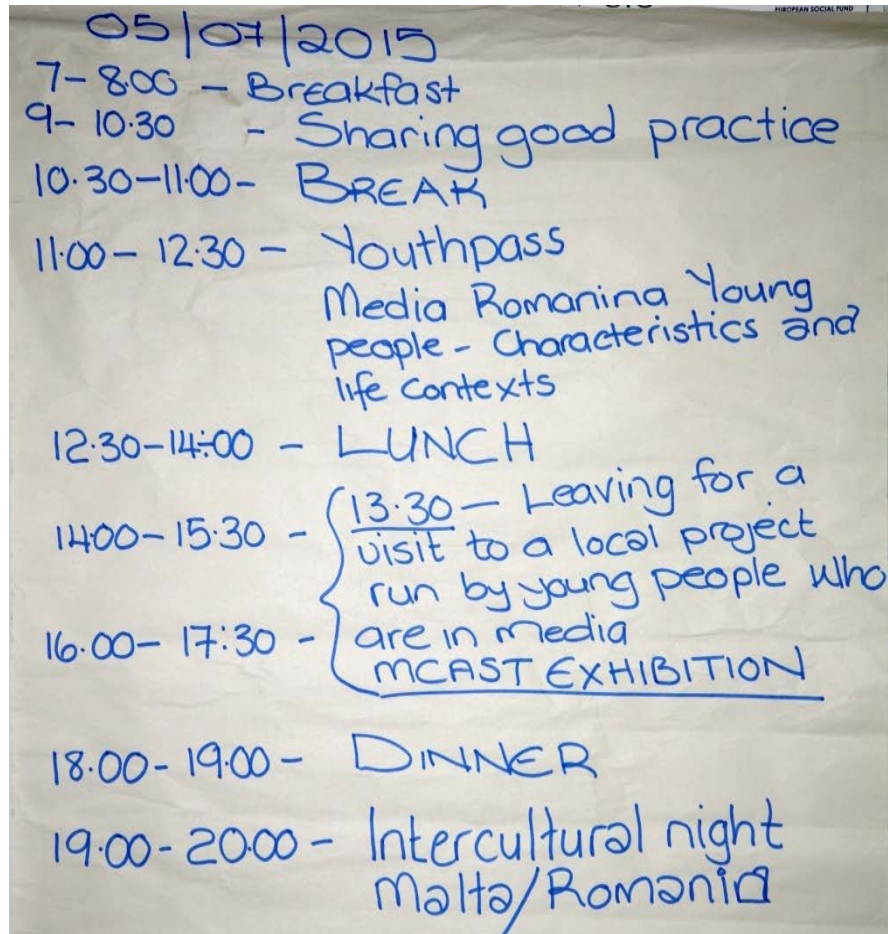


- Rules
- ① Listen to when other people are talking → speak 1 at a time !!
 - ② No discrimination on → Race.
→ disability.
 - ③ Respect each others opinions. → beliefs.
 - ④ Speak in English.
 - ⑤ Help each other when someone is in need. 😊
 - ⑥ Stand up for each others right.
 - ⑦ Punctuality !!  → if late 1st Apologize 2nd Dance
 - ⑧ Attendance CULTURAL DANCE
 - ⑨ Not taking advantage of others → NO BULLYING
 - ⑩ Speak freely → don't be AFRAID
 - ⑪ ~~Patience~~ patience
 - ⑫ Clear up behind you - NO CLUTTER. 
 - ⑬ Leave chairs in a circle 
 - ⑭ LOVE EACH OTHER ♡ ♡
 - ⑮ Never remove shoes espically if closed ⇒ NO SMELL
 - ⑯ No Stealing !! 

WHAT HAPPENS IN MALTA STAYS IN MALTA
♡

3rd Day – 5th July

Morning: We started with breakfast as usual followed by game called the human knot. This was followed by a presentation by the Romanians on Sharing good practice, Inclusion and exclusion. The subject was introduced by a game. Where participants were put in groups. They made a ball out of paper and created a fixed Patten they threw the ball around each other. An outsider was brought to the group so that they could try and include them in the game without talking. The groups that achieved that successfully ahead



of others announced it. When all the groups completed the task we then discussed on how the groups faired and also looked at how the external parties felt. This was a lesson on exclusion and how people feel about it. We also did a game taught by the Maltese group called Houses and tenants.

The Greek Team followed up with a presentation on the Euro pass.

We went for Lunch and this was followed by a visit to a local project run by young people who are in media. We attended the MCAST exhibition for the Media and arts section in Mosta. We had an opportunity to view films, Online games, Photos, fine arts, Graphic design work, interior designs all made by young people using media. It was a great opportunity to see practical use and application of social media in showcasing different projects by Youths.

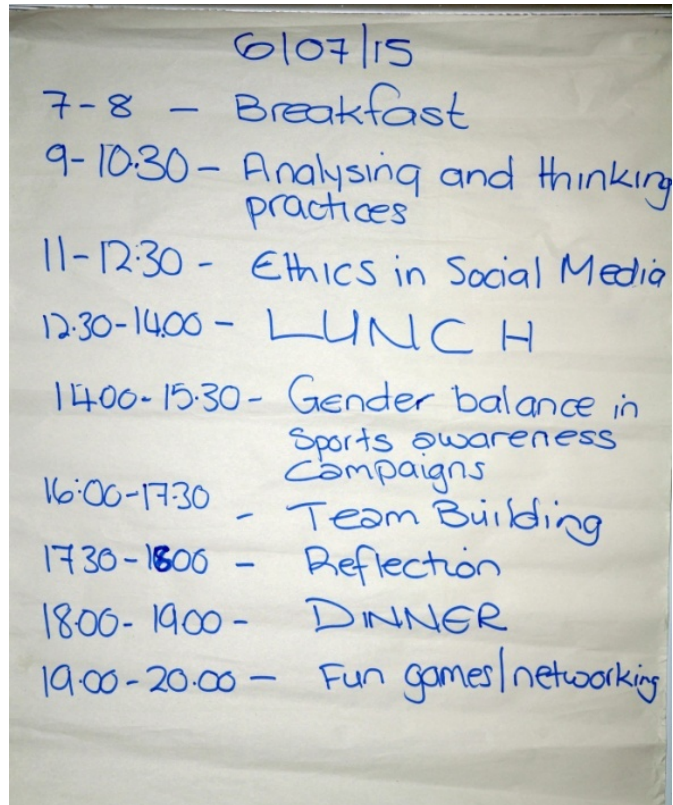
We had our evaluations of the day and got the bus back to the University Residence in Lija.

The night was complete with a cultural night showcasing Malta and Romania. It was great to learn of each other's cultures and traditions. This actually helped us to bond more. We had an opportunity to sample food from the two countries including some traditional dances and costumes that were worn by the Romanian girls.

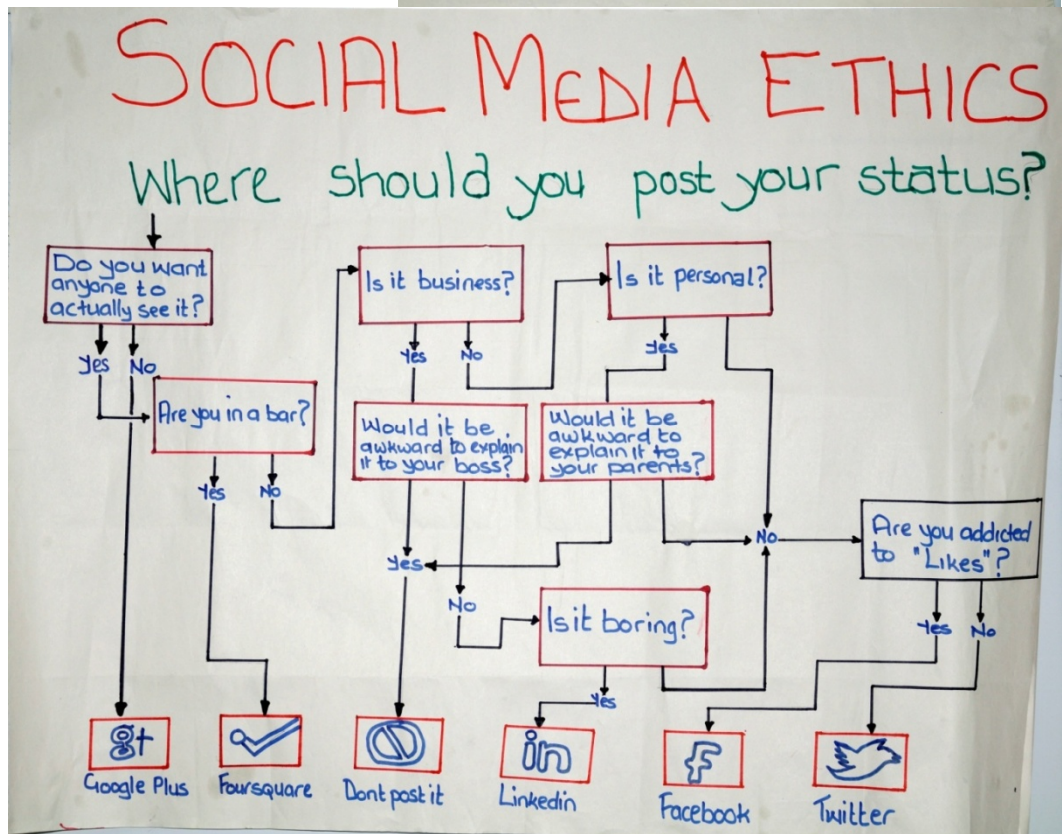


4th Day- 6th July

On our 4th day, we continued to have icebreakers and discussions. One of the games that we were taught by the Lithuanians was to form several groups and each group had a number of participants, chairs were arranged in a circle minus 1 the number of participants. Music was playing in the background, when the music stopped each participant had to find a chair, whoever had nowhere to sit was then asked to leave the group, then one chair was taken out and the game continued until there was one chair and one winner. Lithuanians made a presentation about media ethics and then started a debate. It was challenging! In the afternoon we had an unfortunate event. One of



our fellow



participants had an epilepsy attack suddenly. But no worries! She's fine now after being taken to hospital by ambulance. ☺ We continued the activities as usual. At night we listened to music, talked and had fun by the pool. I'm gonna give you a secret if you promise to keep it. ☺ Some of us danced too much until our feet were sore! But it was enjoyable anyway.



5th Day- 7th July

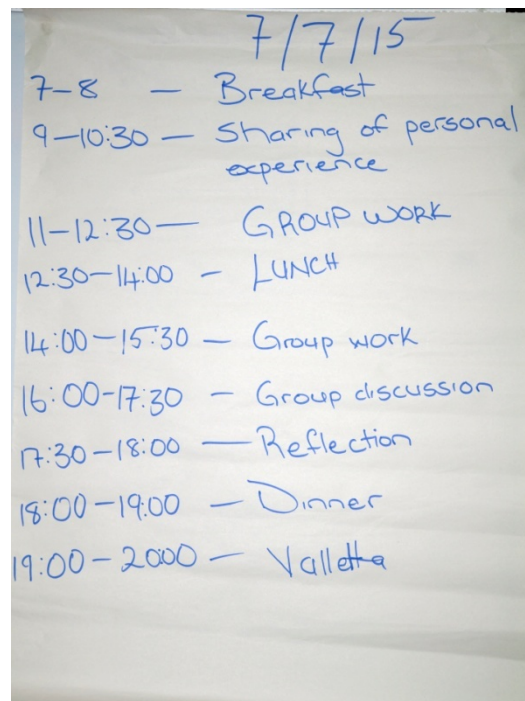
We had an ice breaker and a game before the start of the sessions. We had an introduction to civil journalism and the presenter explained what we were going to do. We were split in 6 teams. Each team had at the beginning to come up with some questions about inclusion, especially in Maltese context as we were going to be interviewing Maltese residents. The task was to interview some locals and create a video not longer than 5 – 6 minutes with their responses. There was also a short session about gender balance in sports.

After lunch we had a game, there was a presentation of the videos. When the presentation ended, it followed a short discussion about how we felt during this activity, how useful was it to use media to raise awareness about an issue etc. Moreover, there was an activity where we formed pairs and we had to draw a portrait of the person sitting opposite to us.

After dinner, there was an organized visit to by the participants to Valletta, It was really special to see the beautiful city and historical places.

Games/Ice – breakers

- 'I have a little house like this, the smoke goes up like this etc. Being a circle, making movements, speaking louder each time.
- 'Pizza' massage. Being in a circle and giving a massage to the guy sitting right to us, doing movements like preparing a pizza.



in



6th Day- 8th July



The day started with an energizer called si Mario and it was presented by the Greek team then we moved on to the "stop the hate" session, a victim of racism and violence showed to us the footage of what happened to him and then we got to ask him about what happened exactly and what his emotions were and are now. It was a shock for all of us and it was an emotional session really that session got us thinking of what we can do to stop hate and discrimination.

Then we had a break and we moved on to the next session we played the "little house" energizer after that we had to present and market our respective organisations to the rest of the participants. After lunch we had an energiser and were asked to prepare a video of

different cases on minorities that would be more likely to be excluded and how we can raise awareness with simple tools like a phone and a drop of creativity.

In our last session we finished our daily tasks with evaluation of the day and filling our emojis board and talking to our training buddies.

Then is our free night and we –like always- have some fun.



7th Day- 9th July



Energiser: Pushing hand signal in a circle to wake up. One of the participants Gaby from Lithuania had birthday, we sang happy birthday and had a cake to celebrate with her.

Energizer: participants gathered in a circle, one volunteer sits in the centre of the circle and two people a boy and a girl go and try to either kiss the volunteer or to prevent the other person from doing so. Ladies have numbers and lads have alphabet letters so a random number and a random letter will be called out and the participants try and wrestle to either kiss or prevent the kiss whoever wins takes over.

The Turkish team made a presentation on Democracy and Media in Turkey, they showed us pictures that depict the same story from different news outlets, some of which is propaganda and censored.

We left for the Nationalist Party offices to get a presentation on media from a political angle. The Party spokesperson introduced their organization, when they were formed, what changes they brought about when they were in power and what they wish to achieve if elected back in power. We were also taken on a tour of the TV, radio and newsrooms.

We had lunch at the Nationalist Party offices in their dining area.

We came back to base where we had a presentation from a spokesperson from EUPA the Maltese National Agency for EU funded projects. She took us through Erasmus+ programmes' benefits, advantages, and opportunities of volunteering, study exchanges, internships and experiences abroad. The presenter gave us opportunities to fire her questions regarding Erasmus+ which she gladly answered.

The Turkish group taught us a new game where a couple of volunteers would stand on a blanket and turn it over the other side without stepping off it.

We had another energizer from the Maltese group where participants formed a tight circle, one volunteer stood in the middle of the circle and the rest of the participants linked arms and passed on a small tennis ball without concealing in whose hands it was in. The participant in the middle of the circle had to try and guess where the ball was and if they got it right the person caught up with the ball would go in the middle of the circle and repeat the process. We had a 15 minute break where we enjoyed swimming in the pool.

Had another game from the Maltese participants where we played hopscotch.

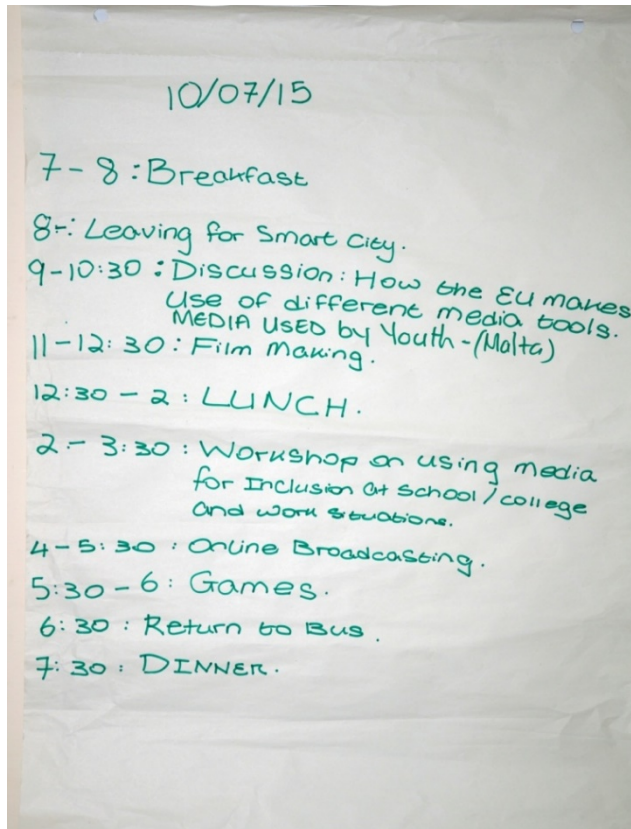




We had a presentation by a journalist from one of the local independent newspapers taking us through the changes that have taken place in the media and how it has affected how journalist work. He confirmed most of the stuff that we have already covered on ethics and internet safety. We had the opportunity to ask him questions.

they played to our amusement. We had a fantastic night where we learnt about the Spanish and Turkish cultures, their foods, music and dances – what a fantastic night!

8th Day- 10th July



We left from the Maltese Residence University at 8:00 in the morning by bus in order to go to Smart city of Malta.

We`ve arrived at Global College and the Irish man who is the Principal of the college introduced himself and then told us some inspirational stories.

Irina from Romania made an energizer named "Vin calutii" (horses are coming) and Heddy did the bunny energizer.

We had a session about E.U. stakeholders, we also had a presentation about it and after it Miruna did an energizer about inclusion where participants were asked to form groups and the groups then formed tight knit circles. One participant from each group was asked to come from outside the circle and try and gain entry into the

circle. The game had a variation which the Maltese group showed us, where instead of the person being outside trying to gain entry inside the person would be inside trying to break out.

In the afternoon, we talked about cinema (George and Konstantinos – speakers), short ups and how to make a movie in Windows movie maker.

After lunch we tried to broadcast online and we failed as the internet connection was poor. ☹️

The Head of Global College made his presentation. He also started with 6 commercials and we talked about how emotions sale. On the other hand, we did a personality test (A – driver, B – Expressive, C – Analytical, D – Amiable).

The last session was about making gifts for our training buddies.

Then we got a chance to go to the seaside and swim and have fun, taking photos... 😊

In the end, we came back at the University Residence and had dinner.

9th Day- 11th July

| 11/07/2015 | |
|-------------|--|
| 7-8 | - Breakfast |
| 9-10:30 | - Media used by Youth a different perspective |
| 10:30-11:00 | - BREAK |
| 11:00-12:30 | - Collection of data |
| 12:30-13:30 | - LUNCH |
| 13:30-14:00 | - Depart for San Anton by BUS |
| 14:00-15:30 | - Social media as a tool used by employers for personal reference. |
| 16:00-16:05 | - Arrival of H.E. The President of Malta |
| 16:05-16:20 | - Brief address on discussions taken, outcomes and conclusions |
| 16:20-16:25 | - Address by H.E. the President of Malta |
| 16:25 | - Departure of H.E. the President of Malta |
| 16:30 | - Depart for Mdina. |
| 20:00 | - DINNER |

The day began with the usual icebreakers and then we had a session on media used by youth. In this session we discussed the media that we are using as youth and how it is influencing the way we do life. In the same session we also discussed the dangers that are found in the media that we use and how we can avoid those dangers. This session was followed by one on data collection. This was an eye opener as we got to learn how companies harvest information from our personal accounts on Facebook and all these other platforms that we use for social networking. We also looked at how we give data harvesters a right to our personal information through clicks that we make on many

of the online activities. We also had another session on how employers are now turning to social media for personal references and for recruitment as well and how we can fully utilise these tools to our advantage without giving out bad impressions through what we post.

Presentation after an ice breaker was done by Donatella explaining about the unseen disability how it's not recognized like fits and autism for instance. She explains how it is important for people to be aware and how they can assist those suffering with these disabilities and how they can be recognized as disabilities. This presentation was followed by the one done by Anca teaching people how to use the windows movie maker to create videos and upload pictures and embellish them. After the presentation we headed for San Anton's Garden after Anca's presentation.

The 9th day was really fantastic for all of the participants, we enjoyed a lot of outdoor sessions. We had a session where we had to interview selected participants for a job. We were put into 3 groups to interview 3 candidates for a Public Relations job. All three groups had to interview the same three candidates and rate their performance and offer the best candidate employment. We had to use the candidates' Facebook profiles to decide on who was the best for the job. We compared our decisions with the other groups and discuss why we chose the best candidate and how. The theme of the session was to learn and understand the recruiters' use of social media for reference checking. It is important to decide on what we should post on social media as it can adversely affect our careers and job search opportunities. The exercise helped us to work as teams



for a common goal. It was very interesting to have afternoon sessions at the San Anthon Presidential Palace and to be addressed by H.E the President of Malta on inclusion issues and how as individuals and as EU citizens we can make a positive impact on our societies by being inclusive and tolerant of other people who are different from us. She also told us that migration is not a new phenomenon, but that people have been migrating since time immemorial for different kinds of reason. She also touched on the issue of climate change and reminded us that there are going to be people who are going to be migrating because of climate change and for that reason we must be prepared to be inclusive. Meeting H. E the President of Malta was once in a lifetime experience and we loved it. 😊 At the end the day we went to visit Mdina one of the most beautiful historical cities in Malta where we learnt the historical and cultural significance of that city and its place in the history of Malta. We left Mdina in time for dinner and free night to network and get to know each other. The best thing was the venue had a swimming pool which allowed to play water games

Final Day- 12th July

Today was the last day of the youth exchange programme and the most emotional one. We had a free morning, we separated some of us went to the beach and others went on site seeing excursions and the rest stayed on the premises. In the afternoon we met, we were asked to write a motivational letter to ourselves, which we put and sealed in a self-addressed envelope to be posted to us by the organisers after 6 months. The reason for this is for us to reflect on what we have experienced and learned during this exchange, and also to check if we are putting into practice what we learnt and also to see if there is anything that we would have implemented after the exchange. It was hard to write down all the things that we learnt during this project. The letter is supposed to come to us in 6 months' time which is a lot of time!!! We don't know in what situation we will be in 6 months' time. We think it's going to be a nice reminder. After the letter writing exercise we stuck papers to our backs and we walked around writing notes on the papers stuck to other participants' backs on what we liked most about them. It was great having a training buddy to review the day's activities together, it was special.

Finally we got our Euro Youth Passes!! 😊

Last but not least we had the last intercultural night presentations by Lithuania and Greece which were awesome. We enjoyed video presentations from both countries, sampled their foods, dances and music – it was fun! We said our goodbyes and waved off the Spaniards who were the last group to arrive and the first group to leave. We will never forget this experience which we of course captured on our mobiles and Facebook accounts – talk about the influence of media!

HANDBOOK/MANUAL - DAILY SUMMARIES

| 03/07/15 | 04/07 | 05/07 | 06/07 | 07/07 | 08/07 | 09/07 | 10/07 | 11/07 | 12/07 | Home |
|---|--|---|--|--|--|--|---|--|---|------|
| LEADER: ERSEC GROUP 1 | LEADER: Liam Group 2 | LEADER: LAURA Group 3 | LEADER: AYSUN (Esson) Group 4 | LEADER: TUZIAN GROUP 7 | LEADER: KONSTANTINA GROUP 5 | LEADER: Murat Group 6 | LEADER: GYTIS Group 8 | LEADER: Aspa Group 9 | LEADER: Alex Group 10 | |
| ELENI JESSICA CLAUDIA URTE KATHONIA | Mia Asude Eleni Ieva Jose Luis | Andrea Ahsen Nigel Gabrija Markas Bogdan | Daniella Marta Gelininas Manika-Daniella Gregorio Alexandra | NIHON OWEN IGNAS ALFREDO KOTZIAS | Vytautas Friederik Petrizė ALVARO Yokubas CONSTANTINA | Murat ALMENA Heriberto Alycia SIMONA ALEXANDROS Nico | GYTIS SHARICE IRINA SARA SAUVIUS IBRAHIM | YILDIZ DEIVAS SAM BOGDAN CLAUDIA | Mehmet Morian Miguel A Ayx Abdelbaky | |

HOW WAS YOUR DAY?

| 03/07 | 04/07 | 05/07 | 06/07 | 07/07 | 08/07 | 09/07 | 10/07 | 11/07 | 12/07 | home |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| | | | | | | | | | | |



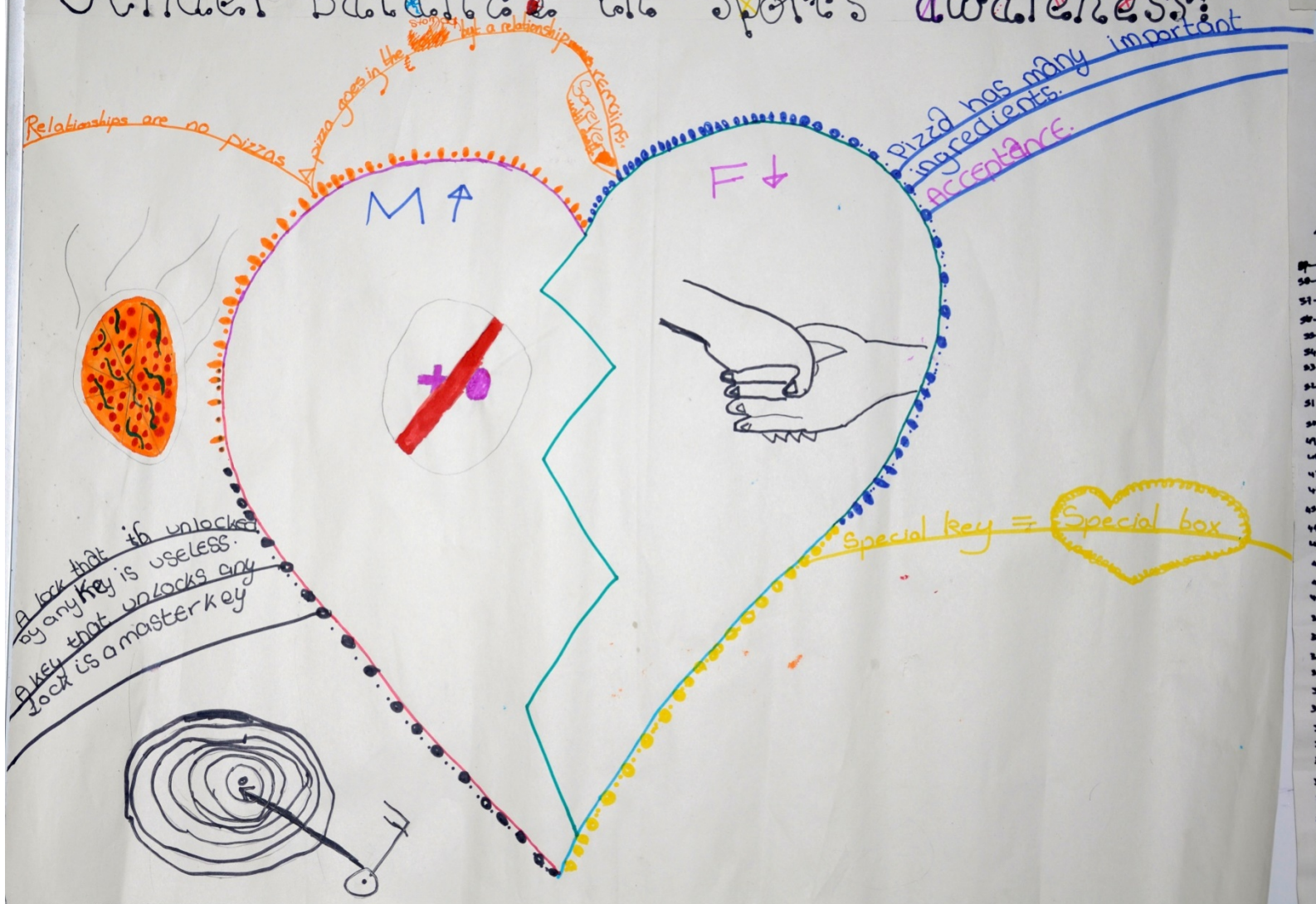
Testimonials

Didica Giannakidou - we are safe in Thessaloniki..... it seems so strange to be back. But we are happy that all this magic happened. We gonna miss you. We will see you soon

Aya Omer - I honestly have not felt this bonded with people I just met in such a short time! Neither am I used to letting go of people I just met! You all are amazing! We need to do this again!



Gender balance in Sports awareness:



Description of games used throughout MFI

Hush

Hush was a game that one used to start the day of with just to see if everyone is ready for the day and awake. Everyone was in a circle and one was making different noises like hush, zaps, hoo. When one says hush it keeps on going round in the clockwise direction. When one says zap it goes opposite the person which said it last. Lastly when one says hoo it goes round in the anticlockwise direction.



Getting to know Each other

We were in small groups and we had to say our name and something memorable about ourselves. At the end everyone needed to memories what the others said.



Human Bingo

A paper was distributed with a variety of questions and we had to find a person that fits all of those questions. When we had the answers of a row one had to shout bingo!



Two people on one newspaper

Two people had to step on one newspaper, when the music stops they had to go back on their newspaper and fold it. Whoever steps out of the newspaper was out.



Guessing who is behind the sheet

We were split into 2 groups; a sheet was divided between the 2 groups. One had to sit opposite each other with the sheet in the middle and we had to guess the name of who was on the others side.



This game involved 2 people who formed a house and another person in the middle as a tenant. When the music starts the tenant or the house has to go round the room, though when it stops the tenant has to find a house or a house has to find a tenant or else a house has to be formed with a tenant inside.



Untangling from each other to form a circle.

The game started by everyone in a circle and closing their eyes. One had to put up their hand and they had to grab the opposite person's hands-no two hands have to touch the same person. When they were done one had to open their eyes and untangle until a circle was formed.

I have a little house like this, like this....

This was a Romanian game. Everyone was in a circle and one had to start singing "I have a little house like this, like this. The smoke goes like this, like this. I clean my shoes like this, like this. I knock the door like this, like this". Every time we sang it we had to do gestures and raise our voices.



Act like a horse

Stand up and act like a horse.

Human shower

Split up in a small group, and someone had to be in the middle and the rest had to shower him – through gently massaging them from head to toes resembling a shower. Everyone in the group had a go.

Maltese Hopscotch

The Maltese team set up the traditional Maltese hopscotch, throw a stone on a number and jump, the other person couldn't jump on the previous number.



Passing the ball

Everyone was passing the ball while the music plays and when the music stops the one with the ball was out.

Clapping each other hands – Greek game

We were split in small groups and each group formed a circle and sang to the song sinara which was a Greek song. We were clapping each other hands and the person whose hand was last had to try and escape from the other persons hand so as to continue the game. If the person manage to grab the other person's hand, one of their hands will be out.



Pattern guessing

We were split into small groups; a person from each team went outside while the others came up with a pattern of their own. Then when the person came in and one had to try to involve themselves in the pattern. The person had to observe the pattern and eventually then join in



Ha, Hi, Hoho

We were all in a circle and there was a person in the middle. When the person used to point at another person in the circle and he/she would have to say HA. The person pointed at has to do Hi and the ones by his side had to do HOHO. If one of them doesn't do it he/she would have to go in the circle and the whole process will repeat itself.



Musical Chairs



Human Letters

We were split into two groups by the word fish and bats. All the fish and all the bats have to come up with a word with all the number of participants starting with the letter F or B. All the participants had to act as a particular letter. The participants from the other groups had to try and guess what the word was.



Drawing each other's faces

We all sat across each other and we had to draw the face of the one sitting across us.



Feel and draw

Everyone was split into groups. Each group had to form a line. Once a line was formed the last person had to draw a picture on the back of the person in front of him/her. When the picture arrived at the front person, they had to draw it on paper and see whether they guessed right.



Doing a square blindfolded

Everyone was split up into groups of 5. A person has to stay in the middle while the other 4 had to be around the person making the corners of the circle. The ones outside had to make a square blindfolded. The person in the middle was a guide for the people to know where the corners had to be.



Limbo





Building the tallest tower using shoes and newspaper

We were split in small groups. Newspapers were given out and each group had to build the tallest tower using their shoes and newspaper which were given. The winner of this game was the tallest tower which one could make.



Pressing each other's hands

This game was done in the morning to see if everyone is awake and ready for the day. Everyone was in a circle and one had to pass on the signal to another person by pressing their hand in a certain manner and this signal had to be passed along until it came back to the originator. If the signal got lost the game had to start all over again.



Kiss or Protect

Everyone was sitting in a circle; both men and women had to count from 1 till a number so as to give a particular number to the person. A person sat in the middle and when a number was shouted (ex1a) the person of the same sex of that number in the middle had to protect him from the other one who would kiss him/her.



Where is the apple?

We were all in a big circle and a participant was in the middle. All the other participants interlocked each other's hands. Then the apple was passed on from one person to the other and the one in the middle had to see where the apple was. If the one in the middle did not manage to find the apple he would remain in the circle and the game would continue. While if he found the apple the one that had the apple in his hand would have to go in the circle.



Imitation of things and people

Everyone was in a circle and a person was in the middle. When the person points to someone they would have to imitate Marilyn Monroe, James Bond, Toaster, mixer and elephant. If the person would have not managed to do it in a short time they would have to go in the middle.

Messages

Everyone was in a circle and we had to do messages to both the people that were next to us.



LIJA, MALTA

3RD-12TH JULY 2015