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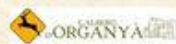
design by Ester Favero

CONCERT BENÈFIC EN FAVOR DE L'ASSOCIACIÓ NADIA NEREA

26 ORGANYÀ DE MARÇ A LES 18h AL CENTRE CIVIC D'ORGANYÀ

27 DE MARÇ A LES 18h AL PATI DE LA BIBLIOTECA LA SEU D'URGELL

MÉS INFORMACIÓ A pirineuscreatus.org





Rock the Mountains is a Youth Exchange that took place in Organyà, a small village in Catalan Pyrenees, in March 2016. During 10 days, young people from Catalonia, Sardinia, Belgium, Bulgaria and Finland were experiencing life in Pyrenees, different cultures and music traditions.

The project's aim was to create a positive environment for self-expression and personal growth through artistic activities and music in particular. 25 musicians and artists have lived together, experiencing a 'lifetime' of normal Organyà villagers' life: they've been on top of Santa Fe, sung [Caramelles](#), played Gymkhana with local youngsters, danced with [Goigdansa](#), and finally, have created 2 concert shows, which were enjoyed by more than 300 people in Organyà and La Seu d'Urgell, and that have collected 1110 euros for [Associació Nadia Nerea](#).

How did it look like? [Rock the Mountains concert video](#).

Rock the Mountains was a big success and had a positive impact on the local community, which has participated in many activities of the project. Participants left Organyà with a huge personal enrichment and change: "No matter what languages we speak and which cultures we represent, unless we speak at least one common language of *music*, we can live together in peace and happiness".

Here is some [Language of music!](#) Video made by EVS volunteers.

Next project edition "Jazz the Sea" is planned to be hosted in Sardinia in 2017. If you are excited to know more about the project, please follow the news on [Pirineus Creatius](#).

Rock the Mountains was hosted in Alberg d'Organyà, which is a great place for non-formal education activities. The project was organized by Associació Pirineus Creatius and Funded by EU Erasmus+ program, with co-financing of technical support for two final concerts by Ajuntament of La Seu d'Urgell and Ajuntament of Organyà. The project was also supported by Oficina Jove de l'Alt Urgell and active participation of its EVS volunteers.



- If this booklet is in your hands, it means you are somehow connected with music, or simply interested in how music can make a change. It did make a change to us, so here we'd like to share an overview of the program and activities that 'created' Rock the Mountains. We hope you enjoy it.

Here is how it all started!

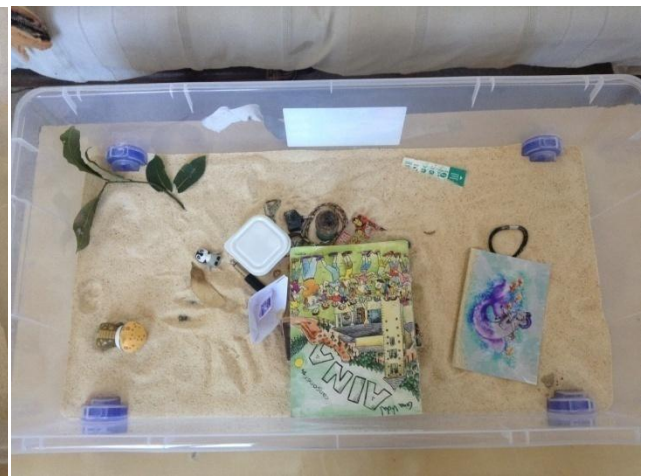
<https://www.youtube.com/watch?v=WpaCjgtvWV0>

- **A sandpit activity**

All participants brought different objects that represent themselves and put them into the sandpit the first day of the project. Depending on their mood and comfort within the group, they could move the object inside the sandpit whenever they wanted along the day. If the figure is in the middle of the sandpit, this means that a participant is enjoying and feels a part of the group; if the figure is far from others, it means that the level of comfort is quite low. Here is an example:



Before



After

- **Energizers and team-building activities (day1):**

Place: Theatre (outdoor, if good weather)

Material: 3 colour adhesive tape, 2 toilet paper rolls, 29 markers

Activities:

Pre: All participants will make a circle and mark the floor where they are.

1- Toilet paper game: Every participant chooses between 3 and 10 squares of toilet paper. After they have chosen they have to write stg about themselves for each square that they have. The first square is always the name. After that everybody reads it.

2- Fruit salad: Participants have to say: I'm (their name) but you can call me (a fruit name). After that, the facilitator describes a fruit (colour, skin, form, shape) and all participants that have said a fruit according to the description have to change their places. If the facilitator says "fruit salad" all participants have to move.

3- Who stole the cookie from the cookie jar?: Participants sing a song like this:

- One: Joel!

- All: Who stole the cookie from the cookie jar? Joel stole the cookie from the cookie jar!

- Joel: Who me?
- All: Yes, you!
- Joel: Not me!
- All: Then who?
- Joel: Dasha!

* as a reflection on this activity, we think that I was too much for 25 people to play it, maybe it will work better for a smaller group.

4- Strange hello: Participants walk around and they practice different ways of saying hello (animals, countries, body parts). They have to say hello to the first person that they find after the facilitator claps his/her hands.

5- Physical order: Participants stand in a thin line and the facilitator says a physical feature (colour of the eyes, hair, height, etc.) Participants have to order themselves not crossing the thin line.

6- The sinking boat: Participants walk around and the facilitator says that they're in a boat which is sinking. The only way to survive is to go to the lifeboats but only those ones with the exact number may enter and save their lives. So facilitator says a number and participants have to make group of that number.

7- Human knot: Participants make a small circle with their hands in the middle. When the facilitator says they have to give the hand to someone. After that they put the other hand and grab another hand from the middle. They have a human knot and they have to untangle it. * We had no time to play this game, as it was only 1,5h devoted to a warm up in the morning.

Since the first day, participants knew they would make a concert for Nadia, a ten year-old girl, who has a 'strange' disease. She inspired everyone with her happiness and smiles. She gave sense to what we were creating; she united everyone and made happy. Thank you, Nadia!



- **Me&Music**

Place: Games room

Material: Songs from participants, speaker, songs from participants

Activities: Participants sit down in a circle and the facilitator plays 20 seconds of a song that participants have already chosen. After these 20 seconds the participant that have chosen the song have to say why he/she have chosen, why represents him/her and what it means to him/her.

**this activity was a good way to start getting to know each other through music.*

- **Our Music**

Place: each group looks for a comfortable space for work (games room, theatre, theatre stage, dining room, sleeping rooms, outdoor, theatre entrance, under-the-roof room, library, etc.)

Material: Participants will need instruments and maybe a board, markers, projector, speaker.

Activities: Participants have to prepare a presentation of their countries' music. This can be either traditional or modern music, with lyrics or without, however something that all members of national group can take part in and feel useful.

- **Our Music Presentation**

Place: depending on presentation requirements and material

Activities: Participants make a presentation of the work they have done before in front of the whole group.

Reflection: Participants are sitting in a circle. Facilitator(s) ask how they felt during this activity, what they learned, enjoyed most, what do they think?

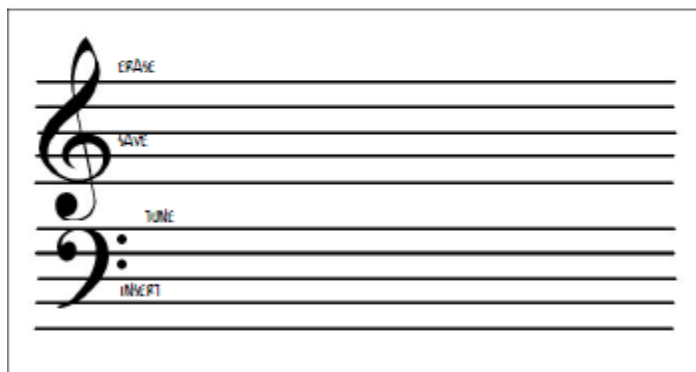
- **Daily evaluation** *First version of daily evaluation:



Daily EVALUATION Rock the Mountains 2016

IF TODAY WAS A MELODY, WHAT WOULD YOU:

'ERASE': what you would remove
'SAVE': what you would keep as it is
'TUNE': what you would keep but improve
'INSERT': what is missing?



Any OTHER MUSIC NOTE?

**We used this version during the first 3 days, after what participants came up with a more dynamic idea of evaluation:*

- **Vesion 2:** Participants stand in line facing facilitators. The room space is divided from 1-10, meaning from the worst experience of some activity (1) to the best feeling of the day (10).

Facilitator asks participants how they felt and liked some specific activities and participants change their position in the room depending on the result. When they have found their 'position' a facilitator asks them to express their feeling of the activity through sound and music, making notes. The final question is the feeling of the day in general. This



activity allowed us to make daily evaluation faster, more fun and more productive, as all participants could exchange with the whole group their daily feelings.

- **Welcome party**

Responsible: Catalan group

Place: Games room and after - Theatre

Activities: Serenade game Jam Session, Karaoke

Serenades – Before the game prepare pieces of paper with participants' names. Each participant has to take a paper with a name and sign a love song to this person. The game is a lot of fun and is a good way to break the ice. The game was proposed and made by a Catalan participant.

Karaoke – a playlist of karaoke songs was prepared beforehand and all participants could go on stage and enjoy themselves singing 'Let it Be' or other songs that are well known and easy to sing with karaoke.

Jam session – a perfect way of communication!

- **Energizers and teambuilding (day 2)**

Place: Theatre (outdoor, if weather permits)

Material: a blanket, speakers: calm and fast music, chairs (as many as participants).

Activities:

1- Peek-a-boo: Participants split in two groups. Between them there's a big blanket. Each group chooses one participant that will come closer to the blanket. Once the blanket is down, the ones who are in front have to say a name of each other. A good way to learn the names!

2- I have never ever: Participants stay in a circle; one participant goes to the middle and says "I have never ever" and says something that he did at least once. All participants that have also done that at least once - have to change places. The one with no place stays in the center and the game continues like this.

3 – Mirror: Participants split into pairs and guide their companion by the palm creating a mirror effect. After a while they change the roles. The third phase of this exercise doesn't have a 'leader', both trying to follow each other.

5 –Let's count until 10! Participants count until 10, without being able to say a number several people at the same time. The game finishes when the team has reached number 10.

6 – Old granny and a chair: This activity requires as many chairs as there are participants spread around the room. In the beginning, all participants sit down on their chair. There is an empty chair, quite far from the facilitator. Facilitator is a 'granny' – slow and old. A goal of a granny is to sit down on the empty chair. The role of the group is not to let her sit down. Participants cannot: hit her, move their chair or go back to their chair once they have stood up. At some point there can appear a 'grandpa' (one of the participants), it will challenge participants to be even more concentrated and not let them sit down. This activity requires slow and fast (ceremonial) music. After, participants reflect on the importance of music and how it influences their teamwork.

7 – Body percussion: 1 participant starts to make some rhythm either using his/her body or any object that he/she may find. Each participant joins with a new sound/rhythm that would fit a previous one. The group continues until the sound maintains.

Reflection: How did exercises go? What was challenging? What they enjoyed/didn't enjoy.

- **Interculturality**

Material: description of tribes' characteristics

Activities: Participants reflect on what is interculturality and how they experience/non experience it. They split into internationally mixed 4 groups of 6. Each group receives a paper with special characteristics of their 'culture'. Facilitator tells that there is a conflict between the tribes of the land they are on and that day the conflict needs to be solved otherwise there will be a war. The conflict has happened because the tribes share the same piece of land and each one wants to rule it. It is in every tribe's interest to solve the conflict, as the experience shows that even physically and materially strong lose and many people die. It is up to participants how they solve this conflict, but they have to 'act' and behave according to their culture characteristics. Participants have 30 minutes to prepare their strategy for the tribe's meeting to achieve peace. It's up to participants to decide whether they have leader/s or not. They can use music or sounds.

Reflection: How challenging was it? How did it feel to act like some specific culture? Do we notice that our cultures mark a strong behavior 'patterns'? How far is this game from real life? How did music influence the activity?



*This activity brought a very interesting conversation among participants during the reflection, but not during the game itself, thus participants suggested that this activity was too early for the group. It is advisable to use this game when participants have more confidence between each other (day 4-5).

- **Brainstorming ideas for the concert**

Place: Games room

Material: whiteboards, markers

Activities: Participants talk over the concert, their ideas, opinions, groups and styles. Everything that they would like to do, how they would like to do it and with who.

- **Technical Preparation of rehearsals**

Place: theatre, library, studio, games room

Material: Instruments

Activities: Participants choose their rehearsal places and prepare them to rehearse, set up all instruments and sound systems.

- **Pyrenees music and dances workshop**

By Pyrenees Folk Music School

Activities: Music teachers show several traditional Pyrenees instruments, their use and sounds. After that we practice some folk dances all together.

***Even some Catalans learned how to dance traditional dances! :)**

Reflection: Do you have these instruments? Have you found it interesting? Do you have a traditional folk dance that we can also dance?

Daily evaluation

- **Intercultural night of Catalonia**

Responsible: Catalan group

Place: Dining room, Games room

Material: sound system, table, plates, glasses; tio,

Activities: Catalan cuisine, workshop: pa amb tomaquet (participants were asked how to make bread with tomatoe, they experimented and then saw how Catalans do it! Caga Tio (Catalan Christmas tradition – come to Pyrenees to check it out!:) Sardanes (traditional dances).

- **Energizers by EVS volunteers (Arturs and Ieva) from Oficina Jove d'Alt Urgell (day 3)**

Place: Games room

Material: Sound, mats

Activities: Yoga, meditation.

- **Outdoor activity: hiking Santa Fe mountain**

Activities: Hiking the symbolic mountain of Organyà. EVS Volunteers organized some group building outdoor activities during the route. Ieva made a video: describe music in three words!!

<https://www.facebook.com/EVSinSpain/videos/221385858223872/>





- **Rehearsal**

Activities: Participants rehearse for the final concerts.

*By this moment participants were given complete freedom and were encouraged to be initiative during rehearsals, choices of what to rehearse and with whom. This did not work. Participants asked to split them into random groups and make half a day of 'random rehearsals' after what they would decide themselves. This way they succeeded to become partners in different musical projects for the concert. One of participants (Koko) had initiative of being a director for the concert and facilitators divided everyone among different groups according to music preferences.

Daily evaluation

- **Caramelles rehearsal**

Place: Ajuntament of Organyà

Material: Lyrics

Activities: Singing "La Nostra Havanera", a traditional Easter song of Organyà with almost 40 locals. First international Caramelles in Organyà!

https://www.youtube.com/watch?v=O_-fhFShD4g

- **Energizers by Bulgarian team (day 4)**

Activities: Participants at their own will choose different kind of exercises to energize our bodies and brains for the day.

The focus was given on physical and theatre exercises of relaxation and confidence with your partners.

1: Warm up;

2: Short run;

3: Participants split into 2 groups. They form two circles where one person has to step into the center. The one who is in the center has to relax and start falling, while others have to support him/her so that a person doesn't fall. In the end everyone makes massage to the one in the middle. The exercise continues until everyone has been in the center.

4: Carry and care: One person lies down on the ground. Others lift this person and carry around, making him/her comfortable and relaxed.

*These exercises are important for teambuilding and trust.

From this moment participants started organizing and proposing their games, such as:

- **Gossip box**

Simply write a gossip about someone and put it in the box! In the end of the day, some volunteers read gossips loud – huge secrets come out ☺

- **Secret friend**

Every participant had an envelope with his/her name hanged on the wall. Randomly, participants received a paper with a name of their secret friend and had to give this friend present or take care during the whole



project. Last night secret friends were discovered..This game was a lot of fun and participants really took care of each other!

- **Imitation game**

Have you payed attention how your gorupmates walk? talk? eat or laugh? Well, you should better pay attention to it, because in the end of the project you have to imitate one of the participants!Some participants are really talented in this!

- **Random Rehearsals**

Place: Theatre, library, studio, games room, outdoors

Activities: Participants rehearsing for the concert in random groups (see above)

- **Musical Postcards**

Place: Theatre

Activities: Participants split into 4 groups. They have to prepare a story based on a subject that the facilitator will propose (refugees, economical crisis, use of new technologies, global warming, etc). The story will be shown with 5 static pictures and a poster. From the 4 different stories, participants will choose two and create an Original Soundtrack for it.

Here is what they came up with in 30 minutes!

<https://youtu.be/-o9HCnWaUpc>

Reflection: What did you want to show in your story? Was there a director of the creation? Did music help you to play the theatrical part?

- **Free Rehearsals**

Place: Theatre, library, studio, games room, outdoors

Activities: Participants rehearsing for the concert in free groups (see above)

- **Pyrenees TV documentary**

**A great way to keep your project visible!*

<http://www.xiptv.cat/la-setmana-pirineu/capitol/rock-the-mountains-intercanvi-cultural-entre-joves-de-5-paisos>

Daily evaluation

- **Intercultural Night of Sardinia**

Activities: Traditional food and drinks, games and much more!

- **Energizer by Goigdansa (day 5)**

Place: Theatre (outdoor, if good weather)

Material: speaker



Activities: Goigdansa is a Dance school from La Seu d'Urgell which came to Organyà to meet participants and share dancing experience with them. **Interesting experience for locals and young people! The activity was highly evaluated among participants.**

- **Rehearsals**

Place: Theatre, library, studio, games room, outdoors

Activities: Participants rehearsing for the concert in free groups (see above)

- **Erasmus + and EVS Presentation by Oficina Jove d'Alt Urgell**

Activities: Presentation of Erasmus + program and its opportunities, EVS volunteering along with 'round table' discussions was conducted by EVS volunteers of Oficina Jove: Anne, Ieva and Arturs, with their coordinator and youth worker Ruth Dencas. **Great way to get to know about volunteering from those who are experiencing it!**

- **Gimcana**

Responsible: Youngsters from Organyà village

Place: Organyà

Activities: Youngsters from Orgnyà, coordinated by Anna del Rio, wanted to prepare a game for villagers to raise the money for Fundació Nadia Nerea. When they heard about the project, it was their initiative to make Gimkhana for Rock the Mountains participants, as they make a concert for Nadia. Facilitators of the project previously met with them to brainstorm ideas for the game, however youngsters were the ones who made final choice and decision. Game flow: participants split into groups of 5, mixed internationally and go on adventure. They had to dance traditional Catalan dances, guess the names of typical Catalan dishes (and taste them, of course!), find different houses of Organyà by their names, read tongue-twisters in Catalan and run around with an egg on the spoon (be careful! It cannot fall!) Youngsters were making videos of all groups having fun and two hours later we were watching these videos on projector in the hostel and enjoying a lot. The session continued by watching application videos – participants have discovered more things about each other 😊 **Great way to involve local community into the project! Evaluation showed it was very successful.**

- **Rehearsal**

Place: Theatre, library, studio, games room, outdoors

Activities: Participants rehearsing for the concert in free groups (see above)

Daily evaluation

- **Intercultural night of Bulgaria**

Activities: Traditional food and drinks, games, music, presentation and much more!

- **Energizer by Agnès and Juliette (day 6)**

Activities: Participants sit in a circle and learn how to make a rhythm and sing the Cup song!

- **Extreme-team activities**

Place: Outdoor

Activities: - Paragliding – Canyoning – Barbeque picnic with Calçotada!

Pyrenees are rich on outdoor activities, and how come participants wouldn't try at least some of them? It was a lot of fun!



- **Rehearsal**

Place: Theatre, library, studio, games room, outdoors

Activities: Participants rehearsing for the concert in free groups (see above)

Daily evaluation

- **Intercultural night of Finland**

Activities: Traditional food and drinks, special taste sweets, games, music, presentation and all VERY FINISH☺

- **Energizer by Manon (day 7)**

Activities: physical, dance, meditation, self-reflection excersises.

- **General rehearsal and outline of the concert**

All participants are involved into this preparation. The concert is created by them! Even if there is a director (there has to be someone with such role), all participants give ideas, reflect and help each other with the preparation of each scene, each transition, beginning and the ending of the show. ***This activity is definitely a challenging one; however, if the objective is clear and the group is united, the result will be fantastic.**

- **Creativity in Theatre**

Material: Different songs, speakers, tennis ball,



Activities:

1 - Pass the ball: Participants divided in two teams have to pass a small ball between them. The person who has the ball cannot move and if a person of the other team touches the ball they have to start counting again. The team with the highest record of passes wins.

2 - Chongüí: Participants have to walk around with their eyes closed. One of them is Chongüí. All participants except Chongüí, when they meet someone, have to ask “Chongüí?”, and the other have to answer “Chongüí”. When someone finds Chongüí, he/she asks: “Chongüí?” and Chongüí doesn’t answer. This means that the participant has found Chongüí and becomes part of the Chongüí walking around in silence. The game finishes when everybody is Chongüí.

Reflection: How did you feel in darkness? How was the meeting with others? Has anyone recognised Chongüí?

3 - World of sounds: Participants are in a circle with their eyes closed. The facilitator describes a situation (under the sea, the open space, the top of a mountain, a traffic jam, etc.) and the participants have to create the sounds of that place.

Reflection: Where you really inside of that place? What was more pleasant/easy to create, and why?

4 - The human orchestra: 6 participants are on stage. One of them is a director; the rest are different instruments with real sound. They create the instrument with their look, physical appearance, and they decide the sound this instrument produces. Once they have chosen the director and all of the instruments, the concert begins and the director shows who is starting, stopping, the rhythm, the volume, and all possibilities of the orchestra.

***Participants have evaluated these activities very high – 10/10 for ALL!**

Daily evaluation

- **Intercultural night of Belgium**

Activities: Traditional food and drinks, cool chocolate, games and a quiz, music, presentation and much more!

- **Energizer by Anssi (day 8)**

Activities: physical, dance, meditation, self-reflection exercises and some massage!

- **General rehearsals**

- **Concert preparation**

Place: Theatre

Activities: Participants prepare everything for the show. Facilitators prepare the space for the show. Final rehearsal of ‘how it’s going to be on stage’.

- **Concert Organyà**

*The concert was a huge success. More than 200 people came for the concert, considering 800 living in Organyà. Many people posted references to the concert in social networks and Ajuntament of Organyà expressed particular gratitude to participants for creating such a cultural event for the village.



By Ester Favero (of the participants)

Daily evaluation

- **Caramelles rehearsal**

Responsible: Josep Maria

Place: Ajuntament Organyà

Activities: Rehearsal of the song "La nostra havanera"

for Caramelles concert. Locals gave Barretines (traditional Easter hats) as a present for all male participants of the project. They prepared 5 huge traditional Monas (traditional Easter cake) with cava, muscatel and all this for participants: for the enjoyment they gave to them during the days of the project!



- **Youthpass and Final Evaluation (day 9)**

Place: Games room

Material: 25 certificates

Activities: Participants sit in a circle. Facilitators spread the certificates randomly among the participants. Each one receives a certificate of another participant. One by one, they describe their experience and share it among the group. Participants check whose certificate they have and one by one they give certificates to each other. They have to say thank you for something that this person shared with them during the exchange. This activity smoothly transforms into final evaluation, sharing with everybody how the experience of the project was. Participants fill in the written versions of evaluations, so that facilitators keep registered the results.

- **Caramelles on the main square of Organyà**

Responsible: Josep Maria

Activities: Participants sing with Caramelles group around Organyà



- **Free time La Seu d'Urgell**

Responsible: Catalan group

Place: Around La Seu d'Urgell

Activities: Local group guided and showed some nice interesting places for the participants to hang around.

- **Concert preparation**

Place: Library of La Seu d'Urgell

Activities: Participants prepared everything for the show, sound check, team spirit!

- **Concert in La Seu d'Urgell**

*Even though we all enjoyed the second concert, we have come to mutual opinion, that in such project there has to be only one final concert, and maybe the better option for the day would be to continue with music activities and games.



By Ester Favero

- **Farewell Party, Secret friend discovery, Immitation game**

And of course, here is the final video summary of the project as well as the concert! Enjoy!

<https://www.youtube.com/watch?v=ltel6hNDTHc&t=2651s>

Some of participants' impressions:

"Music is the best way of sharing with others something special" - Juliette, Belgium

"I've learned how to be patient and how to communicate with people from other cultures" - Emilia, Sardinia

"I've learned to trust more in other people" – Alessio, Sardinia

"My faith in humanity is restored" – Edgar, Catalonia

"We really rocked the mountains" – Anssi, Finland

"Now I can understand hard and metal music! Before not!" – Manon, Belgium

"I found new friends" – Koko, Bulgaria

"We can communicate with other people through music" – Andrea, Sardinia

"Dreams come true" – Teddy, Bulgaria

"Everyone has GREAT, AMAZING talents and skills to do what they love! It's so inspiring!" – Salla, Finland



“How tightly such experience brings people together! We can’t say it was an easy project: working with 25 artists requires a lot of energy and creativity. There was everything during those days: tears of unconfidence and fear of judgement, tears of love and friendship.

However, the most important, there were tears of realization of how strong the power of music is, and how it can help oneself to overcome all the fears and turn them into infinite joy. Thank you all! You have changed our lives too, showing us one more time, how beautiful the world is that breathes with music!”

– Dasha Lavrinenko and Joel Pla Garriga, facilitators of Rock the Mountains.