

METHODS COLLECTION
INTERNATIONAL YOUTH EXCHANGE
LET'S LEARN FROM EACH OTHER



25.8.-1.9.2014

Table of Contents	MONDAY evening	9
	1. The Bingo game	9
	2. Crazy Cheer or Greeting	9
	TUESDAY	10
	1. Fear - motivation - expectation	10
	2. Group juggle	10
	3. Wanted Poster	11
	4. Blanket	11
	5. Rock - Paper - Scissors Cheering	12
	6. Ropes	12
	7. Marshmallow Challenge	13
	7.1. Brainstorming	13
	8. Past	14
	WEDNESDAY Part 1 - Nonviolence	15
	1. Intertwinement	15
	2. Sketch	15
	2.1. The guided debate	16
	2.2. Last couple split	17
	2.3. Solutions	17
	WEDNESDAY Part 2- Conflict	18
	1. Hugs	18
	2. Conflict resolution	18
	2.1. Consideration	19

THURSDAY - Zasavska Sveta Gora	20	SUNDAY - Permaculture	29
1. New words	20	1. Duck duck game	29
FRIDAY - Sport	21	2. Group formation through colors	29
1. Color of the King	21	3. Topic explanation through questions	30
2. Lead Discussion	21	4. Triangle	30
2.1. Competition	22	5. Riding on a pony	31
2.3. Dodgeball	22	6. Bomb and Shield	31
SATURDAY	25	7. Guided debate	32
1. Rustischascha	25	Project ideas	32
2. Animals	25	8. Nicknames	32
3. Filling in the Youthpass	26	EVALUATION, SUPPORT Methods	33
4. Methods we know	27	1. Telephone	33
- The Name game	27	2. The post box	33
- Native language	27	3. Morning stretching	34
- Mimicking	27	4. Evening evaluations	34
- Duck duck game	27	5. Final evaluation on paper	35
		6. Warm backs (at the end)	35

Hey there!

In front of you is a collection of different non formal education methods. These methods were used and tried out on our international youth exchange. Let's learn from each other in end of August 2014. And yes we did learn a lot from each other! Each national group of young people prepared a certain part of our common programme. We spent one week together trying out these methods and through them, learnt about the project cycle, conflict prevention, permaculture, sports and more. The enthusiasm and motivation were so great, that we are now planning several projects in our communities and an international follow up!

Enjoy our methods collection!
Hope it will motivate YOU also to put some of those ideas in your head into practice.

Great thanks for making this collection possible go to all the participants and youth leaders from four participating organizations, namely Klub litijskih in šmarskih študentov, Latvian foster family organization, Association Joint, Youth Leaders students club and also to Atlantic club of Bulgaria.

And of course to Erasmus+ programme and Movit, for making this project possible by supporting the idea behind and funding it.

Tina Trdin, president of Klub litijskih in šmarskih študentov

Explanation of structure:

The methods are not clustered under different sections by purpose (for example icebreakers, team builders, role play etc.) but are presented as they were used on the exchange. Each method has a Title, under Purpose you can get the idea of the general aims you can achieve with a certain method, this is followed by a Description of the method, Materials needed and approximated Time.

1. The Bingo game

PURPOSE:

encouragement of communication and exchange between participants, because of encouraged questioning, to come to the correct combination of names and characteristics

DESCRIPTION:

Onto a sheet of paper we make a 5x5 grid and write one characteristic of a person (he/she has long hair, wears glasses, has a cat, ...). Each participant gets one of these papers and a pen. For each statement, the participant has to write down the name of someone for whom it stands correct, but the name cannot be used more than once. We set the goal to be the filling of the chart horizontally and vertically. The first who manages to finish his or her chart yells BINGO! After that we check that persons sheet and confirm the winner. We can give him/her a chocolate which he/she is encouraged to share with others. After all BINGO is also a group game, where everyone is responsible for the winning of one person.

MATERIALS:

- as many Bingo sheets as we have participants
- pens
- a chocolate for the winner

TIME:

aprox. 30 minutes (20 minutes for answer searching, 10 minutes for instructions and result checking).



2. Crazy Cheer or Greeting

PURPOSE:

socializing of different groups, getting to know each other

DESCRIPTION:

We divide the participants into several groups (in our case 4 or 5 participants per group). The method of division was picking sheets of different colors after which separate colors unite. Each group prepares a crazy cheer or a greeting. They can use the props around them if they wish to (we were in the nature, so tree leaves, branches, balls, hula hoops were all available)

MATERIALS:

- sheets of different colors (depends on the number of participants)
- pens and papers, if the group expresses needs

TIME:

30-40 minutes. Depends on the size of the group. (15 minutes for preparation of the greeting, the rest are instructions and presentation).



1. Fear – motivation – expectation

PURPOSE:

to find out what participants fear, what do they anticipate during the exchange and what motivated them to be part of the project. Used usually at the beginning of a project

DESCRIPTION:

Participants gather in their national groups. 3 posters and markers are distributed to each group parts and they are instructed to think together about the following things and write them down: fear, motivation and expectation. On the “fear” poster, participants write about their fears for the exchange. For “motivation” participants write their motivations about participating on the exchange. For “expectations” participants write about what they think they will get from the exchange, what they expect from it.

When they finish writing, every group tapes their sheets onto the posters and presents their thoughts.

MATERIALS:

- pens
- posters
- paper sheets

TIME:

30 minutes.



2. Group juggle

PURPOSE:

remembering and practicing new names

DESCRIPTION:

The group forms a circle. The leader explains the instructions and then says the name of the person he is going to throw the ball to, and throws it. The recipient of the ball then says the name of the next person who is going to catch the ball and so forth. The game goes on for one round, in the second round two new balls get introduced in a short interval. The game is played for an additional round or two. If the group is very big, you can ask all participants to raise their hands in the first round and lower it when they receive the ball. In this way we can all see who are the people who still did not receive the ball.

MATERIALS:

- three different balls or other objects for throwing

TIME:

30 minutes, can be changed.



3. Wanted Poster

PURPOSE:

getting to know each other as individuals in pairs and in the group

DESCRIPTION:

We ask the participants to form pairs with people they did not talk to yet. We present the questions/topics, which act as instructions for what to include on the wanted poster:

- First name
- Nick name
- What makes you happy
- What makes you sad
- Favorite:
 - Animal
 - Food
 - Color
 - Drink
 - Music
 - Movie
 - Show
 - Country



If the participants sum to an odd number, the leader should step back. Each pair receives 2 blank sheets of paper and 2 pens. Each pair creates wanted posters for each other with the answers to the given questions. At the end everybody presents their pair and pins up the poster they did.

MATERIALS:

- questions written on the poster
- paper sheets as many as there are participants
- pens of different colors

TIME:

60 minutes (30 for instructions and for poster creation, 30 for presentation).

4. Blanket

PURPOSE:

name revision, having fun

DESCRIPTION:

The participants are divided into two equal groups. Each of them moves on their side, everybody crouches, 2 participants hold the blanket in the middle so that it hides the opposing side. From each group, one participant sits in front of the blanket, the two people holding the blanket, let it fall to the ground. The sitting participants must say the names of one another. The person, which says the name first wins, resulting in the other person joining the opposing team. The game is played until one group is out of participants or the leader sets a maximum of rounds.

MATERIALS:

- blanket

TIME:

30 minutes (can vary).



5. Rock – Paper – Scissors Cheering

PURPOSE:

mutual encouragement and to energize the group and build the team

DESCRIPTION:

At the start each participant plays individually against a rival the game rock-paper-scissors. Everyone who loses steps behind the winner puts his hand on the winner's shoulders and cheers for him in the next fight. When he wins against a group, the whole group joins him behind. In such a manner several snakes are formed during the exercise. At the end the winner has the whole group behind him.

MATERIALS:

/

TIME:

approximately 20 minutes (the game unravels fast).



6. Ropes

PURPOSE:

setting up rules with the participants which we will all follow during the exchange

DESCRIPTION:

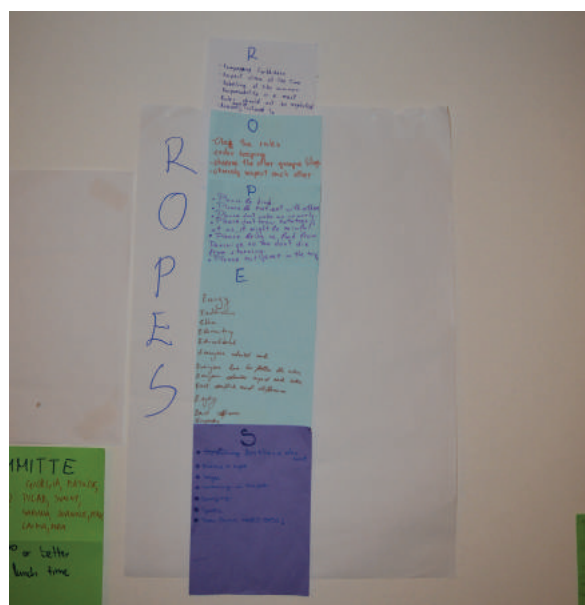
The participants are divided into five smaller groups. Each group gets one letter of the word ROPES, paper sheets and pens. The word or phrase written on the paper should start with their letter and should represent a mutual agreement in the smaller group,... similar to a wish about how relations between each other, the nature or things,... should look like. At the end they present their "rules" or "proposals" to the rest of the participants. The read out rules with which all the participants agree are written on a poster and kept on a visible place throughout the exchange.

MATERIALS:

- 5 sheets of paper or posters
- pens

TIME:

60 minutes (30 minutes for instructions and brainstorming through writing, 30 minutes presentations).



7. Marshmallow Challenge

PURPOSE:

encouragement of group work, encouragement of thinking about which roles we take in a group and how the project cycle functions

DESCRIPTION:

Each group gets 20 spaghetti, 1 meter of duct tape (torn to pieces), 1 meter of rope and 1 marshmallow. From those materials the group tries to build the highest tower in 18 minutes, on top of the tower the team leader afterwards places the marshmallow to check the tower's solidity. The highest tower wins. But of course we emphasize each group is a winner for trying.

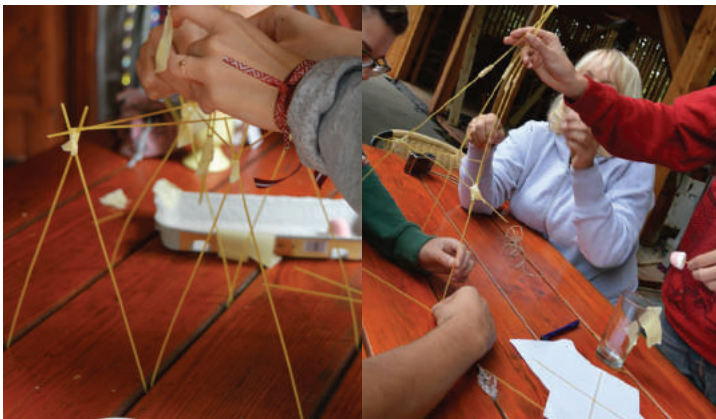
After the exercise, evaluation follows about how the tower has been built, how were the roles in the group formed (who was the leader, planner, dreamer etc.) why and how we connect it with project management.

MATERIALS:

- 20 spaghetti per group
- 1 meter of duct tape per group
- 1 meter of rope per group
- 1 marshmallow per group

TIME:

60 minutes (40 minutes of instructions and tower building, 20 minutes of evaluation).



7.1. Brainstorming

PURPOSE:

encourage participants to think outside of the box, after the Marshmallow challenge

DESCRIPTION:

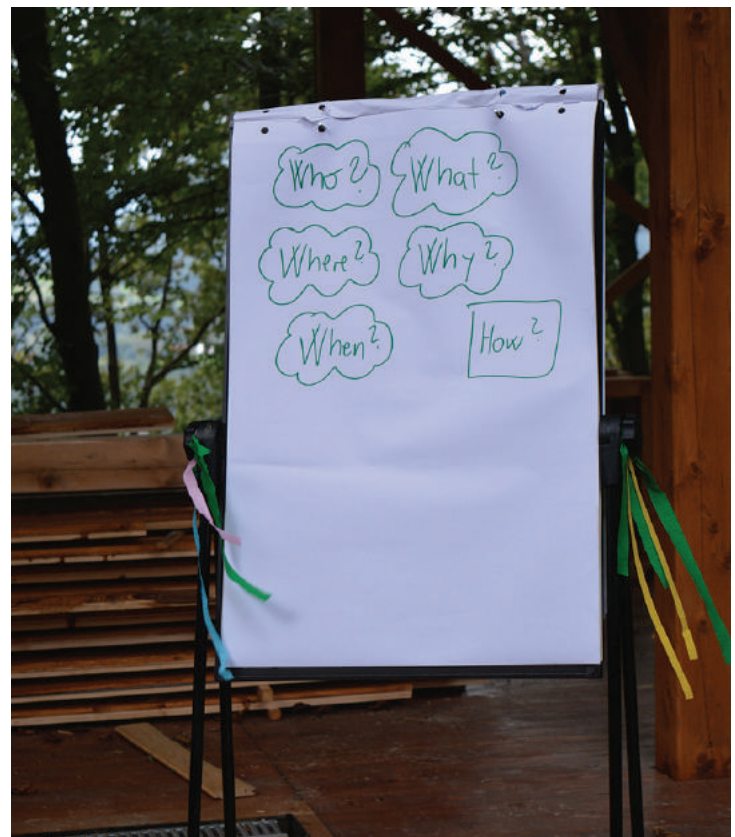
The whole group thinks and offers ideas about what is necessary to carry out a project, the steps. What does the leader have/know? The point of brainstorming is that there are no bad ideas, there are only ideas. Only at the evaluation it is possible to exclude or adjust certain ideas.

MATERIALS:

- poster
- markers

TIME:

ideally 20 - 30 minutes.



8. Past

PURPOSE:

presentation of oneself and projects. Discussion on volunteering

DESCRIPTION:

Each group gets an A2 sheet of paper and markers. The participants need to write which projects (organized events) they attended in the last year, either as organizers or participants. Afterwards they present their poster to the others.

MATERIALS:

- A2 sheets of paper
- pens

TIME:

60 minutes (30 for the preparation of the poster and 30 minutes for presentation).



WEDNESDAY Part 1 – Nonviolence

Latvian Foster Family Organisation

1. Intertwinement

PURPOSE:

energizer, connecting

DESCRIPTION:

The group stands in a circle and holds hands. The first volunteer steps out of the circle and looks away. The others still holding hands intertwine with each other. When they finish, the volunteer turns back to them and receives instructions to loosen/unfold, without them letting go of each other's hands. Another version would be standing in a circle, hands together, grab a random hand and try to unwind as a group.

MATERIALS:

/

TIME:

approximately 20 - 30 minutes.



2. Sketch

PURPOSE:

presentation of school violence and consequences

DESCRIPTION:

The participants from Latvia have presented violent communication in the school setting through a short sketch. The student intimidates and insults the teacher, until he loses his nerves and hits the student then takes him to the principal.

MATERIALS:

- "school" table
- "school" blackboard
- table and chairs

TIME:

20 minutes.



2.1. The guided debate

PURPOSE:

guided thinking about violence and solutions based on the sketch presented before

DESCRIPTION:

Divided into 4 groups, each group takes a seat behind their own table and mutually debate about questions, which are written on the blackboard:

- What kind of violence is it in this situation?
- How to solve this problem?
- How should every person act?

Afterwards each group presents their answers.

MATERIALS:

- poster with questions
- sheets of paper
- pens

TIME:

40 minutes (20 minutes for answer writing, 20 minutes for answer presentation).



2.2. Last couple split

PURPOSE:

energizer

DESCRIPTION:

The group divides into pairs and forms two lines. One person is left alone, at the start of both lines. This person yells: "Last couple split!", the last pair splits and runs off in separate ways. The person who is alone needs to catch one of the "runners" to become part of a pair; they position themselves at the start of the lines. The person who is left then positions himself in front of the lines and yells: "Last couple splits!". If the pair, after it splits, joins together again before the individual catches one of them, the pair has won and can take the place at the start of the lines. In this case the individual needs to stand in front again and try again with another pair.

MATERIALS:

/

TIME:

30 minutes (can vary).



2.3. Solutions

PURPOSE:

thinking about solutions for violence prevention in school systems

DESCRIPTION:

The groups are formed by country origin and the topic of thinking is: What would be the solutions in your school? They need to write their own experiences on how teachers tackled problems with students. They are encouraged to think also about some of the bad practices they experienced.

MATERIALS:

/

TIME:

30 minutes.



WEDNESDAY Part 2- Conflict

Associazione di Promozione Sociale Joint

1. Hugs

PURPOSE:

energizer, connecting the group

DESCRIPTION:

Everyone stand in the circle. The leader of the workshop stands outside of the circle and shouts numbers. The number, that has been shouted, means the number of people, who need to hug each other. If the shouted number is 3, three people are hugged. At the end the leader says the whole number of participants and everybody hugs.

MATERIALS:

/

TIME:

10 minutes (adjustable).

2. Conflict resolution

PURPOSE:

general thinking about conflict and solution

DESCRIPTION:

The formation of groups is carried out by counting to 4. Each group receives a sheet of paper and pens. After that each group has to think about a conflict and write it on the paper. When they finish writing, they pass the paper to the group on their left, which then has to write the solution to the written problem on the back side of the paper. Afterwards the conflict and solution are presented to the rest of the participants and additional opinions are presented.

MATERIALS:

- sheets of paper
- pens

TIME:

60 minutes (20 minutes for the conflict, 20 minutes for the solution and 20 minutes for the presentation).



2.1. Consideration

PURPOSE:

thinking about conflicts and solutions on international exchanges

DESCRIPTION:

They stay in national groups and think about the following questions:

- What conflicts can occur in such groups (real groups, for example on our exchange there are language barriers,...)?
- How could these conflicts be solved?

A debate follows.

MATERIALS:

/

TIME:

30 minutes.



The leaders Tina (left) and Ines (right).



THURSDAY – Hike to Zasavska Sveta Gora

1. New words

PURPOSE:

connecting and learning new words in different languages

DESCRIPTION:

Leader gives instruction that on the hike to Zasavska Sveta Gora and back, each participant has to learn 5 new words from a foreign country through talking with other participants. During dinner or after it, they will present their new knowledge.

MATERIALS:

/

TIME:

depends on the individual.



1. Color of the King

PURPOSE:

energizer

DESCRIPTION:

The whole group stands on one side. On the opposite side of them there is just one person, who represents the king. The group asks the king: "King, which color is your sea?". The king then has to pick a color, e.g. red. Everyone who is wearing a piece of clothing that is red, can freely move/walk past the king onto the other side, the rest has to flee over. If the king catches anyone, this individual takes the place of the king and the game continues as described.

MATERIALS:

/

TIME:

20 minutes (adjustable).



2. Lead Discussion

PURPOSE:

thinking about sport as it is, exchange between participants on the topic

DESCRIPTION:

Division into groups through counting from 1 to 5. Within the groups the participants think and discuss, then write their answers to the following questions:

- What comes to mind, when we hear the word "sport"?
- Which is your favorite sport?
- The feeling that I get when I hear the word "sport"?

The answers are then presented to the whole group.

MATERIALS:

- poster with questions
- sheets of paper
- pens

TIME:

40 minutes (20 minutes for writing answers, 20 minutes for presentation).



2.1. Competition

PURPOSE:

overview and acquirement of new knowledge on sport, competition

DESCRIPTION:

The group leaders prepare 13 trivial questions about sports. One of the leaders asks a question and the participant, who is first to raise a hand, gets to answer first. If the answer is right, he gets a small gift from Bulgaria.

MATERIALS:

- poster with questions and answers (participants don't get to see the poster)
- rewards

TIME:

30-40 minutes



2.3. Dodgeball

PURPOSE:

group building, team work, sportsmanship

DESCRIPTION:

At the beginning of a dodgeball game, the balls are lined up on the central dividing line (in some versions of the game, the balls are thrown in the air for the players to catch or divided evenly to both teams pre-match). The players then simultaneously rush towards the center line and try to grab one of the dodgeballs and throw or roll it backwards to their teammates. In some versions there is a "check line" that the dodgeballs have to be behind before they can be considered "live." Players cannot pick up a ball and throw it instantly. This is known as the opening rush. Once the game has commenced, players throw balls at members of the opposing team in an attempt to eliminate the players.

When a player has been hit by a dodgeball "on the full" (i.e. without hitting the roof, the floor, any of the walls, or an outside object and rebounding off) and no one catches it before it becomes dead, that player has been eliminated and must move to his team's designated bench area (players are still out if the ball rebounds off another dodgeball and/or player and hits them on the full). The same rule applies if any number of people try to catch the ball but drop it. Depending on the rules and variation, "headshots" (balls thrown in dodgeball that hit an opposing player in the head) may either result in the thrower being out, or the person being hit being out, or both.

If a player catches a ball thrown by the opposing team on the full, then the player who threw the ball is eliminated, and the team that caught the ball can reinstate the player that has been out the longest (though some variations change the reinstatement limit). As long as the ball has been caught in any way and is held for at least two seconds, the thrower is out (i.e. even if the ball is caught between the legs, the thrower is still out). If a dodgeball hits an opposing player but gets caught by one of the hit player's teammates, the thrower is out, a player gets reinstated, and the player who got hit stays in. In dodgeball games that are played on a basketball court, if a player throws the ball and it goes into

the opposing basket and/or it hits the basketball backboard on the full, the whole team gets resurrected. The ball is still counted to have scored a basket or hit the backboard on the full if it rebounded off another dodgeball or it was deflected into the backboard by an opposing player. If the ball hits the backboard supports and/or the ring but fails to hit the backboard or go into the hoop, there is no effect. Players cannot be caught out if the ball hits the backboard, backboard supports, and/or the ring. Players can pick up dead balls and throw them back at the other team. Players are allowed to leave the confines of the court to gather balls that have rolled out of bounds, but cannot throw the ball until they are back inside the court. A ball thrown from outside the court cannot eliminate an opponent who is hit. It only succeeds in getting the thrower automatically eliminated. However, if that ball is caught on the full, the opposition can reinstate the player that has been out the longest from their team. A player who moves completely out of bounds when a ball is thrown at them and does not catch that ball is also eliminated. If a player moves into the opponent's zone or picks up a ball from inside the opponent's zone without it fully rolling inside their zone, that player is out. Players can also get eliminated if their throw hits an opponent on the head, displays bad sportsmanship, or cheats. Kicking the balls is prohibited.

Depending on the rules of a particular game, a ball in the possession of a player can be used to block incoming balls thrown by the opposing team. Depending on the rules of the game being played, if a player gets a dodgeball knocked out of their hands from an opposition throw, or drops the dodgeball when it is used to deflect oncoming balls, the player is eliminated.

Once all players on either teams are eliminated, the game is over.

Another alternate rule is 'No Lines' or open court. This rule is used at a point in the game when there are few players left and it was too easy to dodge the ball with all the extra room. When 'No Lines' is declared, all boundary lines no longer count and the players can go anywhere to get a better shot at their opponent.

- Source: Wiki 2014

MATERIALS:

- volleyball court or a place big enough to play the game
- ball

TIME:

40 minutes or more.



Sightseeing day in Ljubljana



1. Rustischascha

PURPOSE:

energizer

DESCRIPTION:

The leader gives the instructions: we will sing a song together and do some movements while we sing. It starts with:

- Hand in front (we all do this and then sing with the performed movement and dance gently): 2x A rusti scha scha rusti scha scha.
- Hand in front, Elbows back: 2x A rusti scha scha rusti scha scha.
- Hand in front, Elbows back, Knees bent: 2x A rusti scha scha rusti scha scha.
- Hand in front, Elbows back, Knees bent, Butts out: 2x A rusti scha scha rusti scha scha.
- Hand in front, Elbows back, Knees bent, Butts out, Heads back: 2x A rusti scha scha rusti scha scha.
- Hand in front, Elbows back, Knees bent, Butts out, Heads back, tongues out: 2x A rusti scha scha rusti scha scha.

MATERIALS:

/

TIME:

approximately 15 minutes.

2. Animals

PURPOSE:

formation of groups with role playing

DESCRIPTION:

Group formation via animals. You need as many post-its as there are participants and as many animal kinds as we want groups. You write animal names on the papers, regarding numbers of participants you wish to have in a group, e.g. if you want 4 participants per group you write 4x cow, 4x pig and so on... Each participant pulls out one post-it. When everybody has their post-it, the participants need to find their group partners in silence with playing out what is on the paper.

MATERIALS:

- post-its or sheets of paper

TIME:

approximately 15 minutes



3. Filling in the Youthpass

PURPOSE:

introduction about Youthpass through own experience

DESCRIPTION:

The leader introduces Youthpass and different competences covered by the Youthpass. The sheets with competence descriptions are divided throughout the groups. Each group reads the detailed description of one of the competences, writes about it by thinking what they already learned in practice connected to that area and what they could learn still.

MATERIALS:

- papers with Youthpass Key competences explained
- pens

TIME:

approximately 40 minutes.

- papers with competences described were prepared based on the Youthpass key competences which are:
 - Communication in the mother tongue
 - Communication in foreign languages
 - Mathematical competence and basic competences in science and technology
 - Digital competence
 - Learning to learn
 - Social and civic competences
 - Sense of initiative and entrepreneurship and
 - Cultural awareness and expression

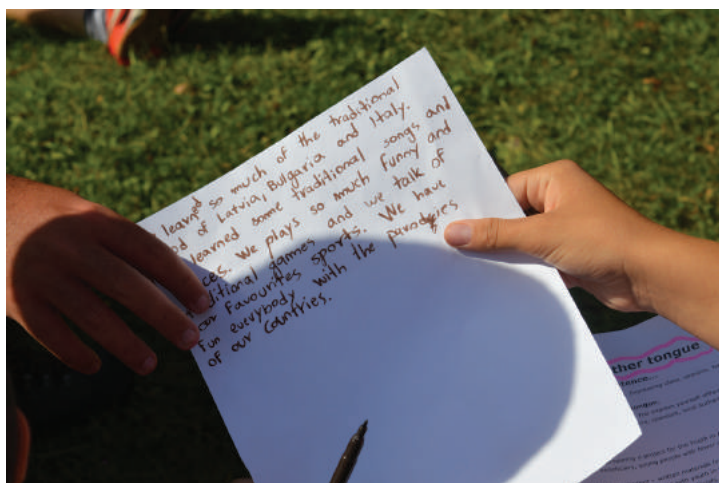
-Source: www.youthpass.eu



We used this opportunity to learn more about the different competences we could improve throughout the exchange.



While learning about the possibilities we also took time to record past aha-events as well as new knowledge.



4. Methods we know

PURPOSE:

exchange of methods we know and improving the methods we know with the help of the group

DESCRIPTION:

Participants are divided in random groups. They have to exchange the methods they know or they have come across while being active as volunteers. Then they come up with a new method they will later on try on other participants. The new methods which were tried on the whole group are described below:

- The Name game

PURPOSE:

to better remember the names of participants

DESCRIPTION:

The group forms a circle and one person tells his name, the second person tells the name of the other person and adds his own, the next person says the names mentioned before and adds his own. The game is over when the person that started the circle revises the names of the whole group.

MATERIALS:

/

TIME:

depends on the number of participants, approximately 15 minutes.

- Native language

PURPOSE:

learn as much as you can.

DESCRIPTION:

The participants talk in their native language and through that; learn more about the language from participants from other countries.

MATERIALS:

/

TIME:

duration of the exchange.

- Mimicking

PURPOSE:

to learn body language

DESCRIPTION:

Somebody comes up with a word and needs to show it to the others just by using his body (pantomime). The others need to find out which word he has in mind.

MATERIALS:

/

TIME:

15 minutes.

- Duck duck game

Will be explained in the next section.

TRIP TO LITIJA



Since we like nature as well as exercise, we took out on a 1 and a half our long hike, to the nearest town Litija.



At the youth centre we've met an EVS volunteer from Sweden, who gave us her own impressions of the programme.



So we were also adventurous and went through the forest, which was offering shade and protection from the sun.



We visited Klub Kliše and MC Litija, where youths of the local community spend their time organizing various projects.



1. Duck duck game

PURPOSE:

energizer

DESCRIPTION:

The group sits down in a circle. One person - volunteer walks around and poke every person on the head or shoulder and says Duck. When he chooses one person and pokes him while saying his name, he must start running away, since the chosen person must catch him. The one walking around needs to run one lap and take the chosen persons place. If he wins the person who was chasing him becomes the new person to walk around and poke others. If he fails and the chosen person catches him he must go in the circle and from then on represents a foul egg. As the exercise unravels more and more people join him in the middle or switch with him. The exercise ends when participants get bored with it.

MATERIALS:

/

TIME:

approximately 30 minutes.



2. Group formation through colors

PURPOSE:

formation of groups

DESCRIPTION:

Participants form a line, the leaders stand behind them. There are colored sheets prepared in as many colors as there are supposed to be groups. So if we want 4 groups, we need 4 different colors. There are as many sheets prepared as there are participants, for example if there are 24 participants as in our case, and we wanted 4 groups with 6 participants, we need 6 sheets of 4 colors in order for this to be done. After each participant gets a sheet of paper taped to his back, he then needs to find the other members with same colors in silence, merely depending on the help of others.

MATERIALS:

- different colored paper sheets
- tape

TIME:

approximately 15 minutes.



3. Topic explanation through questions (Permaculture)

PURPOSE:

teaching and the thought of permaculture

DESCRIPTION:

Participants stay in groups from the previous exercise. The first question is given while participants are sitting in a circle: "What is permaculture?", after a debate about this question, the participants take a look at the vegetable garden under the supervision and presentation of a person, who is acquainted with the topic. After the presentation participants once again form a circle where another question is given: "Why is it important?". At this point after the debate, we tell more about the concept of urban gardening. Afterwards the third question is asked: "What can you do?" followed by yet another debate.

MATERIALS:

- a poster for question writing
- markers
- a permacultural garden so they can see an example

TIME:

60 minutes (20 minutes each question).



4. Triangle

PURPOSE:

energizer, formation of connections within the group.

DESCRIPTION:

The participants position themselves somewhere in the room individually, being at least one arms reach away from each other. Everyone picks 2 people but does not tell which ones. When the exercise starts the participants need to form triangles with the two people they chose by moving around in the room. Since every person picks other people to be their triangle the whole motion triggers a chain reaction. When the participants finally settle down and form triangles, we talk about what was happening and who picked whom.

MATERIALS:

/

TIME:

approximately 20 minutes.



5. Riding on a pony

PURPOSE:

energizer

DESCRIPTION:

The participants form a circle, everybody sings: "I am riding on a pony, riding on a big fat pony, I am riding on a pony and this is what he told me" meanwhile two people are singing and dancing inside the circle going around all the participants. When the part of the song is over, the two people on the inside stop at the people that comes next and start dancing macarena with them singing the second verse which goes: Front to front to front my baby, side to side to side my baby, back to back to back my baby, this is how he told me", the others clap hand while singing. After they finish the second line, the people that were chosen by the "insiders" join them on the inside of the circle, and we keep singing until everyone is inside and sings a whole verse 1.

MATERIALS:

/

TIME:

approximately 15 minutes.



6. Bomb and Shield

PURPOSE:

energizer

DESCRIPTION:

The leader gives instructions, for the participants to pick two people, but not tell them to anybody. Then the leader explains that the first person represents a bomb and the second person the shield. The aim of this exercise is to position yourself in such a way that the shield is shielding you from the bomb. Since everybody in the room picks another person, a chain reaction unfolds and a lot of running around.

MATERIALS:

/

TIME:

approximately 20 minutes.



7. Guided debate

PURPOSE:

encourage participants to carry out projects and think about all the aspects while planning a project

DESCRIPTION:

Participants form groups freely and debate about future projects, while focusing on answers on five specific questions: Who? What? Where? Why? When? How?

The projects are then presented to the rest of the participants, which then by voting pick the one project they liked most and they try to carry it out in a set time frame.

MATERIALS:

- sheets of paper/posters
- posters with questions
- pens/markers

TIME:

70 minutes (30 for project writing, 20 for presentation, 20 for voting)

Project ideas:

- What? A camp where people can know each other not only with the culture but with creativity and their passions. With a lot of workshops based on imagination and interesting games. Where? A place full of nature. Why? Because with our personality we can say more than with the words. When? In the summer... I think. How? With an organization for young people.
- International camp. When? Summer. How long? Four weeks. Aim? To get to know other countries, new sightseeing, exploring other countries. Place? Four different countries. What? Experience the other countries cultures more detailed.
- Who? We. What? Summer camp. Where? Here and hiking to seaside. Why? To meet again, to be more difficult, to learn how to survive better, to make our team stronger. When? Next summer, one week earlier and 10 days. How? Project application from each country and sponsors.
- Who? The same people and Pepa. Where? Bulgaria in Stara planina. Why? Because we want to have fun again with these people. What? We still learn from each other. When? Summer 2015. How? With money from Erasmus+.

8. Nicknames

PURPOSE:

to get a nickname regarding on how other participants perceive you

DESCRIPTION:

The group is standing in a casual circle and one participant moves to the center of the circle. The whole group then decides on a nickname for the volunteer. Since the group spent an intensive week with each other, at this point they know each other well enough, so that they can give each other nicknames, according to the mark the person has left on others. Each participant gets to step into the middle, to get his/her own nickname. Participants then write their nicknames onto a paper and tape it to themselves onto a spot that is easily seen.

MATERIALS:

- pens
- paper sheets

TIME:

approximately 30 minutes (depends on the number of participants).



EVALUATION and SUPPORT Methods

1. Telephone (every day, 24 hours a day)

PURPOSE:

coordinators accessibility at problems which participants may step upon, anonymity

DESCRIPTION:

At the exchange we had a telephone for calls in need (SOS calls), which was in the exchange coordinator's possession. The number of the telephone was written on the door so every participant could call it at any time.

MATERIALS:

- telephone
- poster with telephone number and explanation

TIME:

duration of the exchange.



2. The post box (every day)

PURPOSE:

messaging the participants and leaders, exchanging thoughts, wishes etc.

DESCRIPTION:

We had a box for letters, where each participant could leave a letter for anyone. At the morning the box was checked and the letter distributed among the participants by a designated post man.

MATERIALS:

- box for the letters
- sheets of paper
- pens

TIME:

duration of the project



3. Morning stretching

Almost every day before breakfast we had different morning stretching routines to get energized for the day.



4. Evening evaluations (every day)

PURPOSE:

monitoring the general feel of the group, solving possible problems daily

DESCRIPTION:

Each evening we met:

- With the group leaders from each country and had short evaluations for regular possible problem solving. Before that the leaders had also short evaluations with the participants.
- After that the coordinator and leader had evaluation with one participant from each country every day. So that each participant was at the evaluation at least once. We used discussion with the help of short methods:
 - Feeling expression through colors
 - Feeling expression with a thumb (up or down, or somewhere in the middle)
 - "If the weather around us was the same as in your head, what weather would we have?"
 - Feeling expression with an object in the nature
 - Feeling expression with a type of a flower or vegetable.

5. Final evaluation on paper (last day)

The participants had to fill in a questionnaire which helped us see what was done well and how we could perhaps improve similar projects in the future.



6. Warm backs (at the end)

PURPOSE:

a warm gift with beautiful thoughts for the trip home and a memory of the project

DESCRIPTION:

Each participant gets a sheet of paper taped to his back and a pen. We put on some nice music, then everybody writes on each other's backs, either nice comments or farewell wishes, the only condition is that it's positive. The produced sheets of paper are not to be looked at until the trip home.

MATERIALS:

- sheets of paper
- pens
- tape

TIME:

30 minutes, depending on the number of participants.



National Evenings



On the first day we got spoiled with home made pizzas from a rustic bread oven heated with good old fashioned wood.



Every country got the opportunity to present oneself and prepare a national dish, national evenings were held every day.



There wasn't only food involved, but also traditions, customs and everything connected to the habit of a country.



We even got the great opportunity to celebrate a birthday of one of our fellow participants, who just happened to turn 18.



If you liked the Methods collection or have any additional questions, would like to own an electronic copy etc.

Write us on klub.klise@gmail.com, we will be happy to receive your feedback and make sure to transmit it to all our project partners involved in preparing this book.

Pepa says hi and sends lots of love!



Methods preparation and implementation: all the people involved on the exchange Let's learn from each other from Klub litijskih in šmarskih študentov, Latvian Foster family organization, Association Joint and Youth leader's students club.

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Graphic design: Jure Urekar

Photos: Several Participants



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