



ERASMUS+ YOUTH EXCHANGE PROJECT

Nature

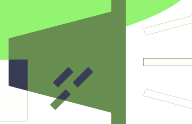
ASKS FOR YOU

#NAJA

STUTT GART / GERMANY
21-30 AUGUST 2022

TOOLKIT





Nature Asks For You

Erasmus+ Youth Exchange Project
organised by
"Youth For Better Tomorrow"

In this Toolkit you will find:

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LOCAL COLLABORATORS

INTERNATIONAL CONSORTIUM

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About Us



WHO IS YOUTH FOR BETTER TOMORROW?

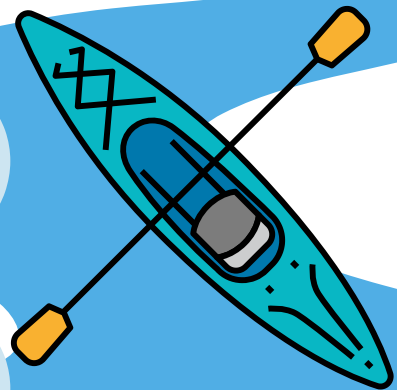
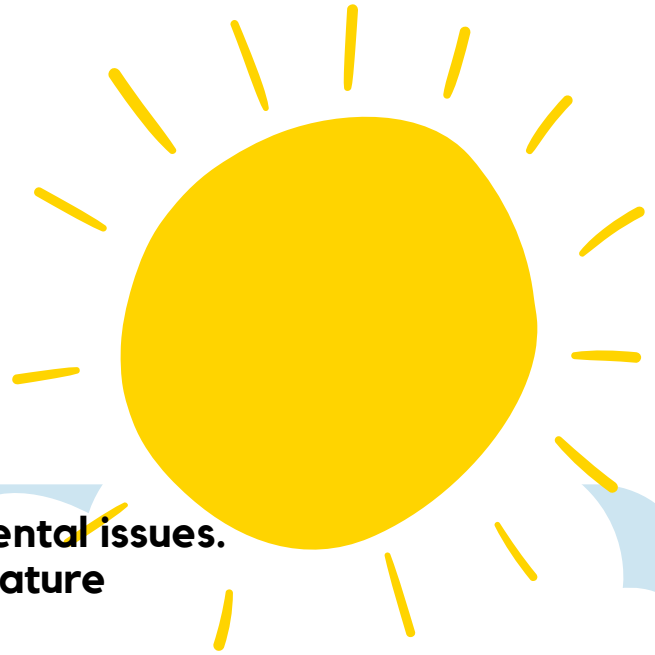
Youth For A Better Tomorrow was founded in October 2021, in Stuttgart, Germany. The vision of the group forms around the motto, "Aspire to Inspire Before We Expire!" Our youth group's mission is to show young people that the world is not a tiny place, to encourage people to look at today's world from diverse viewpoints, and to address 21st-century challenges for a better future. To stimulate EU's, youth, digital, sport, green deal, volunteering, European citizens, justice, innovation, and teaching techniques by supporting, expanding, developing, and strengthening best practices in youth work. We aspire to a sustainable Europe and a sustainable world based on green values and practices. Our feeling of responsibility is to provide opportunities for young people who are facing social and economic obstacles, based on equality values. Young people should be encouraged to learn new talents. To create a more flexible forum for the voices of young people. Youth For A Better Tomorrow is concerned with young people's education and future motivation, including sustainable development, green abilities, and awareness; psychological methods such as subjectivity; and psychological dimensions such as the ability to take initiative and direct healthy lifestyles.



YOUTH FOR BETTER TOMORROW

OBJECTIVES

- Increase awareness about environmental issues. Increase practical knowledge in the nature
- Combine sport and non formal learning with nature. Increase problem solving skills
- Expand meaning of nature among young people and connect with daily life
- Challenge young people to go out of their comfort zone.
- Provide youth leaders tools to work in Nature.



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TOOLS & ACTIVITIES



Introductory Session

Methods Used: Team building, name game

Time: 30 minutes

Aim: To listen and understand other people and give attention to minute detail.

Description: Participants have to speak about themselves and have to create a signature step, it starts like., Bahar explain about herself and her moves, then Kemal has to speak about himself and do his moves along with Bahar's moves, Laura has to do same thing and Laura has to do moves of Bahar and Kemal along with her moves, and then this process continues till end participate act on his part.



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Choose Your Role

Methods Used: Team building

Materials: Pen&Paper

Time: 30 minutes

Aim: To involve the participants in the project and make them responsible of their task.

Description: The facilitator explained the five roles we would have to carry out during the project: energizer, time keeper, journalist, environmental and photographer. In a big board, he had already made an empty table with all the roles per day. Then, the participants had to fill the table, with the rule that each participant must take each role at least once during the week.



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Kahoot for Environment

Methods Used: Game, Digital Tools, Kahoot Quiz

Materials: Wifi connection and smart phones for every participant. Paper and pen for everyone.

Time: 10 min for energizer, 45 min for the shark tank game 20 min for kahoot quiz

Aim: To raise awareness about environmental issues and nature. Questions will surprise participants and trigger their desire of acting for nature. And improve participants' teamwork skills.

Description: A kahoot game with full of questions which raise awareness about environmental issues and nature. In the Shark tank game participants will be divided into three teams and try to impress our lovely judges with their inventions.



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Carving the Nature

Methods Used: Handcrafts, painting, recycling, arts

Materials: Fine resistant cord or leather cord (to tie them or to create the bracelets), cork caps (at least 1 per person), seeds, wood, stones, sea shells, dried fruit shells, etc.

Tools: Drills, paint, brushes, cutters, scissors, pens, carpenter's tools, sandpaper, glue, etc.

Time: Presentation: 5-10 minutes.

Getting the materials and finding a working spot: 5-10 minutes.

Working on the trinket: 50-60 minutes. (includes carving, painting, decorating...)

Reflection & Presenting the trinket: 15-20 minutes. Expose the trinket created and talking about the materials used. Discussing what they felt while working on it and maybe what do they will do with it (will they wear it, give it to somebody, keep it somewhere...?)



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Carving the Nature

Aim: In the end you not only get the experience of creating a souvenir of the place you have been, but the project itself, but you can also pass on the idea of recycling to make bracelets or necklaces to other people, so that they can take away the value of the artificial and start appreciating the treasures of nature. Moreover, this will help to disseminate the project results and visibility.

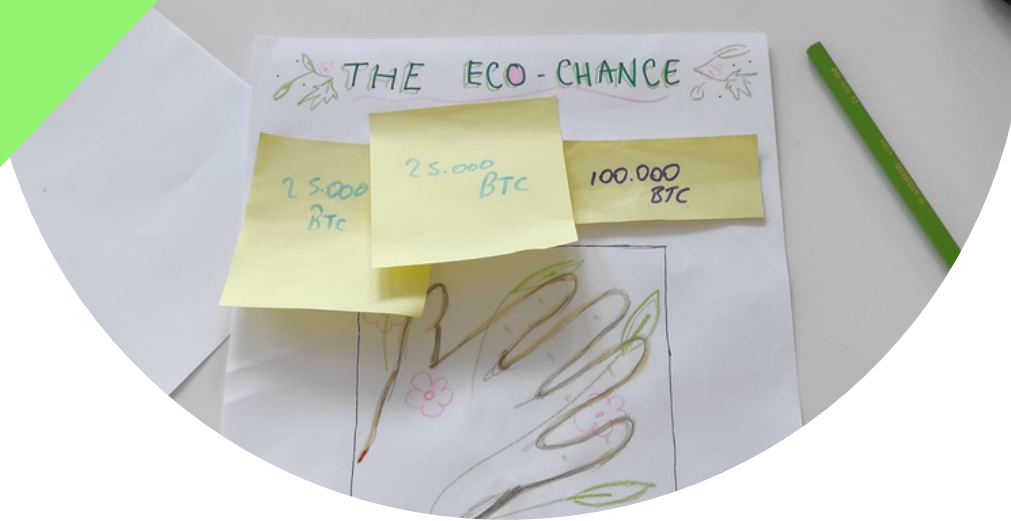
Description: We said that it would be a good idea to do something more interactive and lively, with a theme more closely linked to nature, sustainability and/or recycling.

For this, we proposed a workshop to create bracelets or necklaces with recycled materials, with cork caps, nut shells, seeds, stones, wood, etc. Open for creativity!



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Case Study

Methods Used: Presentation, problem solving, critical thinking, research

Materials: Flip charts, markers, laptop

Time: Presentation of activity: 5-10 minutes

Research: 40 minutes

Presentations of the team: 40 minutes

Aim: Provide a comprehensive solution on a given ecological problem. Learn about solutions of these problems in real life given their roles. To improve presentations, research and critical thinking skills as well as teamwork.

Description: Case study of an imaginary country with many ecological problems, that can be solved by the teams of consultants in five fields of expertise: government, economy, business, social, technology



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Roleplay With Nature

Methods Used: Role Play

Materials: Pen&Paper

Time: Presentation of the activity: 10minutes;
Let them choose what they want to do: 25 minutes;
Presentation of each team: 2 minutes (10 minutes);
Interventions of the others and making the scene again: 5 minute (20 minutes in total);
asking for their opinion about the activity (10 minutes) = 75 minutes

Aim: Participants to understand the consequences and to be more careful with the nature.

Description: To understand better the impact of human in nature, to make a role play about a man that cuts a tree, a hunter who wants to hunt a deer, someone who wants to cut a Cornflower (which is forbidden in Romania) and the impact of throwing garbage in the water.



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Mediation With Nature

Methods Used: Meditation

Materials: Pen, paper and sincerity

Time: Presentation of activity: 15 minutes to find a place, 10 minutes to adjust there, 25 minutes to asking questions to nature and in the deep silence, 10 minutes for thinking about your ancestors connection with nature, 15 minutes for understanding environment around you and 15 minutes to say goodbye and appreciation to the nature

Aim: To understand the nature that how it works and how we create strong bond with nature

Description: To understand the nature, participants have to select a place, where they feel comfortable and connect with nature in a better way, they have to feel the environment around themselves, they have to create a strong bond with nature to understand how it works, how surrounding environment and inhabitants works and how to be friends with nature





Tote Bag Workshop

Methods Used: Painting, arts

Materials: ToteBags, Natural Paints, Brushes, a unique Artist

Time: 2 Hours

Aim: To show the participants that Art is possible with natural elements and to let them find their inner artist .

Description: The participants designed their own tote bags using natural sourced paint. The Participant were instructed by Mirella A.H. Bohemian, a local artist.



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Speed Date

Methods Used: Painting, arts

Materials: ToteBags, Natural Paints, Brushes, a unique Artist

Time: 1h 30 minutes.

- 5 minutes to present the activity
- 5 minutes to give the papers, the pens and to draw the clock
- 10 minutes to find a partner for each hour on the clock.
- 1h to develop the activity
- 10 minutes to reflect

Aim: To share experiences and opinions regarding fictional and real situations about environmental issues. Also, to raise awareness about different scenarios, even if they are hypothetical.

Afterwards, the objective is to discuss the feelings and sensations that we had during the different discussions.



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Speed Date

Description: The participants draw a clock with the corresponding hours (1-12) in a paper. Then they find other participants they would like to have a speed date with at a certain hour. Once they have all the hours from the clock, they wait for the facilitator to start the main activity.

For each hour, the facilitator provide a topic to discuss. Then all the participants find the partners corresponding to each hour and discuss that topic for two minutes.

After two minutes are reached, the facilitator proceed to another hour on the clock and explain the next topic. The participants continue to develop the activity untill they complete the twelve hours of the clock.



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Natural History Museum

Time: 1h 30 minutes.

Aim: Learn how important it is to maintain residual forests and ecological system. To analyse physical adaptations of animals from same group and to understand how much they have individually evolved to be able to comfortably live in their each environments and to realize not to alter their environment to make sure their living habitats aren't destroyed heavily human activities.

Description: As of understanding biodiversity and eco-system participants visited State Museum of Natural History Stuttgart. Participants are to split into two teams in order to visit the museum with the guidance of a biologist. The first section of the museum is to differ how many types of forrests there are and that what types of animals live in Stuttgart, Germany. The middle part of the tour was to get to know the animals from the different tropical zones. The tour ends with finding a difference of three types of forrests of the different continents.



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Your Place on Earth

Methods Used: Observation, engagement with nature, critical thinking

Materials: Printed instructions, paper, pen

Time: 1h 30 min

Aim: To be aware of the way nature goes by, understanding our inner selves, to be in contact with our consciousness

Description: In search of finding our place on earth, we first gather together to get 6 steps of guidance/instructions and we let our instincts decide where the nature calls us. After finding a spot where we feel comfortable, where we are alone with our own nature, it is instructed to observe our surroundings and to see how nature lives in synchronization. Then we write down what we feel in that present moment without thinking much on a piece of paper. Briefly to engage with nature with our senses: observing, touching, smelling and feeling.





Hiking

Methods Used: Sports, hiking

Materials: Energy, water, coffee, shoes (sport), patience.

Time: 1h30 min

Aim: To have a connection with nature and to realize that a sport in nature can help us in relaxing and engaging.

Description: We were in a forest, around Bärensee lake and we were hiking, thinking about the beauty of nature. After this relaxing walking, up to the hill and we were talking about the experience of going there. It was amazing that everyone saw a place that they loved during the walk.



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Kayaking

Methods Used: Sports, kayaking

Materials: Strong muscles, spare clothes, comfortable shoes, energy, team power, time management.

Time: 2h30 min

Aim: Connecting with nature and improving teamwork skills

Description: Participants had a unique Kayak experience in Max Eyth See. Enjoyed the beautiful lake and nature surrounding.



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Visit of Thermal Swimming Pool

Methods Used: Sports, swimming

Materials: Swimsuits, towels and flipflops.

Time: 2 hours

Aim: To know the benefits of natural water baths, get to know natural sources.

Description: We went to the thermal swimming pools where there were three pools. Two of them were interior and hot pools, while the third one was exterior and cold and in the middle of the pool there was a fountain of natural mineral water who was beneficial to drink for health. We have learnt Stuttgart is blessed with natural water sources.



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Nature Calls You Videos

Methods Used: Drama, video recording, editing

Materials: Phone/camera, apps for video editing

Time: 90 minutes

Aim: To learn digital tools, team building and be a friend of nature while supporting the project for dissemination.

Description: Group of 4-5 people have to create a video of their favourite concept, the duration of video is 2-4 minutes. People have to make a video that shows how the nature and human connection in a better way.



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Culture Festival

In cooperation with Kulturinsel Stuttgart, we have created a Culture Festival where all the participants had the chance to show their culture and traditions to themselves and local people in Stuttgart. Moreover, the culture festival supported by the local artists, beatbox workshop, poetry session, painting session, dances, and music.



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Oscars Night and Youthpass Certification

In the last evening of the project, participants are welcomed in an Oscars Night cocktail where all the Nature Calls You videos watched and the best movie, best scenario, best music and best acting prizes found their groups! Moreover, a delicious farewell dinner prepared for all and Youthpass Certificates distributed.



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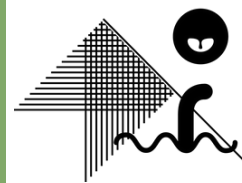
Local Collaborators

Special Thanks

KULTURINSEL STUTT GART

We thank Kulturinsel Stuttgart for being our local and main supporter for our project as they have arranged us Freiraum to do our weekly activities, they supported us for Culture Festival, contact with local artists, dissemination and visibility of our project, most importantly with an open heart and warm welcome.

Thank you Joachim Petzold, Swetlana Bytschkow, Jean-Pierre Sautter, and all Kulturinsel team!



KULTURINSEL
STUTT GART

MIRELLA ALAN-HAMZIC

We thank our local artist Mirella Alan-Hamzic for supporting us of our workshop Tote Bag Creation with Natural Paint and for Culture Festival.



RAMON SCHMID

We thank our local artist Ramon Schmid for the contibution during our Culture Festival with poetry session and beatbox workshop.

Last but not least, we thank all our volunteers, participants and partners; all local contributors and the people who encouraged us that if we can dream it, we can do it; without you this couldn't be real.

THANK YOU!

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International Consortium

Project Partners



**YOUTH FOR
BETTER
TOMORROW
COORDINATOR**



**ANKA
YOUTH
ASSOCIATION**



**ASSOCIATION
ENTREJUEGOS**



SCOUT SOCIETY



**WORLD OF
DREAMS**

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