

Co-funded by the
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Dear diary

**Let's make this
world beautiful**

but let's do it together



5-14.2.2024 Thessaloniki, Greece




Dear diary

**Let's make this
world beautiful**

but let's do it together

This booklet was made during the training course by the participants from Belgium, Greece, Armenia, North Macedonia, Georgia, Italy and Palestine. We recommend to all youth workers and educators, who work with migrants or refugees. It contains interesting and creative non-formal educational methods for inclusion and integration.



Erasmus+




We can use a cake, to present the Erasmus+ program

Presentation of the Erasmus+ program can be “delicious”. And we had a new method that waited to be discovered. That was the cake method. By using this one, we are divided into the Erasmus+ world, understanding all the opportunities it offers and spotting the difference between each "layer"- Key Action. We heard about Key Action 1, 2 and ESC as an opportunity for new perspectives.

What we didn't know was that we were facing a tricky Kahoot quiz (middle school memories- LOL)

In order to check how good we understood the Erasmus+ cake, we went into teams and joined the Kahoot quiz. Around 10 interesting questions were presented and yes we had a great competition, while ensuring that we know about the program.





Youthpass

Youthpass

We started our transformative adventure where personal growth is a destination where our experiences become the compass guiding the way. We learned about Youthpass competences that give us important knowledge and abilities that we will use in our professional lives. To better understand the concept of youthpass we did role plays in groups. We mixed two competencies and explained them without mentioning titles and we staged mini-scenarios. As a result, now we know how to improve our resumes, knowledge, abilities, and competencies and become more competitive youth workers in our communities.

After the session, we were divided into 4 groups, 6 each to reflect on our acquired knowledge during the day. This learning process was motivational because we identified our strengths and areas of improvement by the method of drawing Feedback Hand. This way, our voices were heard.

Team building

The final activity of the day consisted of two different team-building activities. The first was more of a game to break the ice.

We were divided into small groups of 4, each with a specific role: interviewer (the one asking whatever kind of questions), movement maker, answerer (the one who is answering the question while copying the movements) and the distractor (the one distracting the answerer). After a minute or two the roles switch until everyone gets a different role.

As we moved on to the second activity, we split into four groups, each in a different room. Our job was to imagine a building collapse and pick three things we'd carry if that happened.

Then, the four groups merged into two, and we had to choose three objects from the six we'd initially picked. The same thing happened again, involving all 20 of us. Coordinating everything became pretty tricky. We had to listen to everyone's ideas, respect different opinions, and go with the group decision, which we all voted on.

The point of this exercise was about understanding and respecting what others think. It started small with each group picking objects, but it became a big deal when we all had to agree. It showed us how important it is to talk and work together when making decisions in a group.

Understanding



Meaning and understanding

On the second day, the Erasmus+ group woke up in the beautiful sunny city of Thessaloniki smelling of the Mediterranean and Greek Feta. The coffee effect kicked in and we started off with the first scheduled activity; to spice things up, we were divided into 4 groups and assigned each the task of representing one of the following: (1) refugees; (2) internally displaced people; (3) emigrants and immigrants: and (4) asylum seekers.

Through team spirit and Each group research information about those categories, showing to the other mates the data they collected and having a fruitful discussion on the meaning and core significance of each of the categories.

"In the wake of conflicts such as those in Ukraine, Afghanistan, and Gaza, migration patterns have been profoundly impacted across various countries. As individuals seek refuge from the turbulence and instability in their home regions, we witness the shocking human response to the crisis. From families fleeing conflict zones to seek safety and stability elsewhere, to individuals striving to rebuild their lives in new communities, migration becomes a tangible consequence of geopolitical unrest. Through the Erasmus+ project, we aim to raise awareness about the challenges migrants face during the process of integration into society, promoting solidarity and collaboration.



Mutual appreciation

The aim of this activity is to create a positive atmosphere and develop learning skills using realistic, in-depth methods.

1- Divide participants into groups of two people who don't know each other, so that they can get to know each other in the following way:

- Introduce yourself
- Talk about your three passions and how they can help others
- Talk about future projects

2- Give three (3) qualities of each participant

- Create a positive atmosphere among participants and value everyone's talents
- Make participants aware of their own qualities and abilities
- Encourage participants to work harder on their personal development
- Raise and broaden self-esteem among participants

3- Connect with yourself and your environment

- Encourage participants to introspect in order to better know themselves and identify their own personality, while connecting with other people/things to better appreciate them.

Each one gives these appreciations to one other and then that person chooses to give someone else. This way the circle is complete.



CONSCIOUS BREATHING

This exercise was done every morning as a way for participants to connect with themselves to make the best of their day. The objectives of conscious breathing are as follows.

- Improve breathing, posture and balance
- Stay focused, clarify thoughts and increase concentration and consistently increasing
- Deep, lasting calm and relaxation
- Strengthen inner peace and self-confidence. Paving and ensuring the way for future progress in their physical, mental and life development

One breathes in normally through the nostrils from the belly and breathes out a bit slowly through the nostrils while concentrating on the incoming and outgoing air. A distraction realized should be aware of identifying the cause or thought of distraction and instantly coming back to breathing concentration without analyzing the cause of the thought of distraction.

Loesje creative writing

"Loesje, a girl from the Netherlands, an activist that is helping people around the world by educating them through different types of motivational posters".

INGREDIENTS

Age - around 30 g
Countries - more than 30 g
Positive - 100%
Creative - 99%
Fun - 65%
Inspiring - 86%
Determined - 93%
Unique - 100%
Sarcastic - 30%
Realistic - 100%



Loesje

Loesje creative writing

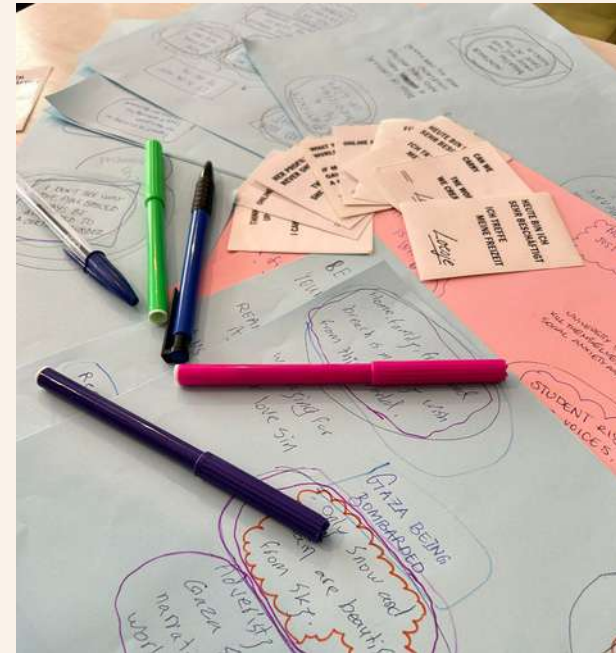
Cooking Time: 1.5 hours

Serves: 3 groups with 1 facilitator

Session Highlights: Engaging Creative Writing Session on Loesje Quotes. Participants explored imaginative expression, honed creative writing skills, and collaborated on crafting Loesje-style statements.

Ingredients: papers, pens, markers, posters.

Instructions: Participants sit around the table and write important topics in the middle of the paper. Then they add some slogans, quotes, or words linked to that topic and exchange the papers with each other to add something to all the topics. After that participants circled important statements for them in each paper. We chose the statements with the most circles.



Final editing (Loesje posters)

INGREDIENTS:

Groups of participants

Facilitators

The written papers of the other groups

Criticism

Constructiveness

Debate between the participants

Objectivity

Decisions

Time: 90 min.

At first we gathered the groups of the participants and we mixed them together with the facilitators.

Then the facilitators gave the directions about the selection process. The participants started reading and analyzing all of the written papers of the other groups, where we added the criticism with a sense of constructiveness. It's important that the participants are on the right path to the objective and we add the final decisions for the posters.

Loesje

Ingredients: Laptop, Adobe Illustrator, Potential Loesje Posters that survived the voting, Social media

Time: 30 minutes

Procedure: Take the laptop (preferably fully charged), find a good spot and open the Illustrator. Struggle a bit with the position of the letters and words in general, ask for help, type everything, look for several opinions and deliver the final results.

**I AM NOT SURE
ABOUT MY FUTURE**

**IT IS SO
MOVING**

Loesje

www.loesje.org/berlin
berlin@loesje.org

MIGRANT'S LIFE

**A NEW BEGGINNING
NOT ANOTHER END**

Loesje

www.loesje.org/berlin
berlin@loesje.org

**BEING FORCED
TO LEAVE**

**IS NOT A WAY
TO LIVE**

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AWARENESS OF POSITIVE CULTURAL INDIVIDUAL UPBRINGING

This has been the initial practice of this activity. With narration of one's own cultural positive proverb or a phrase of wisdom in first circle followed by singing of a song or rhyme in one's language which one has learnt in one's childhood.

Some people from same culture have joined together in singing each other's songs as someone's turn came. People have also added the similar proverbs when someone has said one. But each have also said their own song learnt in childhood in their language plus their own proverb first in their language twice pronounced and interpreted later.

This has a calming effect upon people as they come close to their roots and in sharing with others especially through their proverbs and musical singing.

This generates a lot of positive cultural diversity appreciation, deep learning, intercultural cohesion and fun.



*Developing new
initiatives*

Project ideas and initiatives

We explored ways of how we can develop projects and local initiatives: it all started with a reflection on the definition of a project itself.

Afterward, each one had to think about topics for possible future projects and share it with the rest of the group, in order to form groups interested in similar areas.

Once the groups were formed, participants had time to come up with ideas while answering some guide questions (aim, problems, needs, target group, workshop, impact, result,..) on a Flipchart.

Development of Project Ideas

Youth workers were divided into groups based on their personal interests and together with brainstorming they chose their final topic, objectives, and activities planned to achieve their main goals, results, and impacts of their project ideas. During the process of thinking about their projects, they identified the crucial topics of their countries in general terms. After the creating draft, they made flipcharts to better visualize their own thoughts. During the creation of flipcharts, youth workers used creative drawings and texts with the main messages about the project. The group imagined positive results and effects of their activities that they thought were important for the creation of upcoming projects with youth work involvement.

Developing new initiatives

Presentation of project ideas

The groups that were previously chosen came out with their creative ideas and started presenting them one by one. Every group had around 10 minutes to share the project they did on a flip-chart. For example, we had really interesting project on the topic “Environmental Issues” that gave us enough information about us the current problem in our society through couple of rules and questions they had to follow. The main goal was to give knowledge about the specific problem and educate young people how to prevent it. After the presentation ended, the facilitators shared their thoughts on it and what could be done better, also the participants were given couple of minutes to ask questions.





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