



PROJECT „BACK ON TRACK“ (NO. 2015-1-LT02-KA105-003976)



Project was implemented in Lithuania from 1st of June 2015, till 1st of February 2016.



The project was implemented by Vsl "Uztaisas".



Partner organizations: Outward Bound Croatia, "Izdzivo Ideju" Latvia, Asociatia Support for Youth Development Romania, ARCI Strauss Italy, Dakato Association Poland, Cruz Vermelha Portuguesa - Delegação de Braga Portugal, CULTURE GOES EUROPE Germany.



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European Commission is not responsible for the content of these cards.



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Learning the names



POLITE ENERGIZER



Getting to know each other,
Feeling more comfortable in a
group.



None.



10 - 35



10-15 min.



1. Group members need to approach other participants and shake hands with everyone in the group.
2. After participants greet each other with the handshake, the group leader asks to repeat the same procedure, just instead of just shaking hands, to say their name and surname.

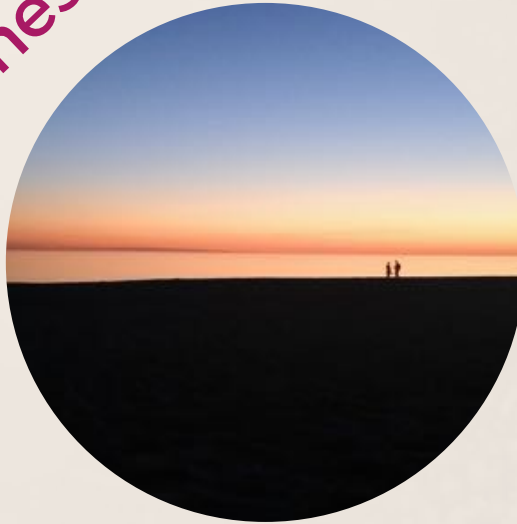


It is possible to add any other task while greeting each other - to say hello in own language (if the group is international), to tell where one is from, how one has traveled, what one has had for breakfast, etc.



Erasmus+

Learning the names



FAST LEARNING



Learning the names.



None.



10 - 35



15-20 min.



1. Group divided into 8 groups. In the small groups participants have 2 minutes to learn the names of other group members.
2. After 2 minutes groups connect into 4 groups. The task is the same.
3. Then groups connect again into 2 groups. The task is the same.
4. At the end, whole group comes together and tries to learn all the names.

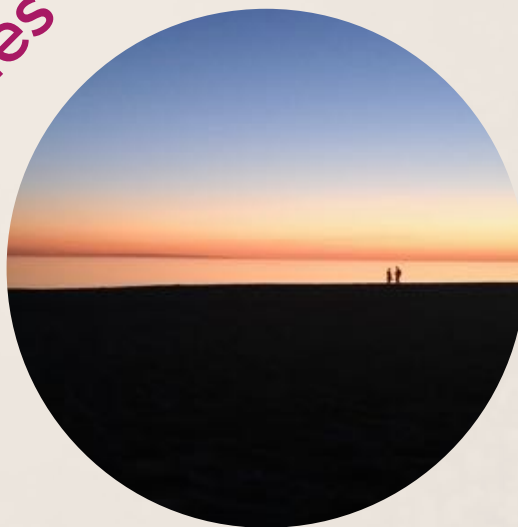


No need to be strict on the timing. In small groups people can learn names very fast, whereas in 2 big groups it might take a while for everyone to memorize.



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Learning the names



NAME SNAKE



Learning the names.



None.



10 - 35



Depends on the size of the group. 30 participants should do it in 20-30 min.



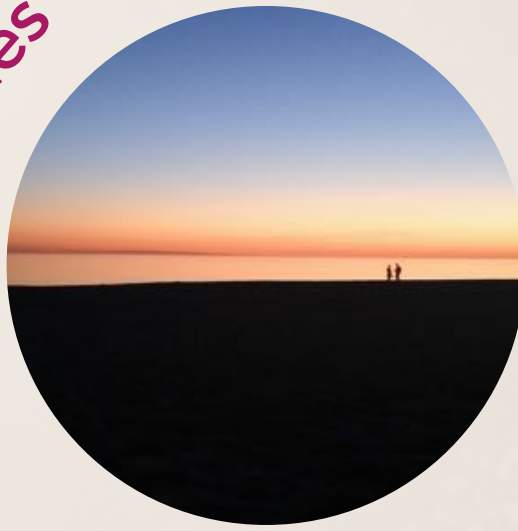
Group is standing or sitting in the circle. First participant says his name, the participant that stands next to him, says the name of the first participant and his name. Then next one says two names and his name. When circle is ended the first one repeats all names again.



The method can be alternated by adding a sign to the name.



Erasmus+



CATCH-THROW-RUN



Learning names of the group members, feeling more comfortable in a group, energize the group.



4 small balls.



12- 35



15-20 min.



1. Participants form two circles. The group leader throws the ball to one of the participants and says their name. Participant catches the ball and throws it to another participant saying the name of the person who needs to catch it.

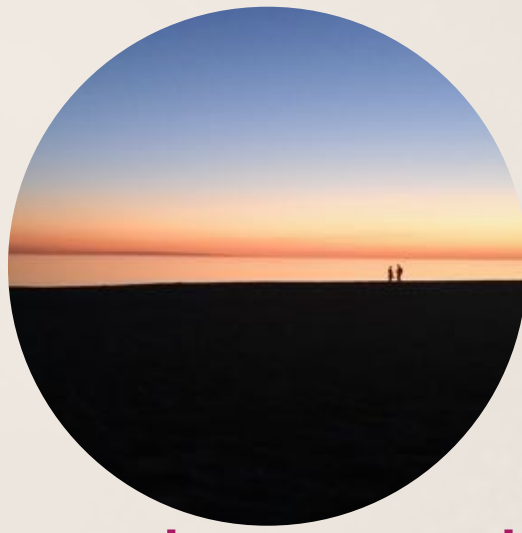
2. When all the names were called, group leader introduces next level of the activity: after throwing the ball to another participant and saying their name, the one who threw the ball needs to run to the other circle and play as their member without any pauses.

3. After some time 3rd level can be started by throwing additional balls to the circles, so each circle plays not with 1, but with 2 balls.



The process needs to remain fast. The activity is physically active. The method can easily be used as an energizer on one of the first days if the group is not very good in names as it helps to memorize them.





Getting to know each other

SPEED DATING



Knowing each other better



None.



10- 34



Any.



1. The group is divided into two groups. One group forms inner circle (facing outside). Second group forms an outer circle (facing inside). This way participants form couples.

2. A question or a topic for discussion is proposed to the group. Couples are given 5 min both to talk within this topic.

3. After 5 min. group leader asks one of the circles to move by 1 person (can be any number, this is to make sure that participants would get to talk to as many other participants as possible) to the left or to the right

4. New couples are formed and they are given a different question/topic.

5. The process can continue as long as it's fun.



Topics can be various, from the very simple question about families, countries, hobbies to the topics, connected to the programme, e.g.: What do I do in my life, if I had been given 3 wishes, I would... etc.



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Getting to know each other

THE STORY OF MY SHOES



Knowing each other better,
Having fun.



Shoes



Any.



60-80 min.



One person begins the task by telling a story about his shoes. Then he chooses who will speak after him.



This method can also be used as reflection, when instead of talking just about shoes participants should combine it with the feelings and thoughts of the day.



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Energizer

VIKINGS TRAINING



Warming-up, creating playful atmosphere.



None.



10-35.



10-15 min.

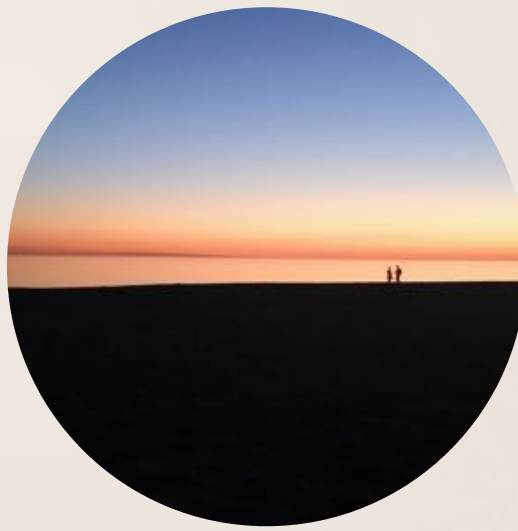


1. The group members form couples. The couple stands face to face. The Vikings (participants) raise 2 fingers of the right hand (other fingers stay in a fist), the left hands palms are open. The Vikings should win a point by touching the opponent's left open palm.
2. In the next level the Vikings keep their left hands behind their backs. The Vikings should win a point by touching the opponent's left open palm.
3. Vikings can fight every other Viking, not only his personal opponent and keep trying to get a point by touching the open palm.



Energizer is physically active and full of contact, requires a big open space. Be creative while presenting the task, make the group feel that they are actually going on a Viking training.





Energizer

FLUSH IT!



Warming-up, having fun time



None.



10-35.



10-15 min.



1. The group needs to decide on the borders of area that they will use in the exercise.

2. Two volunteers become toilet bacteria the rest of the group are toilets. Toilets can move, but cannot run.

3. The aim of bacteria is to make as many toilets unclean as possible. When bacteria touches the toilet, it becomes unclean so it cannot move.

4. The non-clean toilet needs to squat, raise one arm and stay like this until one of the other toilet cleans it by flushing the water (clean toilet sits on the non-clean one, takes the raised hand and drops it down).

5. The unclean toilet becomes clean, can move and is back in the game.



Energizer is physically active, you can have many laughs with the group.



Erasmus+



Energizer

A TALE ABOUT THE PRINCESS



Warming-up, creating playful atmosphere.



None.



13-35.



10-15 min.



1. Participants need to form trios; one person should volunteer to be outside of the trios.

2. 2 people in the trio form a castle by holding each other's hands in the air. The 3rd person stands in the middle of the castle and is called the princess.

The volunteer without a trio gives a command to the whole group. The commands can be the following:

Princess - means that the princesses move - leave their castles and need to find a new castle for them. While the princesses move, the castles stay where they are.

Castle - means that castles move - leave their princesses and find a new princess. While the castles are moving, princesses stay where they are.

Dragon (or earth quake) - means that all the castles dissolve and all the princesses move and form new trios with castle and princess. The ones who were princesses can become parts of castles and so on.

After the command is given, the one who gave it needs to find a spot for her(him)self in one of the trios as a princess or a part of castle. Another person should be left outside of trios and then give the command of his/her choice again.



Be creative with presenting the story of princesses, castles and flying dragons. The number of participants should divide from three plus one. For example 22, 25, 28, but if you have one person too many, or 1 person too little, you can involve facilitators or staff.





Energizer

MASSAGE



Warming-up, relaxing..



Small balls for each participant.



Any.



10-15 min.

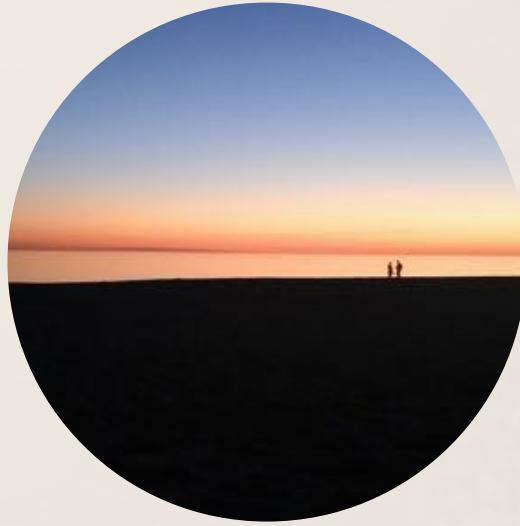


1. Participants take a ball each.
2. Facilitator . shows how to use the ball to massage ones palms and feet.
3. Participants should repeat after the facilitator.



This method is meant to energize the body through active hand and feet points.





CHECK YOUR MATH



Warming-up,
creating improving
concentration.



None.



Any.



10-15 min.



1. Group members stand in the circle. Each participant raises his right hand with two fingers.
2. The task is to catch your neighbours' two fingers when group leader says a number that divides by 3.
3. After some time change the hand (raise left)



Participants need to be attentive to not hurt their neighbour.





SCULPTURES



Warming-up, connecting with the group members.



None.



Any.



10-15 min.



First participant forms a sculpture with his/her body. Second one comes and attaches ones-self as a part to that sculpture. Each participant joins the sculpture one by one.



Be aware that there will be a lot of physical interaction, so the group members must feel comfortable with it. .





JUMP!



Warming-up, concentration, getting a better sense of a group.



None.



Any.



10-15 min.



1. Group members stand in the circle side by side holding ones hands on the neighbours' shoulders.
2. Group leader presents 4 commands:
 - Apple - jump to the right
 - Banana - jump to left
 - Watermelon - jump to the front
 - Mango - jump to the back
3. When the command is given, the whole group needs to jump to the correct direction.



Fruit or any kind of words for the commands can be proposed by the group members. Group leader can mix and match the commands (give 2 or 3 at the same time) or add extra. The activity encourages participants to feel and work as one.



Group building activity



EXPLORE THE SURROUNDINGS



Learning to cooperate and work in a group, learning about the surroundings



Cell phones, sheets of paper, pens, markers, flipchart paper .



Any.



1-2 hours (depends on the size of the venue)



The group is given the task to draw a map of the venue where the educational event is taking place. The group needs to decide how they will organize their work (divide into smaller groups or not), what is important for the members to have on the map (routes, beautiful views, shops, forests, etc.).



Best to be done on the first day.



Group building activity



"CREAZIONE DI ADAMO"



Learning to collaborate and work in a team



4 sticks or a tool to mark a line, 4 small balls (tennis or anti-stress balls)



20-32



- 20 min. for working in small groups
- 10 min. for performing
- 15 min. for working in bigger groups
- 5 min. for performing
- 10-20 min. for working with all the group



The group is divided into 4 small groups (5-8 people).

The task is to put the ball as far as the group can without stepping over the starting line and without touching the ground with any body parts. Groups are given 20 minutes to come up with a strategy how to do the task and for trying the strategies out.

After the groups prepare the strategy and course of action how to do the task, each group given 3 attempts to reach their best result. Results can be measured.

Four groups merge into 2 and are given the same task - to put the ball as far as they can. Strategies can be changed. Groups have 15min to try out new or different ways.

Both groups are given 3 attempts to reach their best result.

The same two teams are now given the task this time not to put the ball on the floor as far as possible, but to give the ball to a member or another group.



in this method there is a lot of physical contact, make sure, that the group feels comfortable touching each other.



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Group building activity



JUMP ROPE



Learning to collaborate and work in a team



Long rope (10 meters), timer.



Bigger than 12



45 min.



The task is for the whole group to pass the swinging rope without touching it and come back to the starting point as fast as possible.

There needs to be 2 members of the group to swing the rope. These members also have to complete the task as the rest of the group.

There needs to be a time keeper. He/she also has to complete the task.

The group needs to choose a challenge, how fast they want to do the exercise.

The group has 30 minutes to come up with a strategy and 3 attempts to reach the set goal..



if the group chooses a very small challenge, the group leader can provoke them to raise the bar. This would need to be addressed during debriefing and reflection.



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Reflection

EMOTIONAL BALL



Sharing emotions, reflection.



A ball or any other tool that can be picked up and passed around



Any.



Depends on the size of the group. 5 min/participant



1. The group sits in a circle.
2. The ball is placed in the middle.
3. Each participant can take a ball and talk what he or she feels or to answer a question that was asked by the group leader / facilitator.



Method is good to be used if the group is not very into sharing their feelings or thoughts. The temptation of the ball in the middle encourages to start talking.





Reflection

DIAGRAMA OF FEELINGS



Evaluating the emotional aspects of the activity, indicating the biggest „break points“ of the activity / day / part of programme



Sticks or any other tool for drawing on the ground



Any.



60 - 90 min.



1. The participants are asked to think back on the activity (can also be a bigger part of the programme – a day, half of the programme, whole programme) and how they felt during it.
2. Members of the group draw an emotional line (diagram with ups and downs) - how they felt on different parts of the activity, indicating what those specific parts were. The task is done individually.
3. After the individual part, members of the group form small groups of 4-6 people and share their drawings, what feelings they indicate, what were the ups and downs, etc.
4. Small groups prepare a common diagram that reflects the group emotions during the reflected activity or part of program.
5. Common diagrams of the small groups are presented to the whole group which gives the group and the group leader a better sense what were the feelings that the group experienced, what were the biggest break points in the program, etc.



This method can be used for middle or final evaluation of a training or a longer workshop. Also this method is a great tool to see where the group is at emotionally if the group leader/facilitator has stepped aside for a specific activity or the whole group was divided into separate and didn't have a chance to meet. The method allows to learn what has happened to other participants, to compare experiences, etc. .





Reflection

FEEDBACK IS A GIFT



Evaluating the emotional aspects of the activity, indicating the biggest „break points“ of the activity / day / part of programme



Any materials you can find outside. Some sheets of papers, writing and painting tools (if you have them with you)



Any.



60-120 min.

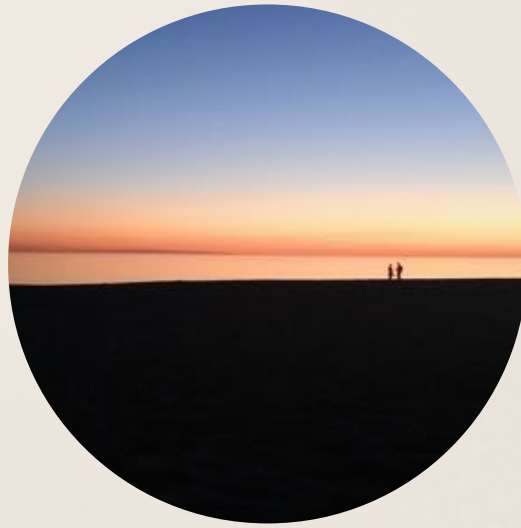


1. Each participant chooses one or more participants and prepares a postcard or a present to express feedback to him/her. He/she can use any nature material, write, draw, etc.
2. After the participants prepare the present, they need to approach the person that they chose, give them the present and give feedback.



- * It is recommended to give as much time as it takes to give the presents/feedback to all participants.
- * It would be valuable to have a short introduction to feedback (what it is and what it's not, how it should be given, etc.) before the exercise.





Reflection

TELL ME WHAT HAPPEND



Reflecting of the day.



None.



10-34.



20 minutes for preparation
30 minutes for presentations,
including the discussions after
presentations



1. Group divided into as many groups as they were working in today.
2. Each group makes a presentation to represent their experience from the day or workshop. They can use storytelling or performance, or any type of presentation they want.
3. After the presentations group members can explain and go into detail how it was for them, other groups can ask questions.



The method is valuable when the groups had different tasks, had different experiences.



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On hike

LEARNING BUDDY



Encouraging learning process and reflection



Any..



Any even number.



Any.



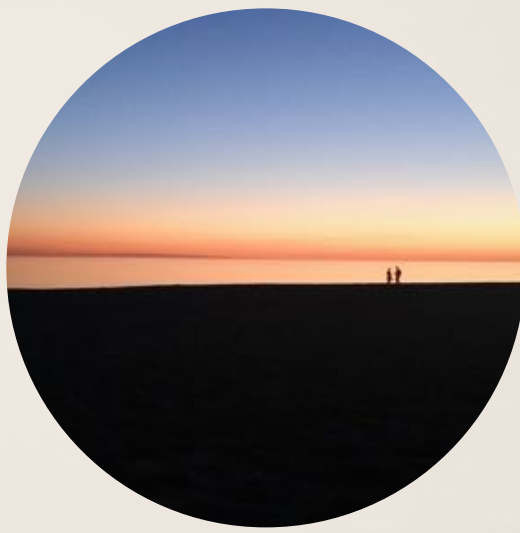
1. Group members are divided into pairs.
2. Pairs are given the task to discuss the day / the activity / part of a programme / general feelings with the focus on learning process or outcomes.



There is plenty of variations possible for this method. “Learning buddy” principle can be applied during the whole programme (training course, youth exchange, camp, etc.) by introducing it on the first day. It can also be used during only one day to get participants more focused on the learning process. It is recommended that the participants would choose the learning buddy by themselves as it can be sensitive, require opening up, so it is better if participants trust and feel comfortable with each other.



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On hike

GROUP HIKE - GROUP DECISIONS



Learning to make decisions in the group.



Maps, cell phones.



Any.



Depends on the group.



1. Group is given the task to divide themselves into 4-6 groups. The whole group needs to make a decision based on what criteria the groups will be formed.
2. After the groups are formed, participants need to decide in which order they will be leaving as all the groups will start their journey separately (at least with 20 min gaps).
3. In the middle of the trip groups can do cooking outside (check the special card)
4. Reflection after the hike is completed with main focus on making decisions and working in a small group.



- *Dividing into groups might take a while, do not rush or interfere
- *Reflection is essential in this activity. If the participants are too tired after the hike, do the reflection next day, but never miss it.
- *At least one car and driver for the safety are needed in case of emergency
- *Be mindful about nutrition and water supply
- *Make sure the participants know the route, final destination and emergency contacts





On hike

THE CHOICES I MAKE



Lookin deeper into oneself,
reflecting on choices.



Maps for each participant, cell
phones.



Any.



Depends on the group.



1. Group is given the task choose how they want to accomplish the route: individually, in couples, small groups, one big group.
2. After the choices are made, each individual is given a map with the destination indicated so they can choose the route they want to take.
3. Participants/groups can leave as they prefer.
4. Reflection after the hike is completed with main focus on making choices in life.



- * Dividing into groups might take a while, do not rush or interfere
- * Reflection is essential in this activity. If the participants are too tired after the hike, do the reflection next day, but never miss it.
- * At least one car and driver for the safety are needed in case of emergency
- * Be mindful about nutrition and water supply
- * Make sure the participants know the route, final destination and emergency contacts





On hike

MEET THE LOCALS



Learning about other cultures, improving communication skills, getting out of ones comfort zone.



Photo cameras



Any.



Depends on the group and the rout.



1. Group divides into 2-4 groups (number of groups is predefined by the group leader)
2. Groups get different tasks that they will need to complete during the hike:
 - a) Ask locals for food and water
 - b) Learn a local recipe
 - c) Hear a local story
 - d) Take a picture with at least 5 different people
 - e) Learn how the town/village was established
 - f) ...



- * Be creative yet reasonable with the tasks.
- * Make sure the groups get different tasks, so the presentation of the findings and results is interesting for everyone.
- * To get the group more involved, some time before the hike can be dedicated to create the tasks for the other groups.





On hike

CAN YOU FEEL IT?



Looking deeper into ones self, getting connected with the nature.



Maps, sheets with the task, timer/watch.



Any.



Depends on the group and the rout.

1. Ask the group to divide into couples or trios
2. Spread out the maps and task sheets.

Tasks for couples/trios

Don't break the silence: walking together in silence for 2+ hours.

Be my eyes: walking without seeing for 2+ hours in a couple – one person is with eyes closed, one – opened.

Smell it: smell your chosen object for 3 minutes, discuss what you've smelled with your couple.

Touch it: touch your chosen object for 3 minutes, discuss it with your partner.

Taste it: taste something you can find in the nature (make sure it's not poisonous), compare the taste to something common that you eat, discuss with your partner.

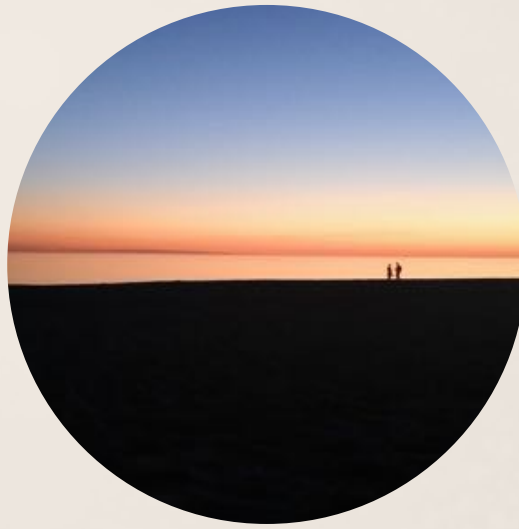


* The tasks can be easily done not only on a hike, but also in a nature environment.

* Try to ensure solitude for the couples/trios to focus on their feelings, avoid interaction with other couples/trios.

* Don't forget the reflection!





COOKING OUTSIDE



Learning to collaborate



food (14 tomatoes, 14 onions, 56 mushrooms, 14 paprika, 2,5 kg cheese, 2,3 kg smoked bacon, 7 zucchini, chocolate bars and candies, salt and pepper), water for each person, cooking foil, big bowl, few knives, 2 chopping boards, reusable dishes for each person, paper towels, dry wood and lighter for camp fire.



24 (group size can be different, the amounts of food below are for 24 people)



30-40 min per small group.



Before the hike 4 groups get for an equal amount of food ration. whereas 4 small groups traveling separately they reach the fire pit at different times. It means that the first group should take care of the camp fire (also one of the trainer could wait there from earlier). Each group have 30-40 min. to use fire pit (to chop vegetables, cheese and bacon, to put food mix in the foil, to bake on the fire and to eat)



Cooking outside can be combined with long distance hiking as a half-way of the hike.

