

Listening

Sharing

*Broaden your
horizons*

Mobility of Youth workers 2016-1-CY02-KA105-000660

Applicant: Network for European Citizenship and Identity-Cyprus



Action: Erasmus+ Youth, KA1



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Seminar in Busteni

Training Course in Cyprus



About the Project:

"Listening, Sharing, Broaden your Horizons" is a project which lasted 19 months and included two mobilities/Activities (a Seminar in Romania and a training course in Cyprus). Project managers from partner organizations (from Cyprus, Romania, Turkey, Hungary, Poland, Lithuania, Malta) recognized the importance of the international cooperation through E+ mobilities for reducing negative stereotypes between people and developing their youth workers' competences. In other words the project was designed based on the following:

(a) All partners indicated the lack of mobility and educational opportunities for many youth workers due to fewer opportunities they face (ex. geographical, economic, social reasons). Due to this fact many youth workers face limited chances of being developed and improved.

(b) Ongoing socio-political conflicts based on history, between countries sustain the status of a non very productive and fruitful collaboration between several partner organizations, youth workers, stakeholders and young people. This consists a fact that in addition to the above one, brings out further problems in the development of y.w (in professional and personal level).

Therefore, it is observed that negative stereotypes between organizations and their members who come from partner countries, many times are mentioned to sustain and foster the rejection of cooperation.

Our project managers and trainers recognized the need to work on these two themes and attempted to suggest solutions by organizing the certain project.

Thus, during and by the end of the project (Seminar and TC) we focused at the following which link to the objectives of E+:

1. We provided opportunities to all 17 youth workers with fewer opportunities of our organizations to improve their level of key competences.

2. We also provided ideas and motivate them to become more active citizens. To succeed on this we planned as followed: (a) We indicated, increased awareness and empowered the importance of intercultural dialogue and of social inclusion and (b) we encouraged and motivated them to be more active in their lifelong learning development through mobility opportunities as they are offered by E+.
3. We assisted our youth workers to recognize that NFL is a powerful method of empowering and developing themselves, bridging social inclusion barriers and enhancing solidarity between nations.

For succeeding to our aims we planned:

A seminar in Romania with the objectives:

1. To present (by sharing experiences) the power of E+ KA1 programmes on developing youthworkers' competences
2. To reinforce synergies and transitions between formal, non-formal education and youthworkers' development;
3. To raise participants' awareness and understanding of other cultures and countries;
4. To increase awareness (through NFL) on social inclusion, solidarity and international cooperation.
5. To suggest, share and create new tools and methods for fostering youthworkers' work.
6. To prepare the organizations for the next level of the project which is the TC.

And a TC in Cyprus with the objectives:

7. To increase awareness through NFL on social inclusion,

8. To support y.w with fewer opportunities in the acquisition of competences (digital, languages, social, L2L-SDL) with a view to improving their personal development
9. To support the professional development of our y.w with a view to innovating and improving the quality of youth work across in project countries;
10. To raise youthworkers' awareness and understanding of other cultures and countries, offering them the opportunity to build networks of international contacts;
11. To recognize and appreciate the improvement in competences through international mobilities and cooperation.

Objectives applied in both mobilities:

12. To help y.w to be more aware of and discuss the value of E+: YiA
13. To help y.w acquire high-quality Youthpass Certificates

We worked using non formal learning (learning by sharing and by doing, outdoor assignments, roleplays, jigsaw methods etc). We have also foreseen a great impact on removing negative stereotypes towards other countries, improved cooperation between youth workers and their NGOs in international level, developed y.w with fewer opportunities in professional and personal level, created sustainable results and examples of international cooperation and provide examples of successful inclusive practices.

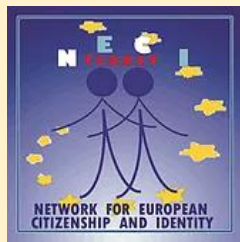
Partners:

Cyprus - Network for European Citizenship and Identity - NECI Cyprus



Malta - Network for European Citizenship and Identity - NECI Malta.

Romania - Network for European Citizenship and Identity



Turkey - Avrupa Vatandasligi Ve Kimligi Dernegi - NECI Turkey

Hungary - Egyutthato Kozossegepito Egyesulet



Lithuania - Vilkauskio vaiku ir jaunimo centras



Poland - Stowarzyszenie Zamojskie Centrum Wolontariatu



Participants:

Seminar	Training Course
Renos Georgiou – trainer	Renos Georgiou – trainer
Elemér Béla Szentpétery - trainer	Desiree D’ Amato -trainer
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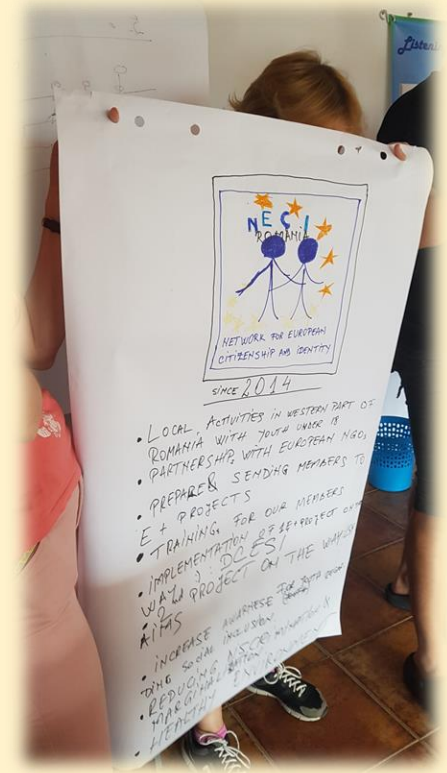
BOOKLET OBJECTIVES

1. To promote idea and different aspects (dimension) of non-formal education as holistic pedagogical tool on base of training experiences;
2. To give opportunities to any reader to reflect on training programme (frame), structure, approaches and different training methods - tools;
3. To inspire trainers and youth workers to experience more deepen view of non-formal education and field of action of social inclusion and conflict management;
4. To disseminate results, outcomes of the project;
5. To share any experiences of the participants regarding EU funded projects in the youthfield.

Photo Album

Seminar









Training Course











NON FORMAL LEARNING SUGGESTIONS

During the training all participants worked in mixed groups to design and plan new non formal learning games (name games, energizers, teambuilding activities and simulations) that support social inclusion or/and sports. They were constantly being provided with feedback by trainers

Energizers:

1. Unity statues

One person is the leader (trainer) and the whole group is moving around the room while music is playing. When music stops, the leader says a word, for example 'peace' and each person must find a partner and build a statue with him/her. Then the trainer picks one or two groups to explain their statue.

List of words for our training course:

- war
- love
- respect
- empathy
- self-development
- success

2. Golden Tongue

The leader shouts a colour and an object then the disciples have to find an object of that colour and touch it with the relevant body part, e.g. Purple finger.

3. Making sweet bread

The group forms a circle and each participant faces the back of the one next to him or her. Then each starts to pretend to pour flour and water and yeast on the back of the other.

Then knead the ingredients together and massage the raisins in. Then open the dough with hand massage on the back of the one in front of him or her.

Cook and spread honey on top of the bread when warm.

Turn around and do the same to the person who gives you the massage called Making sweet bread.

4. The clapping

The group is separated into two circles, they need to clap one after each other. The winner is the group which does it faster. Rinse and repeat.

5. Run for your life

Form two concentric circles stand behind each other in two circles. The rule is that only two people can be in the house at the same time. The captain in to the center says start and the first person runs. A second person runs at captain order to catch the first person. The first person who enters the house is safe. If the person is caught the running order to, reserved. In case she/he enters the house the person at the such of the house, has to start running not to be caught by the second person.

6) a.

Salsa uno dos tres

Participants follow trainer easy begginer salsa steps following the above song .Basic SALSA step ,side step, turn step and diagonal.Then participants in pairs perform the same steps holding hands.

6) b.

The Jenka dance

A well known Finlad Folk Dance that is easy to learn and fun. As it changes the rythm then funny things happen as the steps are mixed up.

Steps are: 2 Left,2 Right,1 front ,1 Back,3 front

7. Rope Triangle Practice

The group is given a proper length of rope in its hands, forming a small circle. Their task is to create an equilateral triangle so that:

- The strain is stretched
- They will all rope
- We collect at least 3 co-workers with garbage cloths while performing the job.

8. Camping trip

Choose a person to begin the game. He says, I'm going on a camping trip and I'm going to bring.... (is making a list of things he wants, such as a black sock, a red T-shirt).

The participants will be in groups of 3 or 4 persons.

They have 5-7 minutes to find the things.

The team who finishes the task earlier is the winner.

Ice breakers

1. God's creatures

People sit in a circle. Everyone has to say his/her name and one unique thing about himself/herself. The next person has to repeat five last people's name and unique things and then add his/her own one. In the end people vote which one was the most unique fact.

2. Compliment guessing game

People stand in a circle. One by one they choose one person from the group, they ask about his/her name and say one compliment and short explanation, for example 'This is Ieva, I think she's good in volleyball because she's pretty tall'.

3. Crosswords

Aim: name game and general introduction

Tool necessary: flipchart and marker.

Participants come one by one to the flipchart, they write their names on the flipchart and shortly introduce themselves, the next participant should find a common letter with the previous one, this way the flipchart is filled one by one into a crossword shape

4. Hobbies and Gestures

People sitting in the circle, one person is sitting in the middle and says one sentence about his/her hobby and then make the gesture like this and all the people who also do it (the hobby) has to sit next to the person in the middle. You can say anything that someone else can have similar. And everyone has to make different gestures of this hobby/informations.

Rules:

- Up to 20 people
- 20-25 minutes

5. Of whom

We put the box in the middle and everyone has to put one of his/her object and then someone has to pick the object randomly and then try to guess to who this belongs by giving arguments: I think this object belongs to because..... The person who is guesing have 3 chances.

Rules:

- Up to 20 people
- 30 minutes

6. Go with the music

The music starts, people are walking around, walking, walking then the music stops and the person in front of the other is touching the nose of the other and saying hi I'mname.....and I'm from..... :D

Rules;

- 5-6 minutes
- no limit of people involved

7. Break the rule

The players are sitting round and everybody says something he has never done, but he assumes that the rest of the group is already there. For example, you could say "I've never been to Larnaca". If he succeeds in finding what the others have actually done, they get a point. The winner who collects three points for the first time.

8. Guess the name

Everybody writes the name on the paper, but only the first letter. For example: ANNA: A...

Everybody comes to another person and ask about the next letter from his/her name.

If that person guesses - can guess the next letter. If not - she/he is coming to another person.

Two people, who have guessed names can take their hands and search the new persons.

Teambuilding

1. Find the ball

Participants are divided on two or more groups. Each group has to stay behind a line. There are 8 of numbered balls on the other side of the line. One person from each group is blindfolded and stands at the other sides of the line. The group guides the blind folded to in box. The collectives of each ball is done in a consecutive manner. After performing the task, the balls are mixed and the second person from each group is blind folded. This game is repeated by putting each ball in consecutive order, by the different members of the groups. The aim is to manage to place all the balls in the box. Who finished first wins.

2. Making the world a better place

We divide people into groups. Then each group decides about the topic related on how you can better the world, for example recycling, and then each person makes individual promise on what they will do to better the world during this project.

3. City Treasure Hunt

Create groups. The groups are set the task of taking pictures of difficult scenarios with the aim of collaborating to complete the difficult challenge. For example, take a picture of a non-european flag, take a picture of a pink building etc. the group must work effectively together to achieve the task.

4. Clues and Tasks Game 2 hours

Youngsters divided in groups of 4 and have to complete the following tasks:

Task A. Find a specific museum in the town and make a photo

Task B. Find the historical monument and make a photo.

Task C. Taste the local sweets or fruit from the market and make a photo.

Task D. Make a photo with the local person.

Youngsters present their work in the rest of the groups and elaborate

5. Shelter

Age: 12+

Players: 30-40 players (5-7 in groups)

Time: 1 hour (for building) + 30 min. debriefing

Tools: Boxes, paper, news papers, magazines, scissors, glue, bucket of water, scotch-tape.

If implemented in the woods - wood, rope, bucket of water.

Description: Divide your group into groups of 5 - 7 members. Give task to build a shelter that would hold water while all group members are inside their shelter.

Extra conditions:

- Everything has to be done in silence.
- Shelter has to hold water.
- All members of group have to fit inside the shelter.
- 1 hour to do it.

Give 1 hour, check if shelters hold water. Sit down for debriefing.

Questions for debriefing.

1. How do you feel in one word?
2. What happened?
3. How did feel while building?
4. Responsibilities in the group?
5. Did there happen to be a leader?
6. What did you learn?
7. How did you find the idea to do it?
8. What was the most different/ easiest moment?

6. Task by task

Age: 12+

Players: 30-40 players (5-7 in groups)

Time: 1 - 3 hours depending on number of tasks + 30 min. debriefing

Tools: paper, phone or camera with filming, pens for every group. If you implement it with actionbound (to code your tasks to actionbound you can here www.actionbound.de): smartphone for everygroup, actionbound app, internet connection at the last point to send results. If implemented out of the venue (in the city) maps of locality. Prize for the winning group if wanted.

Description: Divide your group into groups of 5 - 7 members. Give QR code for tasks or piece of paper with tasks list. Also inform them about time limit and place they have to be at certain given time.

Extra conditions:

- All tasks must be done by all group members.

Give 1 or more hours depending on number of tasks. Check and count results, give a prize if planned. Sit down for debriefing.

Questions for debriefing.

1. How do you feel in one word?
2. What happened?
3. How did feel while doing the tasks?
4. Responsibilities in the group?

5. Did there happen to be a leader?
6. What did you learn?
7. How did you find the idea to do it?
8. What was the most different/ easiest moment?

Example of tasks:

6. Take a video of your group singing and dancing on a song (for facilitator: your chosen or make them decide on their own)
7. Take a picture of you making a sculpture (for facilitator: on your chosen topic or make them decide on their own)
8. Get products and create a dessert containing at least 3 ingredients to give a taste for other groups while having only 2 Euros (for facilitator: for older participants there can be no money at all)
9. Create a poem and use these words: juice, monkey, holiday, funny and apple. Poem should not be shorter than 3 stanzas.
10. Create video containing answers of all members of your group to these topics: favorite hobby, movie, best trip, languages they speak.

Recommendations for creating your own questions:

- You can add some questions to check their knowledge on working topic.
- Add some treasure hunt - hide special prize or any other thing to find in the end or while doing the tasks, give a hint.

Learning by doing

1. Social inclusion - newspaper

- a. The participants work in 4 groups.
- b. Every group will have to prepare the front page of newspaper about social inclusion.
- c. The participants will have to do the research: how their country (organization, governments ecc.) tries to eliminate the social exclusion.
- d. On the front page of newspaper should be informations about events, place, where the people can go, when they need help ecc.
- e. After each of group will present their newspaper with another groups.

PARTICIPANTS' REFLECTIONS

One of the project activities that stood out for me was the coaching task which enriched my knowledge as a Career Advisor in the schools. It gave me another model of working with my teenagers. Acting as a facilitator of growth can unleash the full potential of a person in a multi dimensional area. From career to other issues that a person faces in life.



We discussed what can we do for people with fewer opportunities and which methods we should use to eliminate this problem. We prepared a new methods/tasks for youth workers. Also very important process was reflection on ourselves, our work and implementing good practices to our lives and how we can do it.



Firstly I would like to say that the Training Course was really good organized. I mean location, accommodation, food was perfect.

I learned a lot. Yes. First off all I got lot good power about inclusion. I really thing that all activities we done was very important for all of us. I am taking about my involvement. Threw the different non formal methods we gave lot of information about our selfs. For me the most experienced day was second day, when we try to asked community about social inclusion. It depends on us how we will look on that activity, but for me says a lot. I will used it in my own town the same simulation just because I want to get information about community mind on different tasks. Also I like digital activity, because till that day nobody has not express me how to use camera in good way. Thank you Renos for that person. Hope I will start to use camera again and of course it very good for our youth work.

What I would like focus more, because is really useful in youth work is coaching learning. It was really interesting tasks and we try to do it in good way. I will focus more on it.



It was very creative how we approach the way to present social inclusion with the help of IT and videos. We created the video in the group, which I enjoyed.



Methods which were applied during the TC helped us to tackle issues during our daily work with a creative diversity, during the course we used creative techniques ranging from drawing, visualizing, brainstorming to painting masks to reflect on our self-esteem and gathering the insight and opinion of others.

I benefited from this course by multiple ways; first is by gathering new motivation from the work and ideas of others, new approaches and some methods from the sessions and the discussions, which followed, and of course the new contacts I gathered.



I learn to to talk cyprus people. Information about digital photography machines. I liked the activity with paint masks also the differant dances. Also the tree of competences help me explain myself.

They are good. After than we meet and talk about the activities it was perfect to practice english. I improved my english level. I understand learning english is not grammars or writing. I share my thinking with participants. Ilistened their thinking. Everything is wonderful for me.

It is good organization. Good tools. Good trainers.



In this day I liked the most video about social inclusion. My team had a good idea and we made a nice video. I discovered that I like to play in front of the camera. For few minutes I was an actress. It was something new. After that a professional photographer explained us something about making photo with DSLR and mobile phone. We had to take a photo of local people in emphatic activities. It was easy because our group finded very easy that situation.



... Another example of outstanding task was connected with creating our own masks. We got simple, white masks (they looked like Anonymous one) and we were told to paint our half according to how we see ourselves and gave the other half to paint to someone whose opinion about ourselves we would like to hear. I could have thought that art is for some people a perfect way to deal with social inclusion but I've never supposed that I will enjoy this simple, yet very powerful exercise that much! Not only I got beautifully painted mask but I reflected a lot about how do I see myself, how society can see me and how other person actually describes me. For me it was very enriching experience and I would really like to include it in my future activities.



Personally for me this project it was helpful and I realized that it matter a lot to have a project with 2 separate activities and in 2 phases, model that I want to follow for my future projects. Also all the info that I took from his project added value for my work in general and in special for organization.



All in all it was a fruitful Training course for me and I learned many new things about social inclusion, problems of social inclusion from other countries, photography, about myself and self reflection. I learned new things about each country culture, specially about Cyprus. And now, I have new friends around Europe with whom I will keep sharing my experience.

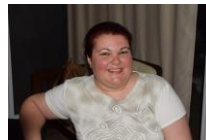


For us, it was interesting to share and listen about different problems everybody faces in their work with young poeple. The third thing, that was extremely involving, was an individual diversity through arts. We were learned how to create mandala and river of life and exercise its power.

We can say that overall this experience was great, useful and to the point when we needed. We met new partners and friends and had nice time exploring Romania.



Firstly I want to thank the organizer. My reflection is mainly about social inclusion. We met as a group of people of mixed backgrounds social workers, teachers, youth workers and others. Most of us shared for the first time new aspects of our work because we focus mainly on the content of our sessions. It was revealing so much about the person why we speak and act in a certain way. Am happy we shared moments of emotions intense at times too. Well-varied and with a lot of self-evaluation. The mask session was a sharing and good combination of work on an individual and as a group.



Overall it was a really good seminar and I would like to be part of the second part due to take place in Cyprus. I would have liked the other participants to be more active and not stay too much in groups of their country but that was not something which I could control. Professional Trainers, Objectives being met, thought-invoking sessions, a memorable location are but some ingredients of a great experience and thankfully all of them were there



The training course was a very good mobility for youthworkers. It was an Educational opportunity to understand the Erasmus + mobility and the values of cooperation and respect between Eu countries. We had the chance to have a collaboration between organizations. Also we had the chance to have the opportunity to improve key competences. Through that mobility we had the motivation

We had an opportunity to present our countries not only on the intercultural evening where we tasted different specialites and admire traditional clothes but only during the activites when we had to prepare history of our countries and then presented it to others. For me it was one of the best activities because I discover how similar and in the same different the history of the countries can be. We also had a chance to make an elevator pitch while being spread in two groups and we had to either be pesymistic or optymistic to encourage someone to take part in the international project. It gave me the confidence of using good arguments but also make me reflect on the fact that we always have to look at others and try to understand them best possible not to harm their feelings



More about the project

<http://necicyprus.wixsite.com/lsbyh2016>

Organizer-Applicant NGO

www.necieu.wix.com/neci

THE END