YOUTH WORK TOOLKIT

NON-FORMAL METHODS TO ACTIVATE YOUNG PEOPLE

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TABLE OF CONTENTS

Activate Youth for social change

This tookit is based on a training course for youth workers funded by the Erasmus + program. The project took place in Plovdiv, Bulgaria in September 2022 and included 27 youth workers from 9 countries: Bulgaria, Romania, Lithuania, Cyprus, North Macedonia, Hungary, Spain, Netherlands and Sweden.

With the implementation of the project the youth workers:
- gained practical knowledge and skills how to make young people in their community more active;
-learned many new non-formal methods and developed their own methods to use with young people;
-gained confidence to motivate "passive" youth to participate in the activities of the partner organizations and community life;

Day 1

1. What would you take on a desert island - in a circle we shared our names and something important to us we would take on a desert island
2. Name kill - one person stays in the middle of the circle and says a name of another participant (without pointing them). This person should crouch and the two people on both sides have to point each other and say the name of the person they see. We rotated our places to keep the game challenging.
3. Things in common - the group is moving and on the sign by facilitator they form a pair and should discover 10 things in common with their partner. In the next stage, each pair finds another pair and the group of 4 people had to find 7 things in common. Then they form groups of 8 and find 5 things in common. In the end, the whole group has to find 3 things in common for all.
4. Pair interview - each participant receives a name of a famous person part of a famous duo (ex.Ginger and Fred) an have to find the other half of the duo. When they do they discuss their hobbies, work/studies, dreams. In front of the whole group, each participant has to present their partner.

Team Building

1. Human machine - in teams of 6-8 people create a machine with your bodies by imitating the appearance,action and sound of the machine. The machine should include all team members.Give the teams 5 minutes to prepare. Once the time is up, the teams take turns presenting and guessing each other's machine. (e.g.typewriter, car wash, ski lift)
2. Two lines - the group forms two lines. Each team has a ball of yarn, the goal is to go from the first in the line through the hands of each team member until it reaches the last one. The end of the game is when the first person to pass the yarn comes back to the front. The team that is faster and more skillful wins.
3. Granny - Participants sit randomly in chairs around the room, 1 chair is left vacant while the facilitator tries to get to the chair and sit in it, participants have to strategize how to keep the chair permanently occupied, observing the rule that only 1 participant can stand up at a time and once up, he cannot return to his seat.

Day 1

What is the issue?

1. Mind maps - The group was split in teams of 4 people. Each team had to discuss and create a Mind Map of the reasons and sub-reasons Why Young people are not active. 25 minutes to work in the groups
2. Each group presented their Mind Map while the trainer collected all ideas on 1 common Mind Map on the Flipchart
3. Each team had to choose 1 reason and create Young people Persona describing the characteristics of 1 particular young person among this group - you can download the template from here: shorturl.at/egxDQ -. 20 minutes

Closing the day

1. Hot seating - 1 member of each team had to sit in the middle of the circle and talk for 2 minutes to present their young person, their motives, their struggles etc. The audience was allowed to ask questions to discover more.
2. Presenting the training program and how it relates to participants expectations shared in the morning (during the pair interviews)
3. Discussing and agreeing together on a Code of Conduct and common rules to oberve during the project
4. Closing activity: the whole groups walks slowly in a circle and each participant is massaging the back of the one in front of them. In 2-3 minutes we change the direction - time for paypback
5. Sharing in a circle - every participant described their day in 1 word.

Day 2

Creativity Boost

1. An object transmutations: the trainer showed an object and described it, then mimed using it as something else via pantomime. The whole group had to do it without repeating the usage (we used a simple wooden stick)
2. Creative tower building: Divided into 4 teams participants had to build the tallest tower using 100 paper cups. The jury (formed of 1 member of each team) had to choose the best tower based on height, aestetics and sturdity.
3. Our dream world - Divided in teams of 5 people, participants had to brainstorm and create the image of their ideal world, where all problems are solved. To think about the people, rights, rules, nature, animals, services etc? What about young people - what is their role, their life, their opportunities, etc? They had to present their dreamworld using a creative method.

Ideation Workshop

1. Presentation of different methods used to generate ideas. You can find the presentation here: shorturl.at/gjuKU
2. Divided in the same groups of 5 people from the previous activity and using one of the 5 methods presented the participants had to generate Ideas How to make young people more active. They had to present their idea through a role play (The 6 thinking hats, Reverse idea generation, Brainstorming, Mind mapping, Visualising)
3. Presentation of the role-plays and recording them on video.

Day 3

Storytelling workshop

1. Participants were introduced to several stories presented by the trainers with the task of identifying the different elements and how they are used to make the stories successful - e.g. a metaphor story, a story presenting a particular mistake/experience, a story presenting how the protagonist overcomes enormous difficulties before achieving success, use of interruptions allowing participants to build together the ending/variations of the ending. Presentation by trainers of other best practices for creating impactful stories + examples. Group discussion and sharing of personal experiences of stories they found impactful or that have been influential in their life/work
2. Victim- accountability chart - shorturl.at/bjxOR

Storytelling for action

1. The participants, divided into groups, created stories that aim to provoke young people to take a more active role in their communities. Each group chose what story format to use and in what direction to develop it, based on what they have learned in the previous session and using their creativity. They recorded them as Tik Tok Videos and they were posted in our channel. You can find all 5 stories here: shorturl.at/mpuS8

Day 4

Name of the method: Why?   Duration: 40 minutes

Number of participants: 30   Age of participants: 15+

Learning goal/objectives: Finding more about motivation; finding out the core reason of our intentions, goals, dreams.

Description:
 Divide the participants into two pairs. Ask them to sit facing each other on a chair. Then, ask the couples to choose who will be a number 1 and who will be number 2 in the couple. Allow up to 20-30 seconds. After they are ready, give 1 min. for number 2 to think about their biggest dream, 1 thing they want to achieve. Then, give instructions that number 1 will ask number 2 the question "What is your dream?", number 2 will answer, and then number 1 in the couple will only ask number 2 the question "Why?", and number 2 will answer. Nr. 1 can only ask Nr. 2 the question Why, no other comments or questions. Nr. 1 is there to support Nr. 2 in the process of finding their core reason or "why" they want to achieve this particular goal. For example:
Nr. 1 What is your dream?
Nr. 2 I want to build an animal shelter
Nr. 1: Why?
Nr. 2: Because I love animals
Nr. 1: Why?
Nr. 2: Because I think they are important for me

The process goes on until number 2 decides that they have found their core reason. The participants then switch their roles.
Recommendations: Make sure that there is enough space between the couples to ensure privacy and avoid being disturbed by the surrounding noise.

Methods Hub

Methods that were adapted or created by the participants during the Training

Method: Collaboration Towers

Target age: 13+

Number of participants: 6 - 24 (2 - 4 teams of 3 - 6 people)

Materials needed: Each team will need the same set of objects provided. Materials should feature some basic items such as cups, paper, scissors, tape, but also any other household items that can be used in a creative way for tower-building - rope, forks, balloons, apples, etc.

Steps:
1. Explain the rules: The participants will be divided in teams and will have 5 minutes to build the *highest* tower using *all items* provided. Teams are encouraged to think creatively.
2. Divide participants into teams of the same size.
3. Provide the set of materials in front of each team.
4. Start the 5 min timer. Give notice when there is 1 minute left.
5. Everyone has to *stop* building when the time runs out.
6. Highest tower is measured and the winner is announced.
7. Debriefing:
   a. *What did you find difficult about the task?* - Answers are expected to feature *collaboration, communication*
   b. To the winning team: *What do you think worked well for you to achieve this?*
   c. *What do you think your team could have done differently to perform better?*

The point here is to reflect on common mistakes in team-working and to bring out the importance of *communication* in *working as a team* as well as other good practices for better collaboration.

Method: 4 words

Number op participants: 4 – 30

Age: 10 years old and up

Materials needed: paper, markers, cards with words

Description: Divide the group into smaller groups. Give every group 1 card. You can think of the words on the card by yourself as a trainer. Some examples for the topic of self-expression are: believe, dreams, challenges, interests. Give the participants the task to think of as many associations as possible with the word on their card. They will make drawings of their associations on the blank paper you gave them. While they are doing the task, you can as a trainer walk to the different groups to see if everything is clear or if they need some help. They will have 5 minutes to make their drawings. The aim of this method is to express yourself in a creative way. Creativity of the participants is challenged and they learn something new about each other by a different, more out of the box way of thinking. After the 5 minutes of drawing every group has 1 minute to present their drawings. One person of the group can represent the whole group.

Debriefing: After the 5 minutes you will plenary ask the participants questions about the activity. Some examples of debriefing questions are: How was it to do this activity? How did you feel during the task? What happened in your group? Did you learn something for yourself or from the other members of the group? Was there something challenging? What was the most important task out of the session that you will take with you?

Time: 20 -25 minutes

Creators: Kostas, Petra, Dea, Maria, Yoni

Method: Life museum

Number of participants: 30

Age recommendation: 16-99

Materials needed: space

Description: Life museum is a method for inclusion and for people to understand a problem in society. First we will chose 10 participants to be the visitors, and 20 to be the statues. So the visitors will go out and they will wait until a facilitator invited them into the museum. At the same time the statues are preparing to show a problem that is in the society. When they are ready the visitors go inside and take a look of the statues and the need to find and resolve the problem. The way that they are going to resolve it is changing the position of the statues from something bad to something good. After finding the solution they can see what kind of differences they made.

Debriefing:
- How did you feel? (as a visitor and as a statue)
- What did you learn?
- After this activity you will be more active in your community

Created by: Elena, Maria, Domantas and Emil

Method:Public speaking

Number of participants:8-25

Age recommendation:15-18

Materials needed:none

Description:
- explanation of the concept, relevance of public speaking
(focusing on body language, voice, etc)
- showing examples of one good and one bad speaker (they speak for maximum 1 minute each)
- group discussion: the participants form two groups, one group discusses the bad speaker, the other one the good speaker (around 2 minutes)
- the two groups share the ideas with each other
- the groups each choose at least one person to give a short speech about a topic they are passionate about/about a certain topic/object
- the whole group can give tips to the speakers

Debriefing:
Brainstorming about where they can use these skills/in what situations = making them aware of why it is useful

Created by:Angel, Berka, Ignacio, Niki

The Fruitbowl (creative problem solving)

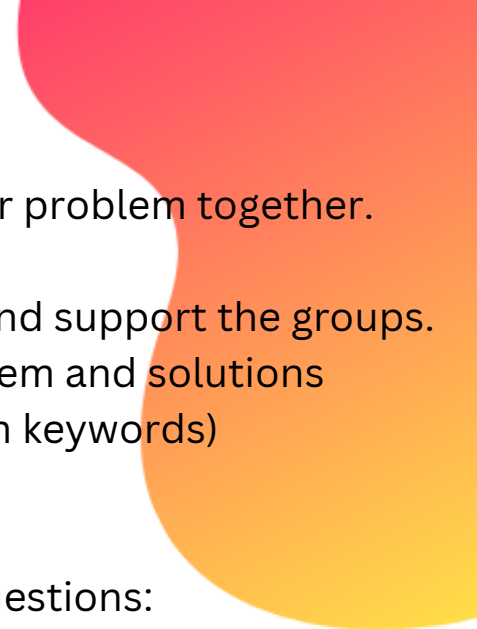Number of participants: 4-50
Age recommendation:15+

Materials needed
-The 'fruit' cards (in bowls)
-A whiteboard
-Worksheets

Description:
·Prepare a pink 'fruitbowl' with pink cards (you can draw fruits on the back). On the pink cards you'll write persons, organizations and characters, such as: the police, the government, you, your teacher, a farmer, an influencer, your family, a hairdresser etc.
·Prepare a blue 'fruitbowl' with blue cards (you can draw fruits on the back).On the blue cards you'll write different locations and places, such as: at school, in the gym, in a bar, in a restaurant, in the train, at the beach etc.
·Create worksheets (one for each group)

Implementation
-Divide the group into smaller groups (with a class of 30 people, you will divide the class into 4/5 groups).
-Explain to the class that they are going to solve a problem, for example: "REDUCE THE USE OF PLASTIC". This problem is the same for every group, but the person (THE WHO) and the location (THE WHERE) differs in each group. How can…… (PERSON) "reduce the use of plastic"… in/on … (LOCATION)
-Then give each group 1 pink fruitcard out of the fruitbowl, and 1 blue fruitcard out of the fruitbowl. Now for all the groups the question to the problem is different.

Give every group 5 minutes to work on solutions for their problem together. They can write down their solutions on their worksheet.
-During the 5 minutes, walk around in the class to help and support the groups.
-After the 5 minutes, you will discuss each group's problem and solutions plenary. (You can write all solutions on the whiteboard in keywords)

Debriefing:
-To debrief the session, you can discuss the following questions:
oHow did you feel after using this method?
oWhat did you think this method is about? (The method is about: thinking outside of the box, creativity, awareness, problem solving and teamwork)
oHow do you think you can use this method in your daily life?
-Provide the class with a conclusion of the session:
By randomizing a problem and having to create solutions fast for a random problem, people's creativity and outside of the box thinking is triggered. You can use this in your daily life to solve problems by thinking outside of the box.

Created by: Margaritha, Daivaras Kvedaravicius, Ayse & Marlotte Ketelaar

Name: Bob the builder

Number of participants: 6-15 people, but if there is more, you can divide them in 2-3 groups
Age: from 14 years old

Materials: blindfolds, cups (or it could be legos, pens and other materials to build the tower)

Description:
Divide your group to 3 different groups. Build a tower from your chosen material behind a wall/door, so it's hidden.
1st group – are deaf. They can't talk, can see but can't build. They can only communicate with their body language, and they are the only ones who see the tower.
2nd group – they can't move, can't build but can talk. They try to understand what the 1st group are showing to them and try to communicate that to the 3rd group, who is building a tower.
3rd group – they are blind. They can't see but can build and talk. They are blindly building a tower using 2nd group instructions.
The groups are working together until they build the tower correctly. It can be a time limit but it's your decision.

Aims: to raise awareness about disabilities, teamwork, communication, creativity, trust, social inclusion.

PARTNER ORGANISATIONS

Orenda Foundation (Bulgaria)-
https://www.orendabulgaria.com/

NECI (North Macedonia) - https://necinmk.webnode.com/

Stiching Yeuth (Netherlands) -
https://yeuthnl.wixsite.com/home

Positive Youth (Sweden)-
https://positiveyouthngo.weebly.com

Youth for Exchange and Understanding
Cyprus - www.yeucyprus.org

CPDIS (Romania) - www.cpdis.ro

Rokiskis Jaunimo Centre (Lithuania)- http://www.rjc.lt/apie-
mus-21/lt/

Youth Bridges (Hungary) -
https://www.youthbridgesbudapest.org/

Aktive Kosmos (Spain)-
https://www.facebook.com/AktiveKosmoss/

PROJECT RESULTS

29 youth workers from 9 organisations took part in this 8-day training course. During the project we were learning about different topics related to motivation, creativity, storytelling, activating young people for change. Together we created:

- 6 methods to encourage young people to be more active
- 5 videos to promote active attitude that we posted on Tik-Tok
- 1 Toolkit with useful methods and session descriptions
- we visited and conducted non-formal workshops with students from the language school "Edmund Burg"
- we exchanged methods from our practice and started talking about future possibilities
- we found friends and made memories for life!

TESTIMONIALS

"The topic, youth activation, was really well developed during each session and the activity I enjoyed most was the "types of education"workshop"

"I really enjoyed the combination between the theoretical part and the non-formal methods that we experienced ourselves"

"The project has helped me to learn about different activities and methods to do with young people. To encourage group work, to have more confidence in myself and knowledge about social education."

"I loved visiting the local school , being able to apply everything learned in practice and especially to try our own method, that we developed during the training. So exciting!"
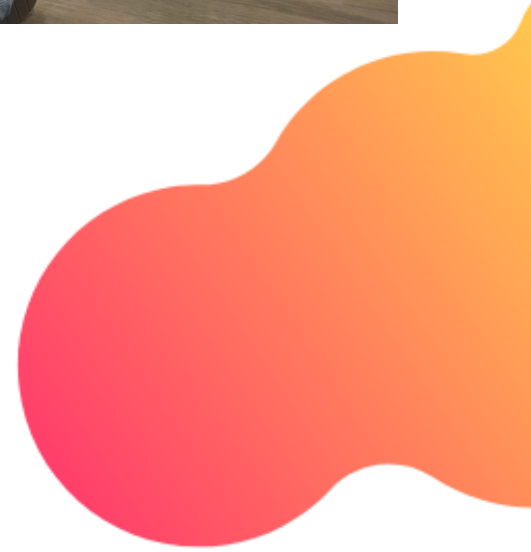
Contact for additional information: orenda_varna@abv.bg