

INSPIRE *and* Create



**SHARING GOOD PRACTICES IN THE FIELD
OF YOUTH WORK**



center za mlade domžale



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ABOUT



Inspire and create – sharing methods and good practices in youth work

Erasmus+, Mobility of youth workers, Seminar

Inspire and create seminar took place between 20th and 24th of November 2023 in Domžale, Slovenia. 14 participants from 7 organizations and 2 facilitators participated in the seminar. The main goal of the seminar was for the participating organizations to share their good practices and methods in youth work through workshops where participants could engage and test these methods. The objectives of the activity were:

- to explore various tools and methods used in youth work,
- to test methods and activities in hands-on workshops,
- get to know good practices,
- to bring new methods and ideas back to their organizations,
- and to collect and document shared methods and good practices in a booklet.

Presented methods and workshops, with instructions for the implementation and preparation and comments, have been collected in this booklet.

Participating organisations:

Center za mlade Domžale, Slovenia (coordinating organisation)

Be International, Czechia

Make it Happen, Cyprus

NARKO-NE, Bosnia and Herzegovina

Mladinski center Zagorje ob Savi, Slovenia

Asociación Juvenil "Jarrón Club", Spain

NEXES INTERCULTURALS, Spain



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EDUBOARDS

Authors/Organisation	Be International
Theme of the workshop	Educational board games
Goals / aim of the workshop	Introduce game-based learning
Duration	2 hours
Materials needed	different types of board games, board game components (dixit, dice, tokens) and small ball
Extra (links, good to know, possible alterations ...)	https://shop.playversity.co/product-category/tabletop-games/ Mental health game: outline , printto play , photos for booklet , canva for translation

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION WITH PARTICIPANTS COMMENTS

1. Energizer: Heija-Hotdown-Fluppy

Standing in a circle game leader introduces the first move “Heija” by gathering energy in their hand and sending it to the next participant with a wave-like hand movement while saying “Heija”. The receiving participant passes it on in the same way, with the same movement, sound and energy level. After couple of test rounds game leader can introduce “Hotdown” where participant goes down uttering “Hotdown” at the same time. Hotdown changes the direction of the sending energy with Heija. A bit later also “Fluppy” (both hands together pointing across the circle) can be introduced to bounce the energy directly to other part of the circle of players.

2. Creating a simple game

- 12 participants were divided to 4 groups of 3 participants around 4 tables.
- Each table had a different selection of pieces from different games (Dixit, Chess, Monopoly, Domino...)
- 1st stage participants were invited to invent a short simple game with the pieces in 5 min. All the groups did come up with some kind of game. (Mixture of poker and dice with monopoly houses as waging pieces; Card collecting game with colours on Dixit cards; Storytelling game with Dixit -cards; Fetch the Head on chess board)
- 2nd stage participants were asked to how their created games could be used for education.

3. Playing educational game

4. Reflection and explaining of game-based learning mechanics and principles

EXTRA INFORMATION/REFLECTION FROM THE GROUP

Energizer

- When adding new commands like Hotdown of Fluppy we can ask participants what elements they are missing, what command they would like to add. To support creativity for the next task.

Reflections on creating games from random pieces:

- Sometimes giving restrictions (in this case having predetermined game pieces) makes it easier to be creative
- If leader plays, participants often come to play too (also kids and youth) You can give participants just the game without the instructions and ask them to play it like that. Later you can give them the instructions, too.

ESCAPE ROOM



Authors/Organisation	Center za mlade Domžale
Theme of the workshop	Opening topics on Erasmus+
Goals / aim of the workshop	- Team building activity - to connect the group - Escape room contains Erasmus+ topics as puzzles, which makes it interesting starter of topics on Erasmus plus - To get to know Erasmus plus programme during "game"
Duration	1h / 1h30 including discussion after
Materials needed	Depending on the escape room design
Extra (links, good to know, possible alterations ...)	You can find many ideas for puzzles online. For us was helpful book <i>How to create a low cost Escape Room for camps, youth groups and community centers</i> .

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION

Creating an escape room from scratch may seem challenging, but it's worth the effort. Start by defining the main topic of the game and determining the key information you want participants to learn through the tasks. It's also essential to consider the target audience for the escape room experience. We decide to use escape room as an opening tool for topic on Erasmus plus and our focus group are youngsters (18+). And around information, you would like share with escape room players you create different puzzles and riddles. We included Youthpass key competences, Erasmus+ distance calculator information, logo puzzle, ...

Our story was: Today you are leaving for your first youth exchange. You are waiting for train and decide to have cup of coffee. When you step in coffee shop you realize that place is closed, and when doors close, they get locked. You need to find spare key that is hidden in coffee shop to get out. But hurry, you have just 45 minutes before your train leaves.

First task was to find a starting point – poster that give them more information where to start. On the poster was written: *Dear traveller, got stuck in the room? We suggest you take a book and relax. Now you have time for yourself. Think, is there any specific colour that is your favourite? Maybe this is also time to think and reflect about different values we have. Enjoy your time!*

Underlined words lead to book Colour and values and inside the book you find the equation and next hint. We hidden 8 key competences, each containing number for the equation and the solution of the equations opens first lock. Lock open suitcase which contained more clues ... And so on till the final lock where key is hidden.

You don't need a lot of materials or expensive equipment to prepare fun and interesting riddles. We used materials from flee market (old cups, broken games – letters,) and cards, games ... that we use in everyday youth work. You also don't need a lot of space; you can create escape room also outside.

Important thing is to test the escape room you created. Test it more than just once, because different groups work in different ways, and you see what needs to be improved. Example: idea id the puzzle was that the number of balls inside the specific cups will unlock the next lock. But at first try, participants throw out all the balls before they came to the clue about the cups. Therefore, we

wrote numbers also on the bottom of the cups, otherwise escape room becomes mission impossible. throw out all the balls before they came to the clue about the cups. Then we wrote numbers also on the bottom of the cups, otherwise escape room becomes mission impossible.

Some ideas for puzzles and riddles:

1. Use invisible ink. You can hide UV lamp and battery separately.



2. Use empty coffee cans and inside you can hide pigpen cipher, which you need to decipher the letter.



3. Puzzles. We had password for computer written on the other side of puzzles. But to get the password you needed to decipher letters with cipher wheel.



Useful hints:

- Make a model of escape room puzzles it makes it easier to visualize the whole process.
- Tag the lock with their lock number.
- Have a spot in Escape room where participants will put all their solved locks – otherwise you have a lot of work finding every piece.

EXTRA INFORMATION/REFLECTION FROM THE GROUP

- When giving instructions, it should be like nobody has been in an escape room before...
- Starting point should be easy for more motivation
- Maximum nr of persons in a group: 4 to 5 would make it more active and participatory
- Suspenseful background music could drive up the pressure
- Have plenty of spare locks and other easily breaking objects at hand to replace broken ones between the groups

Ideas for more tasks:

- Morse code based or Braille based (the codebook needs to be provided)
- Based on smells, for example teabags or small glass jars covered with net/cloth having vinegar, tar etc. in)



ARTS IN YOUTH WORK

Authors/Organisation	Jarrón Club and Asociación Juvenil Almenaras
Theme of the workshop	How to use art-based methods such as social circus in youth work?
Goals / aim of the workshop	- To get an overview on what social circus means - To acquire a better understanding on how arts can positively impact in youth work - To provide the opportunity to participate in some basic activities
Duration	1hour 30 minute
Materials needed	Flip chart size sheet, crayons, pencils, markers, one A4 sheet for each participant, balls, music player (our own phone or a computer) and speakers
Extra (links, good to know, possible alterations ...)	You need open space in which participants can freely move during activity, outdoor or indoor. Chairs and tables for drawing.

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION

Toss a ball

Energizers, for wake up our reflects and attention and making time till everyone is ready to start. We go in a circle, and everyone point up with the finger of the same hand (let's say right) and then we place our (left) hand flat on the finger. At the count of three everyone tries to grab the finger with the flat hand at the same time everyone tries to avoid to be grabbed. After a couple of rounds we change hands.

Second energizer is to start playing with balls. Still in a circle we split participants in two teams in a way they are situated in the circle in alternative positions. We introduce two balls in opposite sides of the circle. The participants need to pass the ball to their team member following the circle and making them try to be faster than the other team and managing to "capture »the other ball. First on one direction and then on the other.

Main activity: only one ball in the group. The facilitator passes the ball to anyone in the circle, and this person needs to pass the ball to anyone who didn't receive the ball. We will create a round of passing ending in the facilitator. Participants need to get used to the pattern and as used they are getting, we can add more balls. Then we can change position in the circle and keep the same pattern. Final stage is to freely move around the space while passing balls following the same pattern.

Drawing

Participants sit in the circle and receive A4 papers with different pencils and colours, Next step is that participants receive the question - "Who?". At this moment they decide who will be the main character of their story.

After they write it down, they fold this part and pass the paper to the person on their right. After that participants answer the question "With who?" and repeat the action. Next questions are - "When", "What were they doing", "What happened in the end". After all the questions are answered, participants open the papers and read the crazy stories that appeared from this activity.

In the next step they try to draw and visualise their story. After the drawings are ready, participants present their results with the stories that they had.

The objective of this activity is to develop creativity skills and through funny activity to get out from the frames that we usually have. Final stage is to make a common debriefing, finding variations and ways to adapt games to our target groups and getting feedback.

EXTRA INFORMATION/REFLECTION FROM THE GROUP

Playing with balls

1. Getting more difficult when more balls enter the circle.
2. It is allowed to drop the ball, just pick up and repair.
3. Moving around and still throwing the ball to the same person. Raise the creativity in throwing and catching. Creates more relaxing, easier atmosphere, does not focus on making mistake (not catching the ball).
4. Option just rolling the ball on the floor (for people with mobility issues).
5. Idea of making a video of the pattern created as part of the dynamic.

Drawing exercise

- Give step by step instructions.
- This workshop helps to go out of the frame, out of the box. Just expressing yourself, on the paper. It is not about the outcome, not about showing off your skills.
- It's important to say that the activity is not about drawing skills but about the creative process and take the challenge.
- Put some safety locks to avoid bullying.

ADDICTION PREVENTION AND HEALTH PROMOTION



Authors/Organisation	NARKO-NE
Theme of the workshop	The workshop theme includes learning about different forms of addiction, raising awareness about the importance of health care and promoting healthy habits.
Goals / aim of the workshop	<ul style="list-style-type: none"> • Acquiring an understanding of basic concepts of addiction prevention and health improvement applicable in daily life. • Raising awareness among participants about their relationship with addictive and risky substances and behaviours. • Increasing the awareness of young people about health-risky behaviours. • Known risk games
Duration	1h 30min
Materials needed Extra	Crepe tape or duct tape, laptop, projector, stickers, paper flower
(links, good to know, possible alterations ...)	Link menti.com

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION

1. Each participant will receive a card attached to their forehead with the name of a substance or behaviour that can cause addiction. Their task is to try to understand which addiction they "have." No one is allowed to tell them what is written on their card. They ask questions, and the answers can only be YES or NO. If the answer is NO, they move on to the next person to ask. If they receive a YES answer, they can ask another question to the same person. Once they recognize the addiction, they come to us, and we will remove the card and give them a new one. We will continue guessing until all the cards are used up.

Afterwards, we discuss with the participants whether it was difficult for them to discover what they are addicted to, whether they believe one can become addicted to these things, etc. In the second part of the activity, participants are required to classify the cards into the group they believe they belong to. In this segment, we will encourage discussion, especially when it comes to addictions that are not easily decided upon in terms of which category they belong to especially when it comes to addictions that are not easily decided upon in terms of which category they belong to. The goal of this activity is to highlight various types of addiction and provide participants with insights into the various things people can be addicted to.

2. Participants need to enter menti.com (Consumption Profile) and input the code displayed on the screen. They should indicate to what extent each category applies to them. After that, they stay on Mentimeter but need to enter a new code (Society Consumption Profile) and answer the question.

The aim of this workshop is for participants to become aware of what they consume and assess the extent to which they do so.

3. Everyone will receive a paper flower with an equal number of petals. The moderators will read specific statements related to health improvement, representing daily activities and habits that can contribute to the development and enhancement of health. Those to whom the statement applies should do nothing, while those to whom it does not apply should tear off one petal from their flower. Towards the end of the workshop, instruct everyone to pay attention to how many petals are left on their flower. The more petals they have, the more healthy habits they possess. The aim of this activity is to emphasize how easily some of these habits can be incorporated into their daily lives, and to encourage them to share what else they do in their lives to preserve and improve their health.

4. Know risk games

As part of this activity, participants will play one of three games related to addiction prevention (Associations, Memory, Find out if you can). The games are competitive in nature, and participants are divided into groups. The goal of the game is to encourage discussion on the topic of addiction prevention and exchange different opinions and knowledge.

EXTRA INFORMATION/REFLECTION FROM THE GROUP

- Topics on cards: video games, coffee, living in the virtual world, smartphones, obesity, misuse of medication, selfies, heroin, etc
- Aim of the activity: you can get addicted to anything- raising awareness... not about forbidden things, but about knowing the limits.
- Make two groups: Each group receives a pack of cards: group what cards can be related to each other. Explaining what and why- for example legal and illegal drugs. Etc.
- 5 words: abstinence, abuse, use/enjoyment, habit, addiction: put them in the right order. Discussion about why we ranked it in this order. What is the meaning of these words, in what context? Addiction becomes addiction when it starts to influence your daily behaviour/structure.
- Statements for flower activity: I eat breakfast every day, I try to eat healthy every day, I spend no more than two hours a day in my free time before the screen (TV, computer, phone etc...), I do physical activities every day ...
- "Guess who?" -game could be easily used for any topic. Liked that the game continued even if one guessed their own sticker (new sticker was given).
- Really easy way to go into subject, either deeper or just on the surface.
- Tearing the leaves off the flower hurts and can in that way push people a bit to change.
- The flower activity can be quite sensitive and could use some fun activity afterwards.

EMPATHY THROUGH SENSORY EXPERIENCES



Authors/Organisation	Make it Happen
Theme of the workshop	Inclusion (visual impairment, non-verbal communication, challenges of expression, language barriers), Team building, Working as a whole group, Strategic development, Creative thinking
Goals / aim of the workshop	<ul style="list-style-type: none"> • To promote diversity and to ensure that everyone can fully participate. • To promote strategic development and creative thinking. • To develop problem-solving and innovation. • To encourage a more inclusive and understanding environment. • To foster self-reflection and empathy.
Duration	1h
Materials needed	2 sets of post-it notes, pen, string or chairs

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION

1. Energizer: Teddy bear

The leader introduces the imaginary teddy bear in their arms and does something (giving a kiss, hugging, offering honey etc.) before giving it to the next one, who in turn tells them that they have the teddy bear and what they do with the teddy bear. Second round the participants will do the same thing they did to the teddy bear to the person standing next to them.

2. Game: Trust bubble

Participants form groups of 4 persons. One of them goes in the middle of the small group and others form a circle holding hands around the person. The person in the middle closes their eyes and starts walking slowly while the circle around goes with the person and tries to protect them. After a while the person in the middle changes.

3. Activity: Empathy through sensory experiences.

1. We put 4 chairs in each corner of the room and tie a string around them (or use chairs in a circle if we don't have a string)
2. Participants go out of the room and are given a small paper with a number on it. They don't share it with anybody.
3. They enter the room with their eyes closed and without opening the eyes and without talking, they try to find their place in the room (according to their number) and form a round chain. They have 10 minutes to do this.
4. Then, they open their eyes and see the result. We ask which participant was number 1, 2, 3 5. If there are any mistakes, we do it again. This time they have 10 minutes to come up with a strategy of how they'll do it, but there is one rule: During these 10 minutes they're not allowed to communicate in English.

6. They exit the room again, get their new numbers, and re-enter with their eyes closed. They have 10 minutes again this time.

7. Then they open their eyes and see how they did.

8. After, we sit in a circle, and reflect by asking questions like: if it worked better the second time, if coming up with a strategy helped, if language communication was a problem, if they chose a leader or it came naturally, if time was enough, how they chose their common communication language, how people that succeeded feel, how people that couldn't find their place feel, if they felt safe walking around with their eyes closed, if they want to do it again. Finally, we get one word from everyone in the end while in the circle.

EXTRA INFORMATION/REFLECTION FROM THE GROUP

- When working with youngsters sensory issues, have in mind that during the exercise there can be a lot of contact (trying to find the place with eyes closed).



THE POWER OF GAME DESIGN

Authors/Organisation	Meraki Jocs and Nexes
Theme of the workshop	Game Based Learning (GBL)/ Game Design / Project Based Learning
Goals / aim of the workshop	- To have a knowledge about basic concepts of GBL - To understand the power and the possibilities of game design projects with youngsters - To experiment the process of game design by designing a basic game prototype.
Duration	2h 30 min - Game
Materials needed	Components Board Games Computer
Extra (links, good to know, possible alterations ...)	Game design methodology models: https://gameonproject.info/en/activities/13450 MAIN WEBSITE Game design Podcasts: https://gameonproject.info/en/activities/12339 MeMos explainer videos: https://www.youtube.com/watch?v=hyLoqQhF2c4&list=PLorYje09pD1hX6-iejLgl8rmfOZDCYY4d Game design and inclusion videos: https://www.youtube.com/watch?v=F2mC5VhC4II Game design manual: https://drive.google.com/file/d/1NDVM6rXfxIIEnsuQ0tdxVKluSb7wGb9n/view Online learning resources: https://gameonproject.info/en/opportunities?config=playlists

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION WITH PARTICIPANTS COMMENTS

Started with energizer: BINGO

What is a game?

Every participant needs one marker and one piece of paper. Question: what is the first sentence on Wikipedia on the question What is a game? You put answers on the ground, and everybody reads and choose the one who they think is the right one. 5 points for the right answer- one extra points if anybody chooses your definition of game.

ANSWER: *A game is a structure of play usually undertaken for entertainment and fun and sometimes used as an educational tool...*

Presentation and theory (see above links)

- Share the experiences of the Game On project
- Explanation the basic concepts of Game Based Learning

- Explanation of the possibilities of game design.

Game design process - LETS design our own game

- Give a topic and a game to each group
- Ask them to modify that game to achieve a goal related with that topic
- Help them in the process.

On seminar we adapted game UNO, exploding kittens, jungle speed, Splendor ... Goal was to adapt game to follow one of the European Youth Goals.

Game Test

- Presenting games and play other teams' games
- Space for Q&A

EXTRA INFORMATION/REFLECTION FROM THE GROUP

Components/Materials: you can get materials for game design creation - dices, wooden cubes and coloured sticks etc... with stickers to design your own icons and values etc...

ACTIONBOUND



Authors/Organisation	MC Zagorje ob Savi
Theme of the workshop	Outdoor group action guided by an Actionbound -application
Goals / aim of the workshop	Teambuilding, get to know surrounding, introduction to different topics
Duration	1h 30 min
Materials needed Extra	● Actionbound application ● Path with stations made to the Actionbound application
(links, good to know, possible alterations ...)	https://en.actionbound.com/

WORKSHOP PLAN / STEP BY STEP IMPLEMENTATION WITH PARTICIPANTS COMMENTS

The application is for creating scavenger hunt type activities outdoors. App can guide from station to station by arrow or showing the next destination on a map. Station activities can include things like videos, quiz, open questions, taking and uploading pictures and videos, recording voice message, and looking for QR-codes. Going through the tasks can award points and at the end teams can see and compare each other's answers. Apparently, the game can also allow going through the stations in random order and playing one path over multiple sessions.

EXTRA INFORMATION/REFLECTION FROM THE GROUP

- Take time to check that the tech works for everyone. One group had a phone that wouldn't show the directing arrow on the app.
- In longer living paths problem can be the changes in the environment due renovations, road changes etc.

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