

# TOOLKIT

Prepared by participants of the project  
co-funded by Erasmus+ Programme with  
one mobility of youth workers the Training  
Course Youth Activator in Harmony that  
was organised by Youth Support Centre  
from 10<sup>th</sup> to 18<sup>th</sup> of April 2019 in Willa  
Jagniatkow, Jelenia Góra, Poland



Youth  
Support  
Centre

Co-funded by the  
Erasmus+ Programme  
of the European Union



# THE IDEA WHY WE NEED IT



These days young people have troubles facing challenges, paying attention, they lose motivation, involvement, and patience very fast, they do not see any reason to be active in social life.

We want to help youth to find inside balance, this will stop the hate speech and fear of being individual.

We want to boost integration of youth on local, national and international level.

Their motivation and confidence needs to be stimulated to raise their self-esteem.

All of these will be reached if youth workers that young people meet on their paths are equipped with competences and attitudes to give them good example.



# About the project



To answer the needs of youth, youth workers and NGOs we designed, applied, prepared, implemented and evaluated the main activity – a Mobility of Youth Workers – a Training Course of the project **Youth Activator in Harmony**.

The Training was hosted by Youth Support Centre from 9th to 16th of April 2019 in Jagniątków, Poland and designed for participants coming from Italy, Macedonia, Poland, Romania, Latvia, Greece who are locally and internationally active youth workers, youth leaders and volunteers working with youth within their sending organisation.





## Workshops description



You are free to use the examples we have simulated and tried out on ourselves during the Training.

We recommend them all for youth work.

More about the project:  
<https://yahbyysc.wordpress.com/>

Contact:  
[contact.ysc@gmail.com](mailto:contact.ysc@gmail.com)

# PLAYFIGHT AND BALANCE



## Detailed description of the example proposed by trainer

There are 3 levels where you can move: upper, middle and lower (floor).

- 1) In groups of 3 people, move in a way that each one is in one of the different levels. Try not to speak.
- 2) In groups of 3 people, move to fill the empty spaces between each other, without touching.

## Modifications proposed by participants

- 1) Each one of the 3 people decides on one place in their body that they cannot move so much, or on a specific disability (eg blindness).
- 2) Each one of the people who has to be on different level. Everyone should be on the same level.  
Merge 2 groups together.  
In pairs, one freezes in a pose with their eyes closed, the other fills two spaces around them.

## Application area/group (how, where, with whom to use it)

th disabilities / injuries.  
Young people. Adults.

- 2) Children. Young people. Adults.

## Careful with/Pay attention to

Safety  
When working with people with disabilities, be aware of their needs / difficulties / feelings, adjust the situation.

## Comments

# SAFETY AND BALANCING



**Detailed description of the example proposed by trainer**

Two people standing face to face. They blend to each other (collapse), without lifting their feet. They support their weight with their arms.

**Modifications proposed by participants**

When bending keep eyes closed.  
Standing back to back, going down, touching the floor and going back.

**Application area/group (how, where, with whom to use it)**

To improve confident.

**Careful with/Pay attention to**

Pay attention to the distance.  
To connect people with almost same weight.

**Comments**

One of the most useful.

# BALANCE TOOLS



## Detailed description of the example proposed by trainer

- 1) diri diri diri diri diri diri dam dam diri dam dam dam diri dam (song / energizer)
- 2) muscle stretching - each joint stretched separately. Doing only one side of the body - so you could feel differences between stretched and other side
- 3) Haha position - do squad with tongue out, like Maori traditional people
- 4) Bamboo stick "dance" - put bamboo stick between two people and they have to move around

## Modifications proposed by participants

- 1) Not everybody feels comfortable showing their tongue
- 2)
  - a. you can dance
  - b. holding with different parts of body
  - c. trying to do it with different levels (one person sit, one lay down, one stand - game)

## Application area/group (how, where, with whom to use it)

- 1) Circle, divided in groups, singing song by parts in canon; Use it with everyone.
- 2) With everyone.
- 3) Everyone. Preferable for youngsters.
- 4) Everyone. Preferable for youngsters, so they improve their social skills.

## Careful with/Pay attention to

- 1) Use only this song or similar words / vibe.
- 2) Do it carefully.  
Do not hurt yourself.

## Comments

Energizer with good vibe for starting.  
Stretching is important - try to do it with one side of the body and later with the other to feel the difference!  
Tutorials: <https://youtu.be/aW7cGjZUavw>  
<https://youtu.be/EZGnktKAUxg>

# VOICE TOOLS AND HARMONY THROUGH THE SONG



## Detailed description of the example proposed by trainer

This activity is done in couples. One of them keeps a flat tone (base) and the second one is making a melody. Then one of them slowly changes the tone while the other responds to it in a continuous overlapping of voices. The second they produce could be a vowel or humming.

- 1) A group of more than 2 people. It would be easier to give roles by establishing 3 main ranges in which people can produce sounds (high, middle, low).
- 2) Both of them start producing different vowels. Each vowel is linked to a specific tone. One of them starts with a higher voice while the other one is doing the lower voice. They meet in the middle tone-vowel.

## Modifications proposed by participants

It would be easier to apply it in small groups, preferably not during the first days, because people are not so confident with their voice in public.

## Application area/group (how, where, with whom to use it)

It could be used with everybody. In addition, it would be used with groups of children for educational reasons (eg alphabet).

## Careful with/Pay attention to

- People who are less confident with their voice by not pressing them to do it.
- Don't apply it in a small room with a lot of people

## Comments

Good way to keep your personal balance in order, not to get distracted when you are doing the activity.



# VOICE AND RHYTHM IMPROVISATION TOOLS



## Detailed description of the example proposed by trainer

Call and answer: group in the circle. 4 proposals from each person, and repetition of each one from the group.

Singing wave - a person sings a phrase, the next repeats and adds another phrase, the next repeats second phrase and adds own, and so on.

Improvising orchestra - the director gives each one a pattern, one by one, and decides when they start and stop

## Modifications proposed by participants

The person who makes the call improvises during the group repetition.

More than one director.

Movements instead of singing

Difference in dynamic

After creating the background, improvise solo.

## Application area/group (how, where, with whom to use it)

Groups and individuals that need their creativity let out.

Team building

Energizer

Connection between self and environment

To discover talents

## Careful with/Pay attention to

People who feel too uncomfortable with it. Start from simple phrases and be aware when using more complex ones.

## Comments

## Detailed description of the example proposed by trainer

We proposed some of the tools we used in these days and worked on them. We explored the details of each activity and experimented leading as trainers.

## Modifications proposed by participants

We proposed some modifications to two activities/tools:

- Guiding a blind person: the modification proposed was to guide a partner through vision stages. People were guided from a situation of calmness to a situation of mess, through various stages of stress.
- Improvisation orchestra: Two modifications were proposed. We tried to involve the Serbian song in the main line and burdon, and improvise on it. The second one was changing the director of the choir. The performer who would propose his "patterns", changing the ones given by the previous performer.

## Application area/group (how, where, with whom to use it)

This is a good proposal for groups with people who want to experiment their ideas and focus on specific tool. Basically to any group of work. Also to practice leading the session.

## Careful with/Pay attention to

Groups need to manage with leading. Be careful not to exaggerate with giving tasks, because people might not be expert.

## Comments

Good way to work on leadership and tools

## Detailed description of the example proposed by trainer

4 stations / tables. Each table having a subject. Participants from a group, random number of people in the group. Each group starts at a particular station and rotates (approaches) to another station / table in limited time (10min). At the end all the groups read all the papers.

- Each table has an “administrator” that stays at the specific table.
- Two rounds.
- Discussion in the end.

## Modifications proposed by participants

- Brainstorming.
- Summarizing.
- Mind-mapping.

## Application area/group (how, where, with whom to use it)

Youth

## Careful with/Pay attention to

Choose the right purpose.  
- Having enough time to discuss, if needed.

## Comments

# ECSTATIC DANCE



## Detailed description of the example proposed by trainer

Practice of dance takes approximately 5 hours. We have done a short version: 2,5 hours.

Two rules: Don't speak, don't take drugs and alcohol. If possible stay until the end.

Three phases: 1) Warm up 2) Ecstatic dance session, 5 stages are: flowing, stacatto, chaos, lyrical, stillness - it takes you in different states and emotions 3) Cool down: coming back from the trip, relaxing mind and body and soul.

## Modifications proposed by participants

## Application area/group (how, where, with whom to use it)

If possible to organize outdoor in nature.  
Good for everybody willing to come.

## Careful with/Pay attention to

Setting the right space.  
Irina said: It is important to start and close in the circle. It is very important in the beginning to clarify to the people the different stages and atmosphere they will meet.

## Comments

Deep, free and spreading good energy in the body and in the whole group.

# HARMONY THROUGH THE SONG



## Detailed description of the example proposed by trainer

In the circle make an warm up: share and make a sound ' aahhh', you can put your tongue out. Sing a song NOVA KOLA from Branko Tadzic.  
The polyphonic version.

## Modifications proposed by participants

Participants are divided into sub-groups: female/male.  
  
Sharing vibrations: 2 people - base  
1 person melody

## Application area/group (how, where, with whom to use it)

Any group

## Careful with/Pay attention to

People with loud voice to sing lower.

## Comments

Tutorial: [https://youtu.be/1Ei\\_GZZcu3Q](https://youtu.be/1Ei_GZZcu3Q)



# GROUP IMPROVISATION SCORE TOOL



## Detailed description of the example proposed by trainer

Prepare the box with cards of 3 different colors. Each color means: time, number and task. Think about creative tasks, for example: sing all the time, jump on one leg, scream i love you, try to collect all shoes, walk with eyes closed, loose balance all the time etc. On cards with numbers write 1-15 and on cards with time: 30 s. 1 min. 3 mins, 45 s. 55 sec. First volunteer takes card with number and time, others join and take cards with task - each person takes one card. When they start they keep doing the task in the certain time.

## Modifications proposed by participants

Participants can suggest and write down own ideas for tasks. The group starts with 2 people and every 15 s. One person joins and takes a card with task. The audience may try to guess what was the task of each person.

If you play more than once, person who takes same task that before may change it for the new one.

## Application area/group (how, where, with whom to use it)

Schools, theaters, youth

## Careful with/Pay attention to

People with disabilities

## Comments

To get out of the routine

Tutorial: [https://youtu.be/M9VUor0\\_wxQ](https://youtu.be/M9VUor0_wxQ)

# GROUP IMPROVISATION SCORE TOOL II



## Detailed description of the example proposed by trainer

The group is forming a circle. Inside the circle is the space for improvisation. There should be min. 2 persons, max. 6. People from inside circle do not interact with people forming the circle. People forming the circle move, balance on their feet to create dynamic. People inside the circle not to talk too much.

## Modifications proposed by participants

To have a certain topic for improvisation.  
Do not use words at all.

## Application area/group (how, where, with whom to use it)

Young people  
Adults  
Family groups  
Friends groups  
Youth with fewer opportunities  
Youth with disabilities

## Careful with/Pay attention to

## Comments

safety

# MINDFULNESS AND COMPASSION FOR STRESS



**Detailed  
description of the  
example proposed  
by trainer**

The heart coherence practice: magnetic part of the hear.

1. Grounding
2. Focus on the space where is your heart
3. Notice breathing around the heart
4. Bring gratefulness by safe and good image (person, place, situation) AFTER SPACE-----
5. Gesture with the hands for the image of your heart
6. Vibrating the space of the heart with letter A
7. Putting a smile on your face and extending to the body

**Modifications  
proposed by  
participants**

Giving more detailed images and metaphors.

**Application  
area/group (how,  
where, with whom  
to use it)**

**Careful with/Pay  
attention to**

The after space - to give quiet, individual time for ourselves. If someone feels to give a feedback in should be in small 1-2-3 groups.

**Comments**



Detailed description of the example proposed by trainer

Everybody lies down, 2 positions available: on your back and with/or no your legs up. The facilitator leads to feel own body. Going through the smallest parts. Usually we go from the top to the bottom. When you reach bigger parts, facilitator ask for 3 big exhales, After whole body is scanned we go with small movements: waking up with ease - stretching. Avoid quick sudden movements and keep voice down. Total duration: 25 mins

Modifications proposed by participants

Application area/group (how, where, with whom to use it)

Can be used to lower anxiety.  
Can be used for sleeping problems.  
For everybody to allow to know themselves.

Careful with/Pay attention to

Allow participants to stop whenever they want, assure the group that first time is difficult and everything will easier with practice.

Comments

Too long

## Detailed description of the example proposed by trainer

Practice how to fall down with a partner safety by holding hands across and facing each other.

Making balance by holding hands in group of 3, making a squat together at the same time and to get up at the same time.

Put the blanket on the floor, one person lying down on the back, you need 2 assistance persons on both sides. The other person from the pair is falling on the feet of the person on the ground. They try to balance their bodies.

## Modifications proposed by participants

Keep your eyes closed.

Breathe together which makes good timing.

Holding legs to feel the distance of the partner.

## Application area/group (how, where, with whom to use it)

Any group. Highly recommended to build the trust among partners.

## Careful with/Pay attention to

Make sure it is safe place, and the best to do it with support of another person. Inform everyone about it before so they bring extra socks and comfortable clothes.

## Comments

**Tutorial:** <https://youtu.be/rN-wHLwHZRQ>



## Detailed description of the example proposed by trainer

Play music. Ask participants to gather in the group of 3 persons. Give rules: stand on one leg, the other try to balance your body. Doing this try to interrupt the balance of your partners from the group by touching them with your body.

## Modifications proposed by participants

Different music background: slow, more dynamic.  
More or less people in the group.  
To close eyes.

## Application area/group (how, where, with whom to use it)

Any group at any age

## Careful with/Pay attention to

Not everybody likes being touched, so maybe do not do it on the first meeting. Inform participants in advance about close body contact. Big space needed.

## Comments

Tutorial: <https://youtu.be/8YfZio0cuDM>

# Erasmus+: 30 years in the making



# 9 MILLION



PEOPLE



**HIGHER  
EDUCATION  
STUDENTS**  
4 400 000



**YOUTH  
EXCHANGES**  
1 400 000



**VOCATIONAL  
TRAINING LEARNERS**  
1 300 000



**EDUCATION STAFF  
AND YOUTH WORKERS**  
1 800 000



**EUROPEAN  
VOLUNTEERS**  
100 000



**ERASMUS  
MUNDUS STUDENTS  
AND STAFF**  
100 000

Source: European Commission, 2017

The Erasmus+ programme is the European Union programme for education, training, youth and sport 2014-2020.

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work. Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work in order to tackle the skills gaps we are facing in Europe. It will also support national efforts to modernise Education, Training, and Youth systems. In the field of Sport, there will be support for grassroots projects and cross-border challenges such as combating match-fixing, doping, violence and racism. Erasmus+ is open to a number of countries across Europe and beyond.

More about the programme :

[https://ec.europa.eu/programmes/erasmus-plus/about\\_en](https://ec.europa.eu/programmes/erasmus-plus/about_en)

and opportunities you can find on the official website:

[https://ec.europa.eu/programmes/erasmus-plus/opportunities\\_en](https://ec.europa.eu/programmes/erasmus-plus/opportunities_en)