MANUAL OF NON-FORMAL EDUCATIONAL METHODS TO SUPPORT ACTIVE CITIZENSHIP FOR YOUNG PEOPLE

developed during the mobility of the project
CITIZENS IN ACTION - ERASMUS+ YOUTH EXCHANGE
18-28 June 2024, Taranto, Italy

DESCRIPTION OF THE CITIZENS IN ACTION PROJECT

The project was born from the observation of the European context and the worrying levels of youth participation in political life and in the development processes of political debate and the integration of European values.
We aim to create spaces for discussion and individual and group growth that can give young people the necessary skills to critically analyze the present and plan, through discussion and dialogue, a better future than what currently exists.
One of the fundamental objectives is to combat youth disinterest in political and social issues, encouraging:
Active citizenship
The rediscovery of European values
The defense of civil and social rights
The emergence of a supportive and pacifist approach
The use of critical thinking
Progressive media literacy
The recognition of the fight against disinformation and climate change as pillars on which to build the future of the community in its micro and macro sense.
The activity we implemented was a youth exchange that will take place in Leporano (TA) at Camping Porto Pirrone from 18.06 to 28.06.2024.
There were 49 participants from 7 European nations (Italy, Romania, Bulgaria, Spain, Portugal, Hungary and Lithuania).
Each national group was made up of 6 participants (aged between 18 and 28) plus a group leader who has no age limit.
Young people have different backgrounds and profiles, although they share an interest in the topic of active youth participation in public life and the affirmation of European values.

The exchange involves the participation of young people with fewer opportunities who will be able to find important opportunities for redemption and personal growth in the results of the projects.
The benefits for participants will be:
obtain intercultural preparation that allows you to overcome cultural barriers and limit preconceptions and prejudices
associated with stereotypes
become familiar with the Erasmus+ programme
develop critical thinking more, associating it with the analysis of current youth problems
skills linked to the mapping of the results achieved through self-evaluation and reflection processes
guarantee a safe and open space for mutual listening
know and experience firsthand the functioning of the management of public affairs in the territory hosting the exchange, being able to compare it with that of belonging
improvement of public speaking skills
possibility of identifying and creating your own strategy for disseminating the project results that refers to differentiated targets
expansion of the network of friendships and collaborations
increase in leadership skills
The project will produce an important impact on the communities that will be affected by the exchange activities, especially in reference to the meeting with the youth municipal council of the municipality of Sava and the various meetings with political decision-makers and administrators of various cities neighboring the project location.
As regards the European level, we aim to produce results that will be easily replicable in the countries that form the partnership, using the same reflections that emerged from the contact between the participants and the institutional and youth realities as a guide on which to produce a document, translated into the various national languages, which can give new impetus to youth participation and which can be presented in schools or at events managed by partner organisations.

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Agenzia Italiana per la Gioventù

MediterrArt
Associazione di Promozione Sociale

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RESTRICTED ART

Method 1

PURPOSE

The purpose of this workshop is to encourage the participants to think about important topics related to the EU and express their opinions through art. It will also make participants think outside the regular format - instead of choosing the usual poster and presentation, the proposed restrictions to their art will let them create presentations in a new way and push them to be creative (more about that in the instructions regarding restrictions).
Our team studied the best name that would best represent our workshop. Together we found that Restricted Art worked perfectly as it defines how teams have to get different jobs done with a restriction that makes things more difficult and makes them work in a different way than usual.

FORMAT

We had 35 participants in total and 8 supervisors.
We had 7 smaller groups with 4-5 people.
We counted them in one language from the project. It was in bulgarian.
The explanation of the rules will last 5-8 minutes. We had no questions so we finished earlier. Then after the counting they formed the groups with 4-5 people. It was mixed by nations, so it was international. They had to talk in English and got a topic and had to do a presentation about them BUT there was a rule for each of them. For example you can't speak or can't use the letter A.
We gave 30 minutes to make the presentation. After they had a maximum of 5 minutes to present it in the way they chose.
After they finished we had the dissemination part. We asked them about working in small teams, about the rules, about time management.

INSTRUCTIONS

Objective:
Teams will creatively present a given topic while adhering to a specific restriction. The goal is to encourage out-of-the-box thinking and teamwork.

Setup:
1. Divide Participants:
- Split all participants into 7 groups, each consisting of 4-5 people. Ensure that each group has a diverse mix of skills and perspectives to foster creativity and collaboration.

2. Assign Topics and Restrictions:
- Each group will be assigned a unique topic along with a specific restriction on how they can present it. Topics and restrictions will be provided by the facilitator.
3. Topics and Restrictions:

Group 1: Topic: Human Rights; Restriction: No phones.
Group 2: Topic: Democracy; Restriction: Dont do elections.
Group 3: Topic: Equality; Restriction: No speaking.
Group 4: Topic: Sustainability; Restriction: You must use drawings in the presentation.
Group 5: Topic: Citizenship; Restriction: Implement things/objects you find around except for paper and pens.
Group 6: Topic: Corruption; Restriction: Dont use the letter A in the presentation.
Group 7: Topic: Mental Health; Restriction: No physical touch.
the exercise, focusing on how restrictions can sometimes lead to innovative solutions and enhanced teamwork.
3. Evaluation:
- After all presentations are completed, participants will vote for the most creative presentation.
- Voting criteria should include:
- Creativity: How original and inventive the presentation was.
- Adherence to Topic: How well the group covered the assigned topic.
- Compliance with Restriction: How effectively the group adhered to their given restriction.
Tips for Success:
-Embrace the Restriction: View the restriction as a challenge to inspire creativity rather than a limitation.
- Collaborate Effectively: Ensure all team members contribute ideas and work together. Diverse perspectives can lead to more innovative solutions.
- Practice Your Presentation: Rehearse your presentation multiple times to ensure clarity, coherence, and confidence.
- Be Resourceful: Use available materials and resources creatively to enhance your presentation.

Sample Brainstorming Questions:
- What is the core message of our topic?
- How can we convey this message without violating our restriction?
- What alternative methods can we use to present our topic?
- How can we make our presentation engaging and memorable?

Conclusion:
- After the presentations and voting, the facilitator will announce the winning team based on the votes.
- Engage in a group discussion to reflect on the activity. Consider the following questions:
  - What did you learn about creativity and problem-solving?
  - How did the restrictions influence your approach to the topic?
  - What strategies worked well for your team?
- Encourage participants to share their thoughts and insights on the exercise, focusing on how restrictions can sometimes lead to innovative solutions and enhanced teamwork.

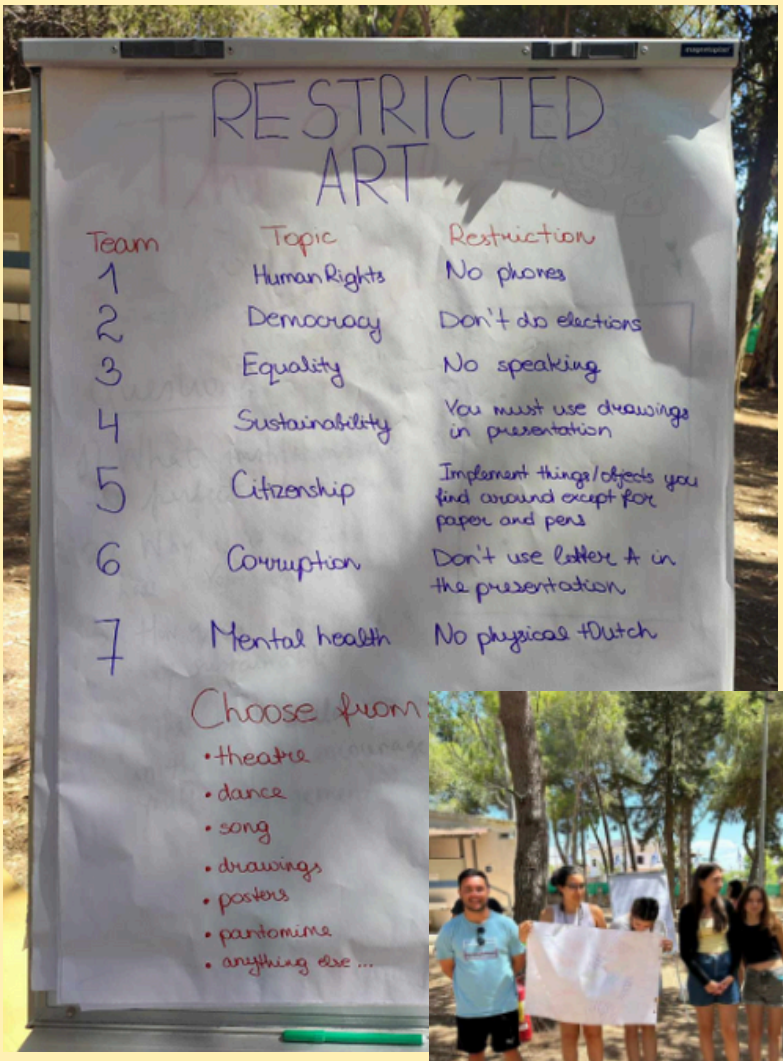
MATERIALS

-3/4 flip chart papers
-pens
-crayons
-markers
-20 A4 sheets
Other needed materials could be
-tables
-chairs
-speaker
-microphones
-laptop or other electronic device
-postnotes
Those materials are not required but can be useful during the workshop

CREATORS

Dafina Atanasova
Vasil Tilev
Mihai Roshanbin
Karolina Mačiokaitė
Pablo Cabello
Dénes Papp
Ieva Kavaliauskaitė
Mihăiță Cosmin Sărăcilă

PHOTOS


RESTRICTED ART
Team
Topic
Restriction
1
Human Rights
No phones
2
Democracy
Don't do elections
3
Equality
No speaking
4
Sustainability
You must use drawings in presentation
5
Citizenship
Implement things/objects you find around except for paper and pens
6
Corruption
Don't use letter A in the presentation
7
Mental health
No physical touch
Choose from
• theatre
• dance
• song
• drawings
• posters
• pantomime
• anything else ...





HECKATHLON

Method 2

PURPOSE

The main objective of this activity is to raise awareness about complex social situations that take place in the world. We want to develop critical thinking by making the participants understand the difficulties that arise from trying to create solutions by merging very polarized points of view.. In this way we can better understand the challenges of finding common solutions.

Another point is that participants practice their social and communication skills by working in groups. They learn how to create arguments and make a presentation of the result, while improving their time-management and public speaking skills. . Besides that, the participants also learn the importance of teamwork by managing and distributing work into small tasks.

To sum up, with this activity you learn more about this world's problems, getting a better understanding of the global situation and how all these facts are connected.

FORMAT

- Number of teams: 3-8;
- People per team: 3-7;
- Recommended number of people: around 30;
- Time intervals:
  - Energizer (3 min);
  - Create the groups and assigned the roles (5 min);
  - Intra-group discussion (20-30 min);
  - Presentations (2 min for the group + 2-6 min for questions);
  - Evaluation (6 min).

INSTRUCTIONS

Before any activity, it is a good idea to start with an energizer so the group can be more focused. One example for this part of the activity can be a "Pizza Maker", where people stand in a circle and everyone turns their back to each other, so they can start to make a pizza on the back of the person who is in front of them.

Our game is called "Hackathon", which is an event that brings together experts and creates a collaborative environment for solving a certain problem. Since our project was related to Active Citizenship, for the main question we chose "How to solve the problem of illegal immigration", but the main problem can be adapted based on the topic.

First of all, we divide people into groups. Each group is going to have a role and they have to solve the problem according to that particular point of view. As a suggestion, our chosen roles were: high society, immigrants, security department, the conservatives, working class and the government.
The groups are made randomly and the roles are assigned by drawing papers from a bag. After that each group will have between 20-30 minutes to discuss and come up with solutions.
During the discussion one person of each group will be chosen to be part of the jury.
For the presentation part, after the discussion, each group will represent their ideas and explain their arguments in a maximum of 2 minutes, following a space for questions, starting from the jury and continuing with the rest of the participants. The time for the debate is very dependent on the available time. As a suggestion, to increase the time for questions from the rest of the participants, each presentation can be assigned a fixed number of members from the jury (for example 2) to make the questions, followed by the "open discussion".

The order of the presentations is randomly selected.
At the end of the workshop there should also be a time for evaluating the activity. The best way to do it is with open questions such as asking if they have learnt something with this experience, since it will not condition the answers. This way you get feedback from participants that can be used to improve it in the future.

MATERIALS

- Paper;
- Pencils and/or markers;
- Phones: to look for information;
- Chairs: one per person;
- Tables: one per group

CREATORS

- Eduardo Silva
- Victor Villalobos
- Claudia Palomino
- Luca Szigethy
- Francisca Maurão
- Miruna Nicula
- Ūla Bačiauskaitė
- Luis Delgado

PHOTOS





THE PERFECT CITY

Method 3

PURPOSE

Our purpose is to know what the "Perfect City" would look like for the younger people in a realistic way. They should think about what laws are going to rule the city and, to help, they should reflect on the following questions:

- What institutions does the perfect city need?
- Why is it important to have a Youth Council?
- How would you make a city sustainable?
- What events would you organize in the city to encourage/promote youth engagement?

FORMAT

This activity is appropriate for big groups of people (30-50 people), but it can be adapted for smaller groups. We will create 6-8 teams, around 5 people per team. This activity takes 50 minutes. We need 5 minutes to explain the game and divide the people to create teams, 35 minutes to brainstorm, create the rules of their own city, and draw the city and 10 minutes for feedback and reflection on the activity in group.

INSTRUCTIONS

1. Explain the purpose and the steps of the activity;
2. Divide the whole group in smaller groups of 4 to 6 members, depending on the size of the main group. The division can be done through counting numbers or any other effective way to mix the national teams;
3. Distribute 1 flipchart and writing/drawing materials to all the groups - that is where they will draw and create their vision of the Perfect City;
4. The groups are given 35 minutes to create their "Perfect City";
5. After they are finished, each group comes back to the main group and present their vision. Each presentation should have around 3 to 5 minutes;
6. At the end of each presentation, members of the other groups are encouraged to ask any questions or share thoughts about the group presenting;

MATERIALS

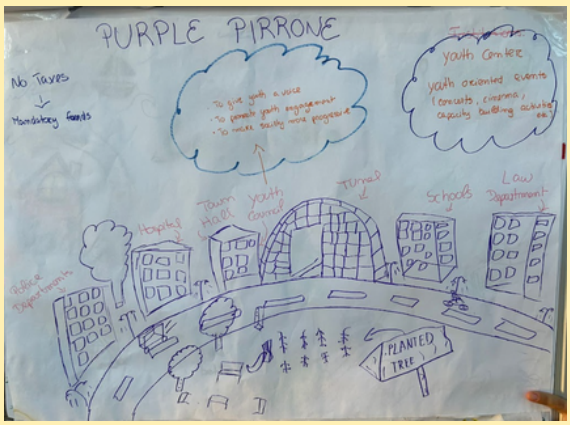
- Flipchart per team, 1 A4 paper per team for sketching;
- • 4 Pens/markers per team;
- • Flipchart with instructions written by the organization.

CREATORS

- Ingrida Šilobrit (Lithuania)
- Giedrė Senikaitė (Lithuania)
- Ines Cameselle (Portugal)
- Vaidilė Jakavičiūtė (Lithuania)
- Nayden Tasev(Bulgaria)
- Carmen Howe (Spain)

PHOTOS







INTERCULTURAL BINGO

Method 4

PURPOSE

Intercultural learning; Intercultural awareness; Cultural understanding; Sharing traditional stories and facts about the countries; Non-formal education method adapted to group ages. This BINGO can also be adapted to other subjects (i.e., inclusive societies using the definitions of terms; mental health to be more aware of mental disorders or coping mechanisms)

FORMAT

Groups of maximum 5 people, in mix nationalities; around 45 minutes for 21 questions, but it will depend on how many questions you have.

INSTRUCTIONS

- Preparation: You will have a sheet with 21 facts, 3 facts for each of 7 countries.
- Distribute BINGO Sheets: Give each group a BINGO sheet. Each sheet lists the names of 9 countries. The countries might be repeated (up to 3 times) or might not appear at all (note: see the picture of the BINGO sheet)..
- Start the Game:
  - Read one fact aloud to the groups.
  - Each group must guess which country the fact is about.
  - If the country is on their BINGO sheet, they cross it off. (Note: If the country appears more than once, they can only cross off one instance per fact.)
- Continue Reading Facts: Keep reading facts and let the groups continue guessing and crossing off countries.
- BINGO!: The game continues until one group has crossed off all 9 countries on their BINGO sheet and shouts "BINGO".
- Check the Answers: Verify the group's BINGO sheet:
  - Ensure the crossed-off countries match the facts you read.
  - For example, if you read two facts about Portugal and they crossed off Portugal twice, it's correct. If they crossed it three times, it's invalid.
  - If a group´s BINGO is invalid they can not shout it again for the next round as a punishment.

- Winner: The first group to have a valid BINGO wins the game.
- Steps: Search 3 facts about the countries. Write them on a paper and cute each sentence. The sentences should be put in a bag for later to sort them out and read them out loud. After, make the groups of maximum 5 people. Give them the BINGO sheet. Once the groups are prepared, start by reading one sentence out load. Each group should choose a country to cross that the fact is about.

MATERIALS

he sentences in physical papel, scissors to cut them, and a bag to put them inside to sort them.
The BINGO sheet in paper too and one pen per group.
List of people needed: 4 facilitators: two to read the sentences, one to give out the materials and one to check when they say BINGO. You can also manage this activity with less or more people.

CREATORS

- Vera Gonçalves (PT);
- Luana Gomes (PT);
- João Mourão (PT);
- Diogo Ferreira (PT);
- Tarlungeanu Marian (RO);
- Patrunsu Ana-Maria (RO); Pausz Janka (HU);
- Varga Kristof (HU);
- Szvitacs Kinga (HU)

PHOTOS

Citizens In Action BINGO		
Portugal	Spain	Hungary
Lithuania	Bulgaria	Bulgaria
Spain	Portugal	Hungary

Citizens In Action BINGO		
Spain	Lithuania	Italy
Portugal	Portugal	Spain
Italy	Bulgaria	Bulgaria

Pastel de Nata is the best sweet pastery of the world	Portugal
We can cook Cod Fish in 100 different ways	Portugal
We have Cristiano Ronaldo	Portugal
We have Pálinka	Hungary
We have one of the most beautiful Parliament building	Hungary
One of our tradicional dish is Gulyás soup	Hungary
Our capital is called the little Paris	Romania
We have Dracula	Romania
We are the only Balkan country with Latin language	Romania
Never changed the flag and the country's name	Bulgaria
We have the Cyrillic alphabet	Bulgaria
The biggest producer of rose oil in the world	Bulgaria
We have flamengo	Spain
We have Tortilha	Spain
We have sangria	Spain
We eat pink soup	Lithuania
Our religion is basketball	Lithuania
Our country only had 1 king ever	Lithuania
We have the only 3 vulcains active in Europe	Italy
We are the born place of tiramisu	Italy
We host one of the biggest religions in the world	Italy



HUMAN LIBRARY

Method 5

PURPOSE

The purpose of this workshop is to encourage the connection between participants as individuals while strengthening the bond of the group. As it raises cultural awareness between different nationalities, it boosts the participants'empathy, compassion, and active listening skills. On a final note, it aims to promote creativity and artistic self expression through drawing and also through storytelling.

FORMAT

Teams: For more effective results, pairs should be made after the realization of the drawings, so they can share their ideas. This could be done in a fun way by hanging up the book covers as an exhibition, and each participant can pick one up one by one making it more personal.
Time:

- 20 minutes to prepare the covers
- 5 minutes to gather again, collect the covers and give them out to participants
- 10 minutes to share about the presentation of the book (flexible depending on the needs of the group)
- 5-10 minutes for reflexion, evaluation and questions

INSTRUCTIONS

- First of all, every single participant gets a piece of paper, folds it in half and then we give them time to make their own book cover.
- Then they can draw anything that represents them or their life story, fold the paper and give it a personal title.
- When the time is up, the papers will be collected and given out randomly and whoever's cover you get, they share their story represented in the book for approximately 10 minutes.
- Afterwards, they will gather again in a big group and share the impressions that they got.

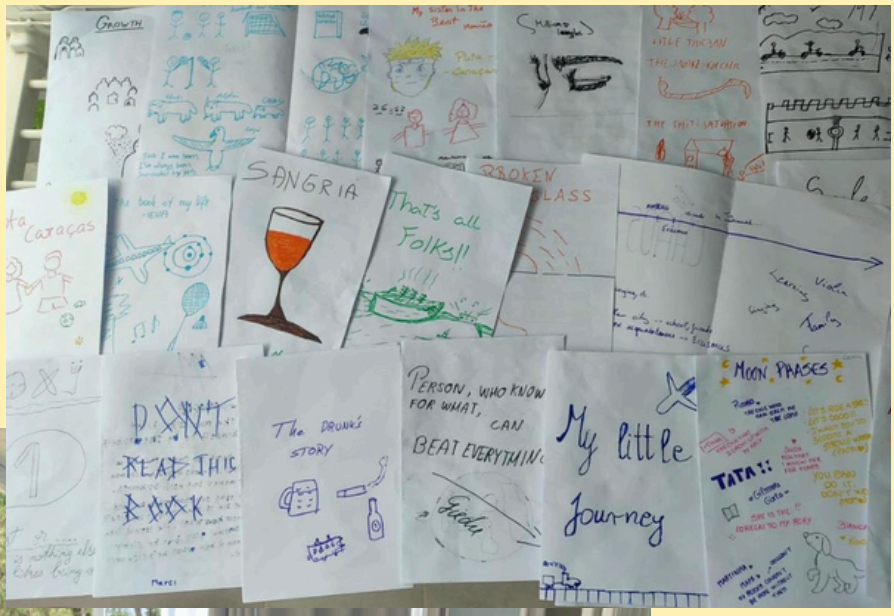
MATERIALS

- papers, 1 per participant
- drawing tools available: markers, pens, pencils, etc.

CREATORS

- Lidia Torres Regidor (Spain)
- Andrea Ivanova (Bulgaria)
- Kalina Tsaleva (Bulgaria)
- Raoul Tudoroiu (Romania)
- Andrea Csengo (Hungary)
- Mihai Piroi (Romania)
- Silvia Simeonova (Bulgaria)

PHOTOS





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