



YOUTH EXCHANGE  
POWER TO ACT



TOOLBOX



## TOOLBOX

This publication presents a set of tools selected and used by a group of 25 young people from 5 countries: Serbia, North Macedonia, Denmark, Italy and Croatia on an Erasmus + youth exchange “Power to Act” that was held in July 2019 in Crikvenica, Croatia.

The main aim of the youth exchange was to empower and emancipate the young people by using creative methods of participative theatre, and to develop new and more efficient nonformal approaches to education directed towards empowerment, emancipation and self-actualization of the youth. Each of the partners shared some methods and tools used in their local community. Participative theatre was chosen as the primary method because it was recognized as a valuable tool in the process of empowerment and emancipation of the youth. It is based on games and simulations, focusing on individual’s decisions and developing participants abilities in communication, collaboration, trust, imagination and developing not just skills for theatre but skills for life.



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# TEAMBUILDING MIX

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## DURATION:

60 min

## OBJECTIVES OF THE ACTIVITY

- Get to know each other through fun games and competitions
- Create team spirit

## WORKING METHOD

Teambuilding, competitions

## SPACE REQUIREMENTS FOR THE ACTIVITY

Outdoor

## MATERIALS

9 chairs



## DESCRIPTION OF THE ACTIVITY (STEP BY STEP)

### 3 in a row

- 4 teams of 5 participants competing in one court marked with 9 chairs.
- 2 teams compete at a time.
- When the game begins, one person from each of the two competing teams has to run to one of the chairs. Then the next team member runs to a chair until the team has three members in the court. When the fourth member runs to the court, he/she has to swap with one of team members who will run back to the last member.
- The game is finished when one team has three team members standing in a row in the court. It can be both horizontal, vertical or diagonal.
- It is best to have three rounds in 1 game.
- Teams 1 and 2 compete in the first game and teams 3 and 4 in the second game.
- The winner from the first game competes against the loser from the second game.
- The winner from the second game competes against the loser from the first game.
- The winners meet in the finals.

### Build with your body

- The same teams of 5 participants have to build for example an airplane only by using their bodies.
- They will have one minute for the assignment.
- In the first round all team members are allowed to talk.
- In the second round two team members are allowed to talk.
- In the third round only one team member is allowed to talk.
- In the fourth round no one can talk (1.5 min).
- In the fifth round only the youngest member is allowed to direct the other team members, but he/she is not allowed to talk (1.5 min).

### Human knot

- 15 participants standing in a circle, holding mixed-up hands.
- 5 persons try to untangle them.



A variant of the famous game Bafa Bafa.

\*\* **BaFá BaFá** is a face-to-face learning simulation (game), invented by Dr. R. Garry Shirts in 1974.

## DURATION:

120 min

## OBJECTIVES OF THE ACTIVITY

- Practice intercultural dialogue
- Experience process of creating their own culture
- Understand different aspects of one's culture
- Raise awareness of the ways culture affects our lives
- Stimulate discussion about intercultural dialogue
- Explore different cultural taboos
- Motivate participants to rethink their behavior and attitude toward others
- Examine how stereotypes are developed, barriers created, and misunderstandings magnified

## WORKING METHOD

Simulation, theatre improvisation

## SPACE REQUIREMENTS FOR THE ACTIVITY

Two separate rooms, big room or ideally outdoor space



## MATERIALS

Paper, pens, body paint (every tribe has their own colour), handouts for tribes...

## DESCRIPTION OF THE ACTIVITY (STEP BY STEP)

### Part 1. The two tribes learn their culture

- Two groups are sent to find their private space (if you are outdoors) or into separate rooms (if you are indoors). Hand out the copies of the roles to each tribe and other materials – like skin colors, pens and papers. You can also invite participants to collect different materials, costumes and props from their personal belongings or from nature to use them.
- Tell the groups to read their handouts, learn the rules of their culture and create different elements of their culture (every tribe follows the given roles and develops culture around them).
- Tell them that they have 45 min – 1h to develop and practice their language, rules and customs together.

### Part 2. Tribes meet in a neutral territory

- This is an opportunity for them to learn how to communicate and co-operate with each other through a mutual task or just spontaneous communication.
- Call the two groups together to a neutral territory. Give them a task to solve or let them communicate freely for 20 minutes.

### Part 3. Discussion, debriefing and evaluation

- Culture B can explain how they perceive culture A.
- A explain how they perceive culture B.
- Culture B describe their thoughts and feelings when meeting culture A.
- A explain culture A.
- B explain culture B.

...

Discussion should then be broadened to the reality and our own cultures and everyday situations. Students relate the experience of the game to real life contemporary and historical situations.

## HANDOUTS FOR TRIBES:

\*\*number of tribes depends on the number of participants and the space requirements

### Tribe 1

Please follow the instructions and create your own tribe. You should put in practice everything that is listed here. Try to develop attitudes, roles and emotional responses of every member of the tribe. Give name to your tribe. You can invent your own symbols, language, clothes, music and everything that makes one culture as long as it is within the instructions. Be creative.

#### INSTRUCTIONS:

You are all part of a tribe that has one rule only – Everybody is equal. There is no leader in your community and everybody's opinion is important. If you have to decide something, you all agree upon a certain solution. The tribe is very important to all of you because you are all friends, you feel free and joyful when you are together. Solitude is a concept that doesn't exist. You do everything within the group. Literally everything. Music is something that matters the most. It connects you with your fellows, it relaxes you and more than that, it makes you feel a deep connection with the universe. Through music you can express everything that is on your mind, but usually, the music you all like has positive vibes and is all about love and care.

#### TABOOS:

No such thing in your tribe. Everything is natural, everything is possible and you don't judge anybody. In fact, you support everything. What matters to all of you is love.

#### GREETINGS:

When you meet somebody for the first time you rub your noses while holding hands. This means you respect that person.

### Tribe 2

Please follow the instructions and create your own tribe. You should put in practice everything that is listed here. Try to develop attitudes, roles and emotional responses of every member of the tribe. Give name to your tribe. You can invent your own symbols, language, clothes, music and everything that makes one culture as long as it is within the instructions. Be creative.

#### INSTRUCTIONS:

You live in a tribe that has been here for centuries and you are proud of that. Tradition is the most important part of your culture. Ancestors and your living old people are very respected because you know what truly matters – history, knowledge and family. Not everybody in your tribe is destined to be a leader but those that are born in leading families have the freedom to decide for everybody's sake. Nobody complains, because that's how it should be. There is one leader that you all follow blindly. If you have to decide something, the leader knows what is the best.

#### FAMILY:

Families are very important. Women have to be quiet and respect and listen to their husbands. Everybody respects the father in the family.

#### TABOOS:

You are serious and strict. You don't talk about relationships and most of all you don't do anything in public. Even hugging the ones you love is out of the question.

#### GREETINGS:

When you meet somebody you just nod your head. You avoid physical contact because it is disrespectful.



## Tribe 3

Please follow the instructions and create your own tribe. You should put in practice everything that is listed here. Try to develop attitudes, roles and emotional responses of every member of the tribe. Give name to your tribe. You can invent your own symbols, language, clothes, music and everything that makes one culture as long as it is within the instructions. Be creative.

### INSTRUCTIONS:

You live in a tribe that believes in only one thing: the power of nature. You know you have to respect nature because you witness its power every day. Magic is something that helps you in everyday life. You know how to use herbs and spells to change the things you want to, but you are gentle and respectful. You are very calm and you don't speak a lot. Even your voices are very soft. If you have to decide something you use magic to listen to the voice of the holy nature.

### TABOO:

Killing animals is something you don't accept and you don't even want to talk about. Animals are very important in your tribe because they are representatives of nature and you consider them as holy. Your tribe is completely against any kind of aggression. Even loud speaking can be seen as violent.

### GREETINGS:

When you meet somebody, you give share a magic spell with them or do something magical. That means you respect this person. You don't hug and don't touch the other person. You are individually oriented tribe and personal space is very important. Nobody can go into your aura and disturb you.

## Tribe 4

Please follow the instructions and create your own tribe. You should put in practice everything that is listed here. Try to develop attitudes, roles and emotional responses of every member of the tribe. Give name to your tribe. You can invent your own symbols, language, clothes, music and everything that makes one culture as long as it is within the instructions. Be creative.

### INSTRUCTIONS:

You live in a tribe that is very competitive. It is very important to everyone to show that they deserve to be a part of this tribe. Hunting animals is the most important activity. This represents everything to you – the maturity of each member is measured by the number of animals killed for the first time. Every kid, a girl or a boy, that wants to be seen as a grown up has to kill 5 animals in one hunting day. They all need to hunt. Strength is most important and the strongest one in the tribe has the right to be the leader. If you have to decide something, you have an activity to measure your strength.

### TABOO:

Magic, ghosts and superstitions do not exist and can never be seen or talked about. Just mentioning these topics freaks you out.

### GREETINGS:

When you meet somebody, you try to take this person and lift them up because this will show how powerful you are.





# SPIDER'S WEB

## DURATION:

60-90 min

## OBJECTIVES OF THE ACTIVITY

- team building
- problem solving

## SPACE REQUIREMENTS FOR THE ACTIVITY

Outdoor or indoor spaces

## MATERIALS

rope, scissors

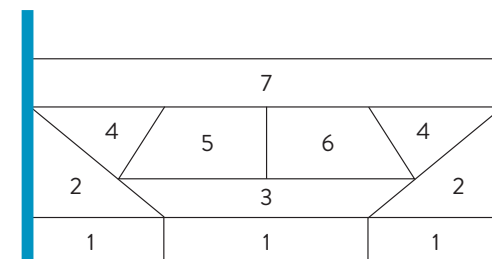
## DESCRIPTION OF THE ACTIVITY (STEP BY STEP)

- The web is made out of rope (or some other material) and formed in different shapes as in the picture.
- The goal of the game is to have all team players cross from one to the other side of the net.



- How? Through the holes in the net without touching it. The holes are made in a way that it is easier to pass through larger ones while it is difficult to pass through the smaller ones.
- The number of passages through the larger holes which are easier to pass, is limited.
- If the hole is limited to 2 passages, after passing it twice, the facilitator closes the hole by putting a tape or some other sign on the hole.
- Four or more players are allowed to pass through the other holes that are smaller and more difficult to pass (such as holes 7, 4 and 3), while the holes that are a bit easier than the previous ones (holes 2, 5 and 6) can be limited to 2 passages.
- The game becomes easier when the players in the team are on both sides of the net because then they can help other players from their team in different ways to go through the net (for example, they can lift them or hold their hands, feet...).
- If someone from the team at any point of the game touches the net, all players who have already crossed to the other side of the net (those who managed to pass through the net) have to return to the beginning and the whole team starts from scratch. You do not have to go through all the holes, if that's not necessary!
- The most important rule is –no talking is allowed during the game. To make it a bit easier, you can give the group few minutes to discuss at the beginning of game to help them build the strategy.

If somebody breaks this rule, all players who have already crossed to the other side of the net (those who managed to pass through the net) have to return to the beginning and the whole team starts from scratch.



# ACROBALANCE FOR TEAM BUILDING

## DURATION:

90 min

## OBJECTIVES OF THE ACTIVITY

- Establish contact between the participants
- Create a close-knit and collaborative working group
- Increase self-esteem and self-confidence
- Work together to achieve common goals

## SPACE REQUIREMENTS FOR THE ACTIVITY

1<sup>st</sup> part – an empty room with a floor where you can be barefoot  
2<sup>nd</sup> part – every space big enough to move freely

## MATERIALS

2<sup>nd</sup> part – balloons, rice, scissors, plastic bag

## DESCRIPTION OF THE ACTIVITY (STEP BY STEP)

### Evolution

It is a warm-up activity in which we start to learn the physical position that we will use later in the acrobatic session.

The stages of evolution are: lizard, dog, monkey, man.

At the beginning, we are all lizards; every person wants to evolve.

To grow up in this evolution everyone needs to find another animal with the same level of evolution and play Rock, Paper, Scissors with it. The one who wins develops, the loser comes back on the evolutionary scale.

### Raft of trust

The whole group walks in the room trying to occupy every space, to observe others, to follow the rhythm of the group.

At a certain moment, anyone who wants (maximum one person at a time) calls their own name and (after 10 seconds) lets himself/herself fall rigid as a pole.

The group must catch him.

+ : more people can go down at the same time

++ : when someone goes down as a pole, the people who catch him can carry him on their shoulders like a coffin.

### Human Pyramids

In pairs we start to try the basic position of acrobalance.

In groups:

Starting with a line from the highest to the lowest, we make groups of 5/6 people and start to explain the human pyramids.

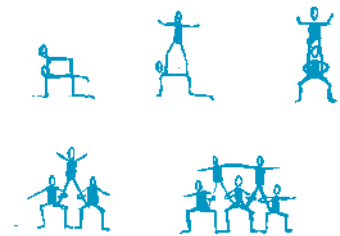


### Juggling session

Starting with simple elements, we create juggling balls.

For this we will need (for each ball):

- 80/100gr of rice
- 2 balloons
- one piece (10X10cm) cut from a plastic bag – plastic square



Put rice in the center of the plastic square and close it in the form of a ball by rolling and folding in the excess part. Repeat the procedure until all the plastic is folded. Cut the neck of the balloons and put rice and plastic balls into the remaining part of the balloon. Repeat this twice giving it a spherical shape.

### Basics of juggling

In circle we can start with one ball for each person.

Throw the ball:

- between the two hands
- in the same hand
- around our body, around other people's bodies
- stall point

With two balls - basic juggling time and throw

Three balls in two persons - basic passing patterns



# DANCE FLASH MOB

## DURATION:

60 min

## OBJECTIVES OF THE ACTIVITY

- Team building
- Building confidence and self esteem
- Get to know each other better
- Have fun and learn about personal boundaries
- Support trust between the group members
- Create an action
- Connect with the local community
- Learn how to use creative and artistic tools as a learning method – focus on dance methods

## WORKING METHOD

Dance methods

## SPACE REQUIREMENTS FOR THE ACTIVITY

Outdoor or indoor  
(space where the whole group can walk freely throughout space)

## MATERIALS

Speakers



## DESCRIPTION OF THE ACTIVITY (STEP BY STEP)

*What is a Dance Flash Mob – It is an action!*

*A group of people that are coordinated to meet and perform predetermined dance action at a particular place and time and then disperse quickly.*

### Step one:

Before starting the activity, the youth leader previously chooses the song, prepares the choreography, as well as memorizes and self-prepares to demonstrate the steps to the whole group. The choreography should always consist of the steps that everyone in the group is able to repeat and perform. In this way the activity supports the awareness of inclusion and equality, team work and mutual understanding. The goal is also to raise the sense of community and community belonging within the group, but also inclusion into the local community where the dance action is performed.

### Step two:


Youth leader comes in front of the group and shows the steps to everyone. Step by step, repeating the sequences, and when the choreography is memorized, it is the moment to turn the music on and rehearse the steps several times. If the group is numerous, the youth leader can invite people standing in the back to come to the front and replace the ones at the front, so that everyone can observe the steps up close. Advice: When working with youngsters, it is recommended to give them the responsibility of choosing the song, conducting the choreography and demonstrating the steps to their peers and thus they will learn several skills: leadership, being a follower, working in the team, self-confidence, tolerance, understanding, patience, taking initiative etc.

### Step three:

Choosing a public space and performing the Dance Flash Mob.

For more pictures, videos and information on the tools used during this project visit our website and Instagram:

[vijecemladihbencic.com/en/portfolio/youth-exchange-power-to-act/](http://vijecemladihbencic.com/en/portfolio/youth-exchange-power-to-act/)

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