

# Be Prepared



Associazione Interculturale NUR  
Interculturalità, mobilità giovanile,  
educazione non formale e lifewide learning



**21.06. - 28.06.2019**

**Organised by: OIP Posejdon**



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## Partneri na projektu:

### **Odred izviđača Pomoraca Posejdon:**

OIP Posejdon from Split has over 150 registered members, namely children and adolescents who carry out a scout plan and program throughout the whole year in the area of Split, Solin and Dugopolje. The children are lead by a licensed scout leaders with the supervision of mentors. The program is implemented with workshops (up to 300 per year), trips (up to 5 per year), bivouacs (4 per year), winter camps, summer camps, with the goal of informal education for the young. Active throughout the year, OIP Posejdon aspires to perfect every aspect of its work and to keep on growing.

### **Jugendbildungszentrum Blossin e. V.:**

The „Jugendbildungszentrum Blossin e.V.“ is an educational institution of the „Brandenburgischen Sportjugend“ (BSJ). This is also a meeting and learning place. Blossin works with a pedagogical group approach and is demanding with its learning process. The JBZ Blossin gives the possibility to have seminar in a modern and natural environment. Every year it organizes a variety of international youth meetings and trainings together with international partners. In Blossin the methods are based on heads topics like intercultural, social, politic and sport education in order to encourage learning democracy, civic commitment, European awareness.

### **Associazione Interculturale NUR:**

Associazione Interculturale NUR is a non-profit association established in 1999 and active in the field of intercultural integration, promoting and realizing cultural events, training experiences and informative seminars for the youth in Sardinia. They operate through: promotion of exchanges between cultures, making youth international mobility as accessible as possible, the fight against racism and xenophobia, fostering the recognition of the competencies built through experiences of non-formal education; promoting a peaceful and enriching integration of migrants in the Italian society.

### **Drustvo Tabornikov Rod Zelena Rogla:**

A scout youth organization, made out of 85 members between 13-25 ears of age. Usually they organize winter and summer scout activities and have organized more than 8 youth exchanges and international projects. They have more than 9 years of experience in this field and have worked with more than 400 people abroad and as hosts. Their leader has 35 years of professional experience in formal education and 38 years in voluntary work with young people. Very active in every project and valuable as partners, they enrich every project with their experience and knowledge.



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# Project Summary:

The idea of Be prepared project was created among the youngsters during the implementation of two projects Knowledge compass held in Croatia and Expedition held in Germany. On this project, there are partner organizations coming from five countries that are participating from: Croatia, Slovenia, Romania, Germany, and Italy. Every organization will pick six participants from 14 to 18 years old and one leader by implementing specific evaluations upon them.

At the end out of 30 participants and 5 leaders in total, there are 24 that are facing geographic and economic obstacles with limited access to mobility and further development.

The goal of this project is exchange of the knowledge and skills in the field of first aid and lifeguard on water throughout fostering the empathy, tolerance, and solidarity towards the people in need. Sustainability of the main goals reached in this project and further impact on forming the intervention forces and teams that will be prepared to react in the case of the catastrophies, are planned to be organized by including the participants in education in this field to prepare them, when they are 18+, to become the formal parts of the intervention forces in the local areas.

The project is planned in period from May 1, 2019 to August 31, 2019 and the program activity is going to be organized during the June, 2019 in Okrug Gornji-Ciovo, Croatia in camp Volak.

The program activities are going to be organized by modular principles with different themes covered.

First part is going to be about education in first aid, second in development of the solidarity, and third in safety on water. At the end, the participants will gain the Junior Lifeguard certificate and Youthpass.

The project is also supported by other civil organizations on local level (GDCK Solin, GDCK Split), media (Solinska kronika, TV Jadran, Radio Sunce) and health institutions (Trogir Ambulance) that will support and secure the environment for the participants of this project.



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# Workshops

## 1. Icebreakers:

**Aim:** Helping the participants to meet each other and get on well.

**Method:** games, socialization, interaction, similarities

**Competence:** teamwork, bonding, creative thinking

**Material:** paper, pens, colors

**Performance methodology:**

The participants meet all together outside and partake in pre-organized games. Games support teamwork and cooperation as well as subliminal bonding and interaction. Participants are getting to know positive and negative sides about each other and that helps with initial bonding and making acquaintances.

## 2. EU Values and Erasmus+

**Goal:** introducing the participants to the EU Values

**Method:** work in a team, reasoning, presentation

**Competences:** teamwork, presentation skills, research, reasoning

**Time:**70 min

**Materials:** Flip chart paper (person-like), Flip chart and colors, Hammer paper, glue

**Performance methodology:**

Before the start, the big paper is drawn to look like a person, and the same is cut as the number of parts of groups. Then the participants divide into national groups and have a 25 -30 min time to write in your clip EU values for which they consider to be important. When the time is up, you make a semi-circle centered flip chart or bigger hammer-paper. Each national group presents its clip and explain its value. Members upon completion of the presentation each group take the clip and paste on a flip chart. After presentation the flip chart of pasted clips made the character in which they registered many EU values.



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### 3. “Facebook” profile

**Goal:** Introducing participants amongst themselves

**Method:** Self-presentation and creative “artisanship”

**Competences:** presentation skills, creative thinking

**Time:** 30-60min

**Materials:** Newspapers, magazines, collage paper, pencils, colors, ink and various “artsy” materials and a picture of each participant

**Performance Methodology:**

Before the workshop, place all the materials on a table or around the table. Sit the participants down and explain the workshop. They have to make their “facebook” profile, which will in some way depict and describe them; emphasis on being creative and non-conservative as their profiles will be put up in a public room of the place they are staying in. Give them their picture and tell them to begin. After they’re done, everyone have to present their facebook profile in front of others.

### 4. First Aid

**Goal:** Teaching the participants about first aid techniques and how to apply them

**Method:** Learning by doing, teamwork and peer to peer presentations

**Time:** Couple of workshops varying from 1 to 2 hours

**About:** Each participating country would first present the work of their Red cross organization in their country and tell everyone a bit about that. After that, experts from the Croatian Red Cross started their part of the workshop; they showed everyone some basic first aid techniques regarding various injuries (burns, cuts, loss of air) and how to master them.

### 5. Audio Visual Workshop

**About:** The participants at the beginning of the project divided into groups according to their own wishes. So they form groups to create: leaflet, promo video, power point presentation, booklet and photo groups. These groups meet regularly every day but have designated workshops every few days



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## 6. Speakers Corner

**Goal:** Encouraging participants to value freedom of speech, critical thinking, tolerance and empathy.

**Method:** Facilitated debate/roleplay

**Competences:** active listening, spokespersonship, body-language usage and social competences

**Time:** 210min

**Materials:** Speakers corner set

**Performance Methodology:** Depending on the kind of Speakers corner you decide to play, the participants have to be prepared and briefed about the rules of the game and what they will be doing (all of this is written in the instructions). The game then proceeds to unravel and as it ends the second important part begins. The “debriefing” phase. This has to be run by a skilled facilitator and through this phase do the participants realize a lot of things and experience the “a-ha” moment. Most of the games impact surfaces in the debriefing phase.

## 7. Step Forward

**Goal:** Expanding sights about xenophobia, discrimination, racism and prejudice and raising the tolerance bar

**Method:** narrated group game/workshop

**Competences:** tolerance, awareness, development, clarity

**Materials:** premade leaflets, narrator’s paper

**Time:** 90min

**Performance Methodology:** Participants are assigned roles and they then form a line (roles are to be kept secret). The narrator then asks a set of questions and if the answer is affirmative, the participant steps forward and if it is negative, the participant keeps standing still (every participant answers for themselves in the spirit of the role they got and do accordingly). After the game is over, debriefing phase begins.



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## 8. International Evening

**Goal:** learning about other cultures

**Competences:** Communication skills, presentation skills, learning about cultures and traditions

**About:** International evening is a fun educational evening where each national team presents their country to the other participants. Usually before the presentations there is an international dinner. Participants bring their national food for others to try.

## 9. Rafting

**Goal:** Teaching the participants about life-saving techniques on rapid waters and different environments.

**Method:** Learning by doing, teamwork and peer to peer presentation

**Time:** 210min

**About:** Participants set off on a trip to the rafting Centre with their Red Cross first-aid facilitators and while rafting on the river were taught some techniques and ways to act related to life saving and medical emergencies in environments such as rapid waters, small boats etc.

## 10. Junior Life-Guard Training/First-Aid Training/Skill Confirmation

**Goal:** Perfecting gained knowledge about first aid, medical skills, life-saving techniques and confirming them via certificate

**Method:** Learning by doing, teamwork, peer to peer presentations, self-development, self-reassurance

**Time:** Couple of workshops, from 1 to 3 hours in duration

**About:** Participants go through a series of workshops with their facilitators and leaders in which they repeat the knowledge they gained through the first couple of workshops. Then the participants undergo a series of “tests” and checks so that the facilitators can see if they really have earned the certificate.



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## 11. Talent Market

**Goal:** Sharing examples of good practice from each of the partner organizations.

**Method:** interactive workshop

**Materials:** presentation (optional)

**Time:** Optional, around 90min to 120min

**Performance Methodology:** In a form of general debate and exchanging experiences all the participants from different organizations share their experiences in various elements of working with youth, peers and in their local community. This workshop is dedicated to expanding the knowledge of each participant and providing second-hand experiences for everyone.

## 12. Thinking Module

**Goals:** Think about future projects, solving problems in local communities.

**Method:** teamwork, brainstorming, presentation.

**Competences:** teamwork, presentation skills, from the idea to the project, initiative, work with mental folders

**Material:** Flip chart and colors

**Time:** 60min

**Performance Methodology:** Participants divided into mixed groups have 60 minutes to create a mental map of ideas for new projects. The method involves mental maps visually defining project ideas. On paper the system of related parts that may be in the form of a flower, sun, clouds, wood, etc., presenting the scroll of the main idea, the project, which is to be achieved at the local community level, the level partners and participants, topics, workshops, games, leisure, the organization and the like. These template mental maps in the later stage are used for programming activities of this project and completing the application form.





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### 13. Rope Game

**Aim:** Showing the participants that every different individual had different wishes and ways to spend their free time.

**Method:** Individually split game

**Materials:** Papers, colors, pens, ropes

**Time:** 60min

**Performance Methodology:** Participants write on a piece of paper what they would do if they had 30 minutes free time. Then, they are split into mixed groups and connect themselves with a rope and have to try and achieve everything written on their papers.



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# Energizers

- **Pizza Massage:**

Everyone stands in a circle and put their hands on the shoulder of the person on their right side. Then they give this person one pizza massage, that means that first they make the dough, then they make the sauce and then they put something on like cheese, salami or something like that. Basically they massage the person in the style of preparing a pizza.

- **Boss's orders:**

All the players are formed around a person who is the "boss". That person then says a body part and a random color; all the participants then have to find something of the matching color and put it on to that body part. The slowest one is out every round.

- **Ninja:**

A game of execution. Turn based strategy dictated by the movement of each players predecessor. Players start in a circle and their goal is to be the last man standing. Players have the right to one whole body moment on their turn and one reaction during somebody elses turn. Everyone has to protect their palms. If another player smacks you on your palm, you lose a playing hand and play only with one hand. If you lose both hands you are out.

- **Molecules:**

Goal of the game is to build H<sub>2</sub>O with hands and bridges where each player is either a hydrogen molecule or an oxygen molecule. In the formation oxygen goes in-between the hydrogen bridge. When you say Oxygen- the oxygen's have to find new hydrogens  
Hydrogens- the hydrogens have to find a new oxygen  
Bomb- everyone has to find a new group.



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- **Chair Dance:**

Everybody has a chair, when the music it begins. You take one chair away. Then start some music and everybody dances around the chairs. When the music stops everybody has to sit on a chair. But there are more people as chairs and because of that somebody has no chair. Then start the new round and the next chair goes away. Then start the music, start again and it goes round for round and at the end the one left sitting in a chair is the winner.

- **Dragons and Princesses:**

There are Princesses and dragons.

Every dragon has a princess to protect. They start in front of each other, 1 dragon has no Princess. He can call the princess and her dragon has to protect her by touching her to stop her from going to the other dragon. Basically a game of skill and agility.

- **Human Rock-Paper-Scissors:**

You play rock, paper, scissors, with you whole body. To be a rock, you squat and crouch. To be a paper you need to stand still. To be scissors, you need to spread your legs, and put you hand on your shoulders. There are two groups. Each group makes a decision which shape they will be. The goal is to win against the other group. Something like a hive-mind thinking contest where each team has to thing as one to beat the other team.



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# Evaluations

➤ **Hopes, Fears and Goals:**

Each participant gets 3 Post-It notes (one is for goals, one for hopes, and one for fears). Everyone writes their hopes, fears and goals on them, and then they are glued onto 3 different papers. At the end of the project the papers are read again and the participants' thoughts are evaluated. Participants need to circle their Post-It if something on it came true. Goal of this evaluation is to see if they reached their goals.

➤ **Personal diary:**

Every day the project team asks a few questions about the workshops which were held that day and participants answer them. Because of the home hospitality system the questions are posted on Facebook, on the project group. This evaluation helps them remember all the workshops and they can fill their Youthpass easier.

➤ **Mirror evaluation:**

It is held at the end of the project. Each participant has a piece of paper with their name on their back. Every participant should write a good message in other people's envelopes. After they are done writing, leader from each country takes the envelopes. The leader is supposed to give the envelopes to participants when they enter their country. Mirror evaluation is a good way to make memories of the project.

➤ **Happiness matrix:**

It is a table of participants' feelings during the project. At the end of each day, every participant colors their part in the calendar depending on how they felt each day. Participants create the legend (which color represents which feeling). Goal of this evaluation is to see if the participants feel good on the project.



NAME:	Day 1	Day 2	Day 3
Iva			
Marko			

➤ **Youthpass:**

Youthpass is a certificate written by the participants themselves and it consists of 8 key competences.

- 1) Communication in the mother tongue
- 2) Communication in foreign languages
- 3) Mathematical competence and basic competences in science and technology
- 4) Digital competence
- 5) Learning to learn
- 6) Social and civic competences
- 7) Sense of initiative and entrepreneurship
- 8) Cultural awareness and expression

At the start of the project activity, a workshop about the Youthpass was carried out. Its purpose was to determine how many people were already familiar with it and to explain how it works to the ones who didn't have any experience. Each participant received a notebook that he or she used as a personal diary during the project. In the project Facebook group and outside of it, at predefined times every day, questions were asked every day to help the participants recognize their newly acquired skills. These questions were for example: What did you do today that helped improve your transversal skills? Also, participants had more experienced mentors who were always available if they had difficulties with something. They would write the answers to the set questions in their personal diaries. All of which then they copied to the Excel sheet at the end of the project.



➤ **Sociological evaluation:**

This evaluation is based off of the inbound-outbound questionnaire and the answers provided by the participants on both submitted forms. The final evaluation of the project was held by the outside expert, sociologist. The results showed that the participants were motivated from the very beginning to participate in the project activities. The higher motivation was to meet and accumulate the skills of safety at the water and getting the junior lifeguard certificate, but also the desire to have more knowledge about first aid. Furthermore, the results show that 50% of the participants felt the impact of the project activities at their knowledge and attitude in general about this topic, 30% of the participants mention the importance of new skills and knowledge, and almost 17% emphasized the changes in their opinion of importance of different skills in general.

Most of the participants is satisfied with knowledge they get about the safety at water and lifeguard skills, but also with techniques for the first aid and practice knowledge. They learnt about Erasmus+ Program, Youthpass and other cultures. They would like to know more about EU values, new digital skills and other languages.

The participants stated that they gained the techniques in the field of safety at water and first aid, team work, better language skills in English and better knowledge of other cultures. The atmosphere and participation in the project they marked as fun and relaxing experience, but in the same time intense and dynamic one.

