

Erasmus+ Training Course

LET'S FACILITATE



PROJECT'S
BOOKLET

HELLO!

Welcome to this booklet, a reflection and result of our dedication to youth work and our goal to empower less experienced youth workers. The main aim of Let's Facilitate was straightforward: to provide youth workers, aged 18-30, with the knowledge, skills, and attitudes needed to design and lead non-formal educational workshops. Thanks to the training, we understood how important it is to nurture our potential and get the tools to kickstart our own projects in the youth work field.

This project brought together 24 young, aspiring youth workers who were just starting their journeys. We believe strongly in the power of non-formal education and wanted to share crucial insights about how to create engaging learning opportunities and create supportive environments for youth. Our hope was to prepare these youth workers to be effective, caring, and skilled facilitators who could truly make a positive impact.

We believe that by empowering new facilitators, we can start a positive chain reaction in our communities. Skilled facilitators make learning more effective, engage young people, and help them in the future. This project is a step toward creating a brighter future through youth work.

As you explore this booklet, you'll find more info about knowledge, experiences, and resources collected during our 7-day training course.



INTRO

ABOUT THE PROJECT

The "Let's Facilitate" project brought together 24 youth workers aged 18-30 from eight different countries: Greece, Hungary, Poland, Portugal, Romania, Spain, Italy, and Lithuania. We were all embarking on our journey in youth work, eager to learn and make a positive impact. This project provided us with the essential tools to bring our own projects to life.

Over the course of seven days, youth workers engaged in interactive workshops, informative sessions, and enjoyable team activities. We even had the opportunity to lead our activities at a local school, which added to the learning experience.

What's even more exciting is that we could connect with like-minded peers from all over the world, building international friendships and broadening our horizons. This project was about coming together, learning, and growing, and it was a fantastic experience for everyone involved.

"I'M REALLY GRATEFUL FOR THIS LEARNING OPPORTUNITY, IT GAVE ME SOME CONFIDENCE TO LEAD MORE WORKSHOPS BACK HOME"

Marta- Poland



ABOUT

As we aspire to be called “modern educators”, we value learning outside the classroom, in non-formal and informal ways, as it adds to the knowledge gained in formal education. We know that using different ways of learning can get better results. That’s why we wanted to keep helping fresh youth workers learn more by using new and different ways that make them more knowledgeable and skilled. Even though for participants the activities seemed to often be “just” a lot of fun, we, as youth workers hold a big responsibility of spreading the knowledge and values - we want to make sure that what we do is relevant, adequate and well-prepared, so it has a lasting positive effect with the young people. We believe that by empowering new facilitators in our groups, they will start a positive chain reaction in our communities.

Better facilitators will make learning more effective, which will make young people more involved and help them more in the future.

OBJECTIVE 1

Improve knowledge about designing and facilitating learning opportunities.

OBJECTIVE 2

Improve the ability to deliver workshops by paying attention to groups’ needs, involvement and problems.

OBJECTIVE 3

Become more confident in the role of a facilitator, and as a result, get involved in more initiatives.

OBJECTIVE 4

Learn more about creating youth projects, especially under the Erasmus+ programme



OBJECTIVES

explore what we have learnt

LEARNING

6-14 October 2023

Békés, Hungary

HIGHLIGHTS OF THE PROJECT

Keep reading and explore what participants liked the most about the training!

THE SCHOOL VISIT IN THE HIGH SCHOOL OF BÉKÉSCSABA

"We were able to use the skills we had been developing since the beginning of the project. It was interesting to see how different groups react differently to the same activities."

FROM IDEA INTO ACTION

"The activities focused on creating workshops, writing about them, and implementing them were incredibly beneficial. They allowed us to put our skills to the test and significantly boosted our confidence in our mission to become effective facilitators in the future. It was a hands-on learning experience that I will carry with me throughout my journey in youth work."

OPEN SPACE

"Open nights of the project enabled participants to share with the others their own workshops and ideas. It was brilliant! We got to know even more tools that way."

PROJECT WRITING INSIGHTS

"The Erasmus+ project writing info sessions were a game-changer for me. The guidance and insights shared were invaluable. I came in with many questions and left with a clear roadmap to navigate the project writing process. It was not only informative but also incredibly motivating. I can't wait to put what I've learned into action. Thank you for this empowering experience!"

HIGHLIGHTS

Empowerment time!

THE ADVANTAGES OF BEING A YOUNG YOUTH WORKER

During our project, we addressed the struggles of young youth workers, but in the end, we decided to focus on the positive side and brainstormed the advantages of being a young facilitator.

1. **Relatability:** It is easier for young youth workers to relate to the experiences and challenges of the young people they work with. This relatability can build trust quickly.
2. **Fresh Perspective:** Young youth workers bring a fresh and contemporary perspective to the field. They may be more in touch with the latest trends, technology, and cultural references that resonate with today's youth.
3. **Energy and Enthusiasm:** We have energy and enthusiasm, which can be contagious and create an engaging atmosphere in youth programs or organizations.

4. **Tech-Savvy:** It can be an asset in creating digital programs, virtual engagement, and online resources that connect with young people.

5. **Empathy:** Young workers may have a deep understanding of the unique challenges and pressures that today's youth face.

6. **Peer Mentorship:** Young youth workers can serve as positive role models and mentors for young people, demonstrating that it is possible to overcome challenges and achieve success at a young age.

7. **Personal Growth:** Working with young people can be transformative, and it can lead to personal growth, improved communication skills, and increased self-awareness as you navigate the challenges and successes of the role.



explore our non-formal

WORKSHOP PLANS

In this chapter of our booklet, you will discover a collection of non-formal education sessions.

In the next pages, we will get into the creative and impactful sessions designed and facilitated by youth workers during our training course at the local school.

These sessions are the heart of our hands-on learning experience, and we're excited to share them with you.

Get ready to explore the innovative and engaging educational journeys that unfolded within the walls of our training room.

Context

SCHOOL VISIT

During the ErasmusDays 2023, on the 12th of October 2023 participants of the Erasmus+ training "Let's Facilitate", that took place in Békés, Hungary, visited "Békéscsabai Andrásy Gyula Gimnázium és Kollégium" local High School in Békéscsaba to practice implementing and facilitating non-formal education workshops for young people, aged 14-18 years old. The topic of the workshop was "Cultural Exchange" and there were 5 different workshops that were implemented for 10 classes in total.

The goal was for the participants to practice their workshop developing, cooperation and facilitating skills, and at the same time for the students to get familiar with Erasmus+ projects and different countries and cultures around the European Union.

"SEEING PEOPLE TAKING ACTION FOR THE LOCAL COMMUNITY WAS VERY EMPOWERING. IT MADE ME REALISE THAT ANYONE CAN BECOME INVOLVED"

Marcelina - Poland





LET'S EXPLORE

BY: ALVARO, RICKY, NEDA, SONIA

THEMES:

- self-exploration
- leadership
- self-confidence
- team building

TIME: 45 MINUTES

TARGET GROUP:

Young people, aged 14+
Suitable for a group of 10-15 people

GOALS AND OBJECTIVES:

Make participants more comfortable with non-formal educational methods, get youth out of their comfort zone, and interact with peers in a fun way.

MATERIALS:

- paper sheets
- post-its
- markers
- rope

1. Name and movement

Instructions:

1. Participants stay in a circle, the facilitator introduces the game
2. Participants one by one share their names and add the movement representing them.
3. Everyone should repeat the same movement in the circle until everyone introduces themselves.

2. The Jumping Competition

Instruction:

1. Introduce the activity by saying we are going to have a jumping competition.
2. Ask the participants: "How many jumps do you think you can do within 30 seconds?" Make each participant say how many they think they can do.
3. Then, the actual "competition" takes place. Before you start the timer, ask the participants to count their own jumps and remind them that they have to try their best as this is a competition. Count 3, 2, 1 and start the timer (30 s). Follow the time and tell them when there's 15 s left, 5 s left. ->



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4. When the time ends, the participants might be out of breath, so give them a little moment to breathe. Then, ask them to share how many jumps they did each. Likely all or most of the participants will have done more than they first estimated.

5. Ask them to raise their hand if they did more jumps than they expected to do. Ask them to raise their hand if they did fewer jumps than they expected to do. Reveal what this exercise was actually about.

6. Ask to evaluate with their hand (raised hand - very big, lowered hand - very small/nonexistent) how big the difference was between their estimation and how many jumps they actually did, and ask open "why" questions to reflect on why they underestimated themselves or whether they underestimate themselves in their life, maybe they can think of specific situations. There's time for people to share about this.

7. Close the exercise by saying that we often underestimate ourselves, especially when faced with new activities we haven't tried before. However, today we all (or most of us) performed better than we expected, that is a fact. So we should have less self-doubt and not let it stop us from trying new things.



LET'S EXPLORE

BY: ALVARO, RICKY, NEDA, SONIA

3. Human Knot

Instruction:

Participants are gathered in a circle.

They are asked to come closer to the centre of the circle and put their hands in front.

They are asked to take their right hand and grab someone else's left hand, but not that of the two people right at their sides (this ensures that they will form only one circle and not multiple intertwining circles)

Ask the participants to untangle themselves to return to a circle, without letting go of each other's hands.

If you notice they are stuck, it is possible to separate two hands in order to make the task simpler.

Once they complete the task, return to a circle and debrief the activity.

4. Mirror Moves

Instruction:

1. Make a circle with the participants, make sure you have an even number, so you can create pairs.

2. When the pairs are done, you will ask to create two lines and each person has to have a partner in front of them.

3. Explain the rules: Mandatory eye contact (with your partner), forbidden to talk and touch or create moves.

3. Explain the roles of the Leader (Line 1) & the Mirror (Line 2) and the phases (2).

4. First phase: The Leader will make movements and the mirror will follow them. After 1 minute, they switch roles for another minute.

5. Second phase: Leaders turn their backs to break the rule of eye contact and make movements for 1 minute again. Switch roles.

6. Reflection: Share 2 words - one representing how you feel after the experience of being a leader and the other being a follower.



CULTURAL SUPERMARKET

BY: OLGA, MARINA, MARTA, REGINA, FERI

Each of the facilitators should come from a different country to represent the stands in the cultural market with traditional food from different countries.

a. Participants are divided into groups. Each of the groups receives a shopping list that contains traditional food or products from the countries of the facilitators.

b. In order to get all the products on the lists, the groups need to visit every stand, greet the person in their native language and perform tasks.

Our examples of tasks for the participants:

- > write your name in Greek alphabet
- > learn a traditional Romanian dance
- > say the differences and similarities between Poland and Hungary
- > rap a Spanish song
- > distinguish the flag of Italy from others
- > teach the facilitator how to say "good morning", "thank you" etc. in your own language.

The tasks can be modified in relation to the age of the target group, the available tools, the time and space we have etc.

c. Debriefing/Plenary

THEMES:

- icebreaker
- energizer
- cultural awareness
- reflection

TIME: 60 MINUTES

TARGET GROUP:

Young people, aged 14+

Suitable for a group of 10-15 people

GOALS AND OBJECTIVES:

Fostering cross-cultural conversations and exchanges while encouraging a sense of global citizenship and building intercultural competence.

MATERIALS:

- one shopping list for each group (4 lists, 4 groups)
- different flags for one task
- Greek alphabet for one task
- Spanish text for rap
- traditional music



WORLDWIDE BINGO

BY: DIANA, ROBERTO, EMA, AARON

THEMES:

- cultural awareness

TIME: 60 MINUTES

TARGET GROUP:

Young people, aged 14+

Suitable for a group of 10-15 people

GOALS AND OBJECTIVES:

- Teach things about the cultures of different countries while having fun
- Encourage young people to travel and try new experiences
- Become aware of differences and similarities between countries

MATERIALS:

- Bingo template
- markers

1. Name game - Name & Movement

2. Shoe race

Instruction:

All participants are divided into 2 teams. Each team has to give themselves a number from 1 to x (a number depends on how many people are in the group). The group has to keep their choices of numbers secret.

Teams standing in 2 lines facing each other. The shoe is in the middle between 2 teams. Teams task: when they hear a number, the person who had chosen that number earlier has to run and take the shoe faster than the other team's participant. The team member who loses has to give his number to another team member and leave the game.

3. Bingo

Instruction:

Participants are already divided in 4 groups. They will have maximum 15 minutes to find within the multicultural group a person from a certain country that matches the trait/ can help them complete a task on the certain box of bingo template.

(Examples of challenges: say "hi, how are you" in Lithuanian; dance Macarena; say something interesting about your country).

4. Debriefing/Plenary



INTERNATIONAL PASSPORT

BY: ALEX, BEATRIZ, RALUCA,
DARIA

Instructions:

- (2 minutes) Introduction about Erasmus + projects.
- (7 minutes) Introduce our names (Say your name and an object that begins with the first letter of your name).
- (6 minutes) Pizzaman energiser (if your target group is in school and it is the first time you work with them, it would be nice to think about a less intense energiser. If you are in a more informal context, you can use it).
- (30 minutes) Passport game: First we say the name of the game. Secondly, we explain to them that the main goal of the activity is to get the signatures of the 4 countries on their passport. To get these signatures, they will have to guess what the country is where they are and then complete a challenge.

Spain: 'Chinese telephone' - writing a Spanish word on the backs of the partners.
Romania: Traditional Romanian dances.
Portugal: 'Chinese telephone' - first a basic sentence and then another one, a little bit more complicated.
Ukraine: Pass a ball between the members of the team without using their hands.

THEMES:

- cultural awareness

TIME: 60 MINUTES

TARGET GROUP:

Young people, aged 14+

Suitable for a group of 10-15 people

GOALS AND OBJECTIVES:

- Introduce teenagers to Erasmus + projects and non-formal education
- Make them conscious of diversity and intercultural communication

MATERIALS:

- a flag of each country
- a DIY passport for each group
- mural template with "diversity" written on it with paper tape.
- speaker
- basic materials (paper, scissors, markers, ruler...)



INTERNATIONAL PASSPORT

BY: ALEX, BEATRIZ, RALUCA,
DARIA

- (10 minutes) Mural about diversity. Before the workshop, prepare a flipchart sheet with the word "diversity" written in the middle using masking tape. We ask the participants to take a marker, close their eyes and move their hands while listening to music. When they feel that they have finished, we remove the masking tape and reveal the word diversity.
- Debriefing/Plenary:
Asking participants about their feelings, and things they have learnt
What does the word written on the paper mean for them?

TIME: 90 MINUTES



CREATIVE INTERCULTURAL EXCHANGE

BY: JOSÉ, BERNADETA, DENISE,
ELLI

THEMES:

- creative Intercultural Exchange

TIME: 60 MINUTES

TARGET GROUP:

Young people, aged 14+

Suitable for a group of 10-15 people

GOALS AND OBJECTIVES:

The goal of the activity is to make students familiar with other cultures and reflect on the similarities and differences with their own culture, through conversation and artistic creation in smaller groups and presenting to the whole group.

MATERIALS:

- 8 A2 papers, pencils, glue, scissors, tapes, cartons, and additional stationary to enhance creativity

1. Introduction (7 minutes)

Instruction:

The introduction starts with telling your teammates' names and saying a few words about the country we represent. Then we need to explain to the youth why we are here and how we relate to Erasmus+. Afterwards, we explain the Erasmus + opportunities as a chance for everyone to meet different people and also get to know more about cultural differences.

2. Energizer (5 minutes)

Instructions:

The energizer starts with the common rules of how to play the "stand-up" game and we also need to explain one rule about hand raising and becoming quiet. Because this could help later when the game or discussions become too loud. The game starts by sitting on the chairs and standing up if you agree to the question. Example: "stand up if you wear blue clothes right now". If the youth can relate, they need to stand up. It creates some muscle and brain energy to be ready for the next activity.



CREATIVE INTERCULTURAL EXCHANGE

BY: JOSÉ, BERNADETA, DENISE,
ELLI

3. Main Activities (5 minutes explanation + 15 minutes creative implementation + 10 minutes presentation of each art piece)

Instructions:

1. Explain the objective of your activity, such as: making them aware of other cultures and their similarities and differences in a creative way.
2. Explain the need to split the participants into groups that will represent each country of the facilitators.
3. Explain that the participants will have 15 minutes to create a piece of art concerning what they already know, or learn about that specific country, during the session, with the help of one of the facilitators with the specific nationality.
4. Provide clear time management to make the participants aware of the time remaining to conclude the process.
5. When the time is up, gather all participants together in one specific place.
6. Ask each group to present, one by one, their piece of art concerning that country and the learning achieved during the session.

4. Debriefing (10 minutes)

Instructions:

- Gather together all the participants in a circle and ask them the following questions:
- What did you learn about these countries? Share one word in the circle.
- What do you think you have in common and what are your differences with these countries?
- Does anyone feel curious to learn more about other countries and cultures?
- How did you feel about the whole activity?

*Do you want to see what learning looks like in
an Erasmus+ Training Course?
Click below to check our*

AFTERMOVIE

This experience could happen thanks to a collaboration between:

Hungary - 21 Days NGO
Spain - Brisa Intercultural
Greece - DefiniTely Maybe
Lithuania - Asociacija Tavo Europa
Romania - Euroactive
Portugal - Zora
Italy - S.E.M.I.
Poland - Young Wave
Bulgaria - Smokinya



Co-funded by
the European Union