

# Grow Your Possibilities Training Course

From August 20th to 30th 2019

Bedeille - French Pyrenees

**Booklet addressed to anyone interested in the topic and wanting to spread awareness through informal education.**



Erasmus+



This Booklet has been written by the participants of the Training Course with some help of Solafrika's Team.

It is a result of the work and exchanges which occurred during the Training between the participants, the trainers and facilitators, the local community and each person that we met along this adventure.

It is addressed to anyone interested in the topic of collaboration between youth and youth workers.

You will find here a selection of workshops and reflexions that we went across, as well as detailed explanations of some workshops in order to successfully offer them to other Lovely Souls.

The aim of this Booklet : to spread knowledges, skills, ideas... We hope you will get inspired and who knows... maybe one day you will reuse and improve those activities!

Happy reading!

For any further informations, please contact [solafrika@yahoo.fr](mailto:solafrika@yahoo.fr)



# Description of the project

## Grow Your Possibilities

The objective of this training was to offer a meeting space between youth workers and young people in order to improve the socio-educational animation by a collaboration between the two parties and an improvement of the potential of each.

We created a kindly, safe and enjoyable environment where everybody could express oneself freely and be respected.

As always, we also promoted a simple, healthy and organic daily life applying the Zero Waste concept as much as we could to experience this change and its benefits on our lives. This, as well as cooperation and everyone's implication in the collective daily life.

## Main activities

- Experimentation with tools and methods to meet oneself, meet others in depth and manage to collaborate serenely and effectively together.
- Exchanges and experiments around the job of youth worker: what is a quality activity? How to be relevant in its proposals and adapted to an audience?
- Creation of activities of all types and implementation of these activities with the local population.

At the end of the project we went to a local market to propose workshops to the local population.

In this way, the participants shared their new knowledges and competences with the local community and showed what they learnt during the training.

This part was really important to us because it put the work of the participants into practice and also allowed the dissemination of the project.

This moment was an intense intercultural exchange between the participants and the locals.

# Our European partners

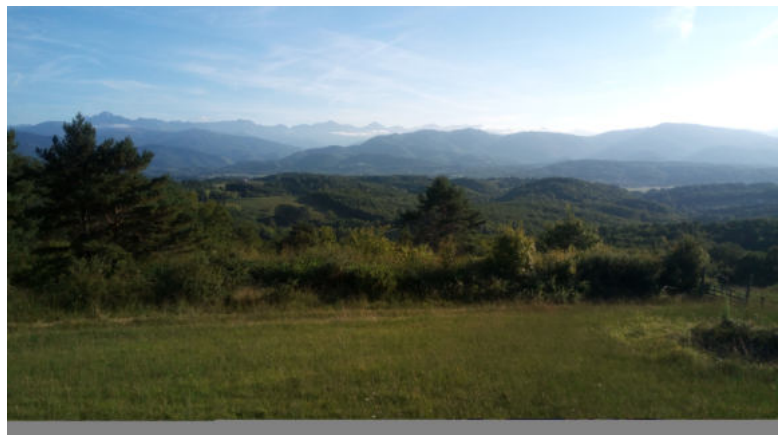
Grow Your Possibilities has been implemented by the following European organisations through the Erasmus + Programme :

EYCB, CZECH REPUBLIC  
Alter Ego, GREECE  
Bakyard, TURKEY  
CID, REPUBLIC OF NORTH MACEDONIA  
ACD La Hoya, SPAIN  
GEYC, ROMANIA  
Solafrika, FRANCE

## Solafrika : Hosting Organisation

Solafrika is a non-profit organization creating meetings between European youth and youth workers in order to share, understand each other better and create solidarity, as well as revealing the potential of each person. Since 2010, the organization implements a lot of environmental, social and cultural projects in the region of Ariège (France).

Through the Erasmus + program, the organization gives young people the chance to live international mobilities, all expenses paid.





# Games

## Energizers, Ice-Breakers

To start a good day a good energizer is needed.

Ice breakers, energizers, team building games are good ways to create a group dynamic, get to know each other and break the barriers on the first meetings. The aim of the activity is to wake up and get us ready to start the activity in a good mood and energy.

### Energizers

#### Zombie game

12 participants minimum

1 chair per person

» 1 of the participant is a Zombie. The rest of the participants are seated and 1 chair remains empty.

The Zombie has to walk slowly, his goal is to sit on this empty chair.

The aim for the rest of the group is to prevent him from sitting on the chair by moving from chair to chair.

Two rules : No speaking when the game has begun (but we can discuss tactics between every game); and when someone stands up he can not sit on his own chair again.

#### The chicken

The group is in a circle. Players have to be very serious, as it is a very serious game :) One player is the chicken. He/she has to turn someone else into the chicken, by staring at that person in a funny way and making funny chicken noises. If the person laughs, she becomes the new chicken. Whoever else starting to laugh, has to go in the middle and act like a chicken for some seconds before going back to their place. Play for 5 minutes, no winner.

#### Cooperative knot

Everybody in a circle. Then we get closer, hold a hand in the air, and grab a hand from whoever. Then, with our second hand, we grab another hand from a different person, and we don't let go. Now we're all in a big knot.

All we need to do now, is turn back into a circle, without letting our hands go at any second.

Variation: and now a little bit different ! We play again, but with our eyes closed.

# Icebreakers

## Draw a paper

In this activity, the people needed to find another participant who didn't know so much about them, and catch a paper in a box. Then both would go to a quiet place and both persons would answer the question on the paper. There were many papers, with deep questions like: 'If you could go back and do one good deed that you had the opportunity to do but didn't, what would it be and why?' or 'What do you think is more important: exploring the world or yourself?'.  
When both people had answered the question, they could go find another person and catch another paper and start again.

It was a really great activity to start to know more each other and see how similar we can be.

## Eye Contact

A non-verbal way to meet deeply, and also an introspection.

Make two lines with the same number of participants. Ask them to face each other, two by two.

For 10 minutes, no less, they will have to look in the eyes of their partner, without speaking at all.

At the end of the ten minutes, give them a time to share anything else they could need : feelings, laughs...

## Pass the Mime

People put themselves in 2 or 3 teams, and each team in a queue. The last person in each queue receives some word/situation to mime. Then she puts her hand on the shoulder of the next person in the queue, who has to turn around. Person 1 shows the mime to person 2. Person 2 then puts her hand on person's 3 shoulder, who has to turn around. And person 2 shows the mime to person 3, and so on.

When the mimes gets to the last person, she can tell the word/situation she guessed to the facilitator (discretely). The winner is the first team to guess the right word.

## Massage

Participants were supposed to create a "massage snake" with their bodies. Each person was providing a massage to the person in front of her. Then everybody closed their eyes and the facilitator moved some of the people to different places. Finally, everyone was supposed to find his/her way back to the person he/she was massaging but eyes closed and without a sound.

# Communication Skills

## Communication Tools

### Active Listening

This activity is about listening truly and deeply to each other. It is done in pairs.

- choose a comfortable position and make the space clear
- let your partner talk for 5 to 10 minutes and try the active listening
- ask questions if you have
- during the talk, re-phrase what is being said from time to time to show that you are listening. Also look at the person talking.

Then we switch.

### The Six Thinking Hats

This workshop is about getting different points of view through 6 'personality' hats. These hats are: Creativity, Positive, Negative, Neutral, Organizational, and Emotional.

The aim of this activity is to encourage a thinking process that can :

- help people be more productive, focused, and mindfully involved
- help to see things from different angles.

In other words : enrich the thoughts, the way of seeing things, develop other ways of thinking...

...and by this way develop empathy, take everyone's sensibility in count, be inclusive.

Give a topic of discussion to the group. A good idea is to prepare a short role playing engaging collective concerns.

Each one will be able to try the 6 hats, trying to challenge one's personality.

Let the debate go on for 30mins or more.

See what came out of the conversation and debrief!



## Active Listening

### Background

Often we'll listen to a conversation partner without really hearing him or her—in the process, we miss opportunities to connect with that person. This exercise helps you express active interest in what the other person has to say and makes him or her feel heard—a way to foster empathy and connection. This technique is especially well-suited for difficult conversations (such as arguments with a spouse) and for expressing support. Research suggests that using this technique can help others feel more understood and can improve relationship satisfaction.

### Time required

At least 10 minutes. Try to make time for this practice at least once per week.

### Instructions

Find a quiet place where you can talk with your partner without interruption or distraction. Invite him or her to share what's on his or her mind. As he or she does so, try to follow the steps below. You don't need to cover every step, but the more you do cover, the more effective this practice is likely to be.

- 1. Paraphrase.** Once the other person has finished expressing a thought, paraphrase what he or she said to make sure you understand and to show that you are paying attention. Helpful ways to paraphrase include "What I hear you saying is..." "It sounds like..." and "If I understand you right..."
- 2. Ask questions.** When appropriate, ask questions to encourage the other person to elaborate on his or her thoughts and feelings. Avoid jumping to conclusions about what the other person means. Instead ask questions to clarify his or her meaning, such as, "When you say \_\_\_\_, do you mean \_\_\_\_"?
- 3. Express empathy.** If the other person voices negative feelings, strive to validate these feelings rather than questioning or defending against them. For example, if the speaker expresses frustration, try to consider why he or she feels that way, regardless of whether you think that feeling is justified or whether you would feel that way yourself were you in his or her position. You might respond, "I can sense that you're feeling frustrated," and even "I can understand how that situation could cause frustration."
- 4. Use engaged body language.** Show that you are engaged and interested by making eye contact, nodding, facing the other person, and maintaining an open and relaxed body posture. Avoid attending to distractions in your environment or checking your phone. Be mindful of your facial expressions: Avoid expressions that might communicate disapproval or disgust.
- 5. Avoid judgment.** Your goal is to understand the other person's perspective and accept it for what it is, even if you disagree with it. Try not to interrupt with counter-arguments or mentally prepare a rebuttal while the other person is speaking.
- 6. Avoid giving advice.** Problem-solving is likely to be more effective after both conversation partners understand one another's perspective and feel heard. Moving too quickly into advice-giving can be counterproductive.
- 7. Take turns.** After the other person has had a chance to speak and you have engaged in the active listening steps above, ask if it's okay for you to share your perspective. When sharing your perspective, express yourself as clearly as possible using "I" statements (e.g., "I feel overwhelmed when you don't help out around the house"). It may also be helpful, when relevant, to express empathy for the other person's perspective (e.g., "I know you've been very busy lately and don't mean to leave me hanging...")



**Evidence that it works**

Weger, H., Castle Bell, G., Minei, E. M., & Robinson, M. C. (2014). [The relative effectiveness of active listening in initial interactions](#). *International Journal of Listening*, 28(1), 13-31.

Participants had brief conversations (about their biggest disappointment with their university) with someone trained to engage in active listening, someone who gave them advice, or someone who gave simple acknowledgments of their point of view. Participants who received active listening reported feeling more understood at the end of the conversation.

**Why it works**

Active listening helps listeners better understand others' perspectives and helps speakers feel more understood and less threatened. This technique can prevent miscommunication and spare hurt feelings on both sides. By improving communication and preventing arguments from escalating, active listening can increase relationship satisfaction and longevity. Practicing active listening with someone close to you can also help you listen better when interacting with other people in your life, such as students, co-workers, or roommates.

**Source**

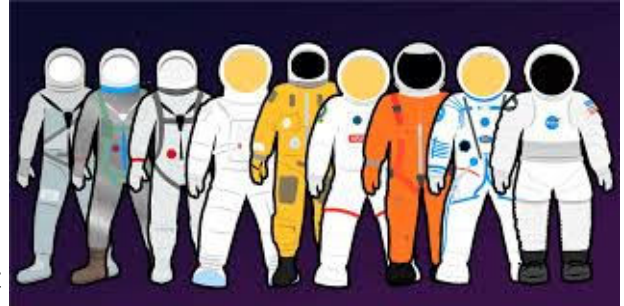
Instructions adapted from: Markman, H., Stanley, S., & Blumberg, S.L. (1994). [Fighting for your marriage](#). San Francisco: Josey-Bass Publishers.

# Team Building games

## NASA Game

The aim of this workshop is to show and compare different ways of working together and making decisions.

We give a paper to the participants with 15 items. You tell the group they have 10 minutes to classify these items in order of importance knowing that they land on a desert island/planet.



### INSTRUCTIONS

You are part of a spatial ship' team. You aimed to go to a ship which is on the lighed moon's face. Facing mecanical issues you had to land on the moon 320km far from your meeting point. While landing most of the accessories had been damaged except 15 objects below. It is vital for your crew to meet the rocket and you must choose the essential material for this long trip. You must think with a logical mind for your biological survival and to reach the mother ship.

For this exercice you have to classify in order of importance the 15 objects. Put a number from 1 in front of the one which seems the most important for you, 2 in front of the second, and so on until the 15th which is the most useless.

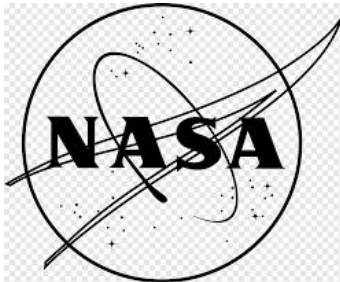
OBJECTS	Individual order	Point of disparity	Collectif order	Point of disparity	N.A.S.A order
Box of matches					
Food concentrate					
50 meters of nylon's rope					
A silk parachute					
A portable heating system working with solar energy					
Two 45 calibre pistoles					
One case of dehydrated milk					
Two 50 kg tank of oxygene for each					
Stellar map					
Selt inflating life raft					
A magnetic compass					
25 litres of water					
First aid kit, including injection needles					
Signal flares					
TSolar powered FM receiver- transmitter (middle frequency)					
		Total :		Total :	

After the 10 minutes you will divide the group in 3 groups. Each team will have to compare their order and give a common one.

In each group you ask for an observer. This person has to be out of the group and observe it to define their ability to work together, to listen to each other and to take each idea into account.

Then give to each group the crucial rules to work together and give them the way they must find a solution. One group will have to find a consensus, the other one will have to vote to the decisions and the third one do as they want. They have one hour to find their final order.

#### Crucial rules to work as a group



1. Avoid to violently impose your point of view. Introduce it as a logical and clear as possible. Listen carefully others opinions and try to reformulate it before insisting on your own position.
2. If the discussion is looking like going in the wrong direction, avoid to promote the majority point of view but take care of finding solutions which seems acceptable for all.
3. Don't mask a difference of opinion because you want to avoid a conflict and keep a harmonious atmosphere. Be wary of superficial agreement done too quickly and too easily. Carry the weight of each argument and be sure that the decision has been accepted by for similar or complementaries reasons. Promote only the position that are based on logical and objectives bases.
4. Avoid to resolve the conflicts by the common way like : the law of the majority, the chance, the concession dealing. If a rival member end by being agree on a point, don't consider that it's necessary to reward them with giving them the next point.
5. The differences of opinion are normal and unavoidable. You have to promote them and take care that everyone is participating in the process of the decision making. Has the differences are offering to the group a large schale of informations and opinions, it represent a token for the final succes.



At the end of the hour you gather everyone and give them the Nasa order. They have to compare their personal order with the nasa one and the collective one as well. See which one has less points. (The less points they have the closer from the real order they are).

Then observe how they have been working together. Was it easy? Was everyone able to express themselves? etc...

## RESULTATS ET EXPLICATIONS FOURNIS PAR LA N.A.S.A

(A écrire sur un tableau à la vue de chacun)

To make their priority order the N.A.S.A experts were based on the use of 2 criterias :

☛What is insuring biologic life

☛What is insuring the possibility to reach the mother ship.

Those two criterias which together are meaning surviving.

OBJECTS	EXPLANATION	N.A.S.A. ORDER
Box of matches	Without oxygene you can not light them.	15
Food concentrate	Efficient way to fix the energy loss.	4
50 meters of nylon rope.	Useful in scaling cliffs and tying injured together	6
Parachut silk	Protection from the sun's rays	8
Portable heating unit working with solar energy	Not needed unless on the dark side	13
2 45 calibre pistols	Possible means of self-propulsion or ended your days.	11
One case of dehydrated milk	Bulkier duplication of food concentrate	12
2 50 kg tank of oxygene for each	Most pressing survival need (weight is not a factor since gravity is one-sixth of the Earth's -- each tank would weigh only about 17 lbs. on the moon)	1
Stellar map	Primary means of navigation - star patterns appear essentially identical on the moon as on Earth	3
Selt inflating life raft	CO2 bottle in military raft may be used for propulsion	9
A magnetic compass	The magnetic field on the moon is not polarized, so it's worthless for navigation	14
25 litres of water	Needed for replacement of tremendous liquid loss on the light side	2
First aid kit, including injection needles	Needles connected to vials of vitamins, medicines, etc. will fit special aperture in NASA space suit	7
Signal flares	Use as distress signal when the mother ship is sighted	10
Solar powered FM receiver-transmitter	For communication with mother ship (but FM requires line-of-sight transmission and can only be used over short ranges)	5

### To debrief:

- 1- Which instructions did you give just before the discussion ?
- 2- Did every participant get the opportunity to express themselves ?
- 3- Did every participant listen to the proposal of others or did they just want to impose their list ?
- 4- Is there some leadership phenomenons , or conflict of under group effect in the several groups ?
- 5- How much time did all the decisions take ?
- 6- Were some groups creative regarding the first idea I gave them ?

What can we conclude from this experience, especially comparing the results of collective and personnal scores ?

## The Egg



The aim of this game is about teambuilding, group solidarity and creative thinking.

All the participants divided into small groups and one real egg is given to each group. All groups are asked to make a nest for the egg in a creative way. There is only one rule : all groups have to make the nests with only natural materials. They have 30 minutes.

All groups meet after the 30 minutes. For each group, a group representative hops on a chair, standing up. They have to drop down the nest (and the egg within the nest). The groups winning the competition are the ones who don't break their eggs.





# The Blooming Quest



This activity is about knowing ourselves, to know what is most important to one self. We went to the forest. We were told a story, where we were ghosts of ourselves. We had to follow ribbons tied to the trees, and everywhere we would see a white cross of flour on the ground, we would have to wait for the group to gather.

At the first cross, we were told this was our burial. We were given 5 minutes to individually think about what we would like to hear from our beloved ones at our burial. The qualities we would hear, are our core values in life, and we should make sure to live according to these values.

At the second cross, we were asked to individually think about our biggest fear. Then all the others would impersonate this fear, and we started a flour fight, to fight our fears.

At the third cross, we were told we had become true heroes, alive for real, not as living ghosts. Now was the time of the reward. We had to find a hidden chest. In the chest, there was a paper saying we had found the best treasure ever. We had to imagine, individually again, what was the greatest treasure we could find. It didn't have to be material, it could be something immaterial, like love, security, peace...

**Your death** : the things your beloved ones say, indicate what are your values, the things that are really important to you.

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*Stay true to these values throughout your life, as it will help you find and keep happiness.*

**Your demons** : what would be your inner demons ? The struggles you currently have ?

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*You fought them today, it was fun, and you won ! You can win again, on another day.*

**Your reward** : what was in the treasure ? Why is it so important to you ?

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*Your dream is your vision. Everything you do in life should get you closer to that dream, this is what you live for.*

# A Step Forward

Time : 1 hour

Material : a big area, papers with the roles for the participants, costumes, statements that will be read by the trainer.

- An activity based on roleplay and consciousness.
- To make us aware of our privileges and the discriminations that we are suffering from.
- To be in other's shoes, understand the reality and how much we are lucky - or not.

-> Draw a role, get in this character's shoes. Then everybody gets on the same line, and the trainer starts reading statements. The participants take one step forward if they can answer yes to the statements.



The whole workshop can be very emotional and hard.

## Questions to help them to fit in their person's shoes:

- What was your childhood like?
- What sort of house did you live in?
- What kind of games did you play?
- What sort of work did your parents do?
- What is your everyday life like now?
- What sort of lifestyle do you have?
- Where do you live?
- What do you do in the morning ? in the afternoon ? in the evening?
- Where do you socialise?
- How much money do you earn each month?
- What do you do in your leisure time?
- What you do in your holidays?
- What excites you ?
- What are you afraid of?

## Statements/ Questions to ask:

- You have a proper housing with electricity and drink water.
- You had been to school and you can read the journal.
- You never had hard financial difficulties.
- You can vote for the local and national elections.
- You have a phone, a television and a car.
- You can consider that your language, religion and culture are respected in the society you live in.
- You can enjoy a social and medical protection.
- You can participate to an international seminar abroad.
- You have never been discriminated for your origins.
- You are not worried about the future of your children.
- You have an interesting life and you are optimist concerning your future.
- You never worried about not having anything to eat.
- You can fall in love with the person you want to.
- You can buy new clothes at least each 3 months.
- You are afraid of being harassed or attacked in the streets or by the medias.
- You can go on holidays once a year.
- You have the feeling that your skills are appreciated and respected.
- You think that you can study and practice the profession of your choice.
- You can use the internet and get the advantages it brings.
- You can celebrate the most important religious feasts with your close family and friends relations.



## DEBRIEFING :

A debriefing is absolutely necessary.

You can do it like this :

- As the participants still in their character's shoes with their costumes, ask them one by one to express their identity, telling their story to everybody. Ask them to end by explaining their end position.

- Take a break : everyone take off their costume and get out their character's shoes (this step can be leaded by the trainer to help them in the process). Take more time so that everyone can come back to reality and breathe a little bit.

- Now that everyone is back in their own shoes you can brainstorm about how can you stop these discrimination.

- Optional :

\*write a letter to your character

\*giving thanks for something/someone you feel lucky in your life

\*burn the paper with your role, saying goodbye and good luck to your character.



### Example of questions to debrief

- How do you feel now ? *(Write)*
  - Do you think you would be able to guess the role played by the others ?
  - I'd like to give the opportunity to everyone to tell to the group :
    - what happened for you during the exercise ?
    - and how you felt in your progression ? *(Write)*
 Please, finish by telling us who you were.  
 Ask them :
    - what name they choose at the beginning for their character
    - and what they felt being their biggest need at the end of the statements/at their final position. *(Write)*
  - Do you think this exercise reflects by some aspects the society ?
  - Was it easy or difficult to play your roles ?
  - In your opinion, what are the objectives of this activity ?
  - Looking back to the needs you felt *(paper)*: could you find them something in common ? or could you put them in categories ?
- \* Their needs will probably be related to basic needs normally ensured by the Declaration of Human Rights to which all the countries present at this TC agree with.
- \* Check also with the group where are these needs on the pyramid of Maslow.
- As youth workers, to what reflections could it lead you ?
    - Our proposal : Finally, what is the purpose of your work as youth worker?
  - As young people, can you share your opinion on this issue?

# What is a good workshop ?



8 papers were hidden in the area. We had to find them, and whenever we found one, we had to gather everyone there. On the papers were the different elements of the structure of a workshop : goal - preparation - material - timing - conduct - debriefing - wrap up - communication

We took some time to discuss every element: what should we think about, how to make it work, etc. While talking we wrote post-its, and then we stuck all the post-its on a poster that recalled all of the elements. Everyone could then inspire themselves with the post-its, to create their own workshops.



# Participant's workshops

## Art & Creation

### Ludo's board-game ~ by Tedj

What is it?

Ludo's game is similar to the french game of «Petits chevaux» (horses). The ancestor of Ludo is the indian Pachisi. The goal of the game is to be the first player to move his 4 pawns around the board and back to the center of it.

How to play it?

Each players chooses a yard and takes 4 pawns of that same color.

To start moving his pieces the player must get a 6 with the die. The displacement is made from the starting square of the chosen color.

When a pawn has completed his turn of the board, he must trace his color path back to the center of the board.



### Home made Shampoos ~ by Noemie

Time: 30min to prepare

1 day to let it dry

What: create our own soaps with only organic and natural ingredients.

Why: it's cool to share knowledge and it's ecological.

Materials:

- 80g tensioactif : coco sodium sulfate
- 20g shikakai powder
- 20g green clay
- 20g jojoba oil
- 30g rose water
- 20g drops of essential oil

Steps:

- 1)Weight each ingredient and place them in a pan
- 2)Melt and mix the whole preparation
- 3)Put this in baking pans
- 4)Let dry one day
- 5)It is ready!





## Paper Towers ~ by Mia

The aim of the activity is to build the highest tower with the materials that you have received. So in pairs, you need to cut, paste and build the highest tower of paper with only 6 papers, one scissor and 60 cm of tape.

For this activity you needed to have a great imagination and patience to build the tallest tower in 40min.

The big challenge is that the paper is not the best material as it is really unstable.



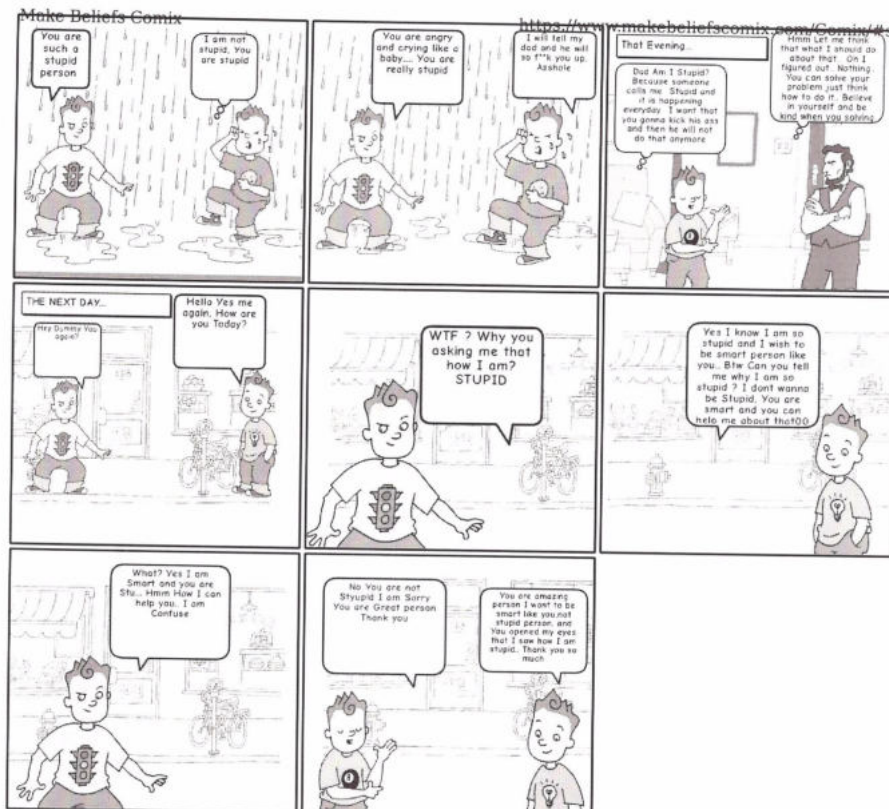
## Beliefs Comics ~ by Carine

Make Beliefs Comix      THIS COMIC WAS CREATED AT <https://www.makebeliefscomix.com/Comix/#send>  
**WWW.MAKEBELIEFS.COMIX.COM**  
GO THERE TO CREATE YOUR OWN!  
NAME YOUR COMIX       AUTHOR'S NAME

The aim of this activity is to enable the participants to create their own comic strips thanks to the very easy use of an online software called "MakeBeliefsComix".

People had to think first to a message/a story they wanted to share and then they could create their comic strip by choosing preconceived characters, colors, speech bubbles design, backgrounds...

This little software offers anyone the possibility to express oneself through a creative funny way.



# Sport & Relax

## Indian Football ~ by Mia

This game needs two teams, competing for victory. Each one has his own half of the grass field. At the farthest border of the field, each team has a "cage" zone, around 3m x 3m. In each cage, a pot and big spoon. The aim of the game is to score as many goals as possible. We had to run to the opposite side without being touched by the opponents, and knock the pot with the spoon, which meant scoring a goal. If you were touched, you had to go down on your bum, and wait for a team player to come and save you by touching you. When you were saved, you first had to go back to your half of the field.

## 3 Steps ~ by Laurent

The group was divided in 2 competing teams on field divided in two. Each team starts in a line, along the farthest border of their field half. The goal of each team is to earn points by reaching the opposite border of the field. Each turn, only one person plays, and can only make 3 steps (big or small). Every person has to play one by one, but they can choose who goes, in their team (one of each team alternating). Everybody in the team has to play before the same person can move again. When they move, the players can get closer to opponents. At the end of their movement, when they stretch their arms (without bending their body), all the opponents they can touch have to go back on their own starting line and start from there again.

## Follow the Leader, Dance ~ by Musab

It is a dance choreography that all participants have participated and performed. The aim of the dance was to increase the cooperation among the participants, creating awareness and socialization.

The choreography was performed in a public area, (Le Mas d'Azil) on a market day, so that the dance has reached a large number of people.

# News & Society

## Heart surgery ~ by Robin

Make two teams.

Secretly, each team get a paper with descriptions of different people : from different backgrounds, of different ages, living very different lives etc... All of them need a heart surgery.

Objective : Each team will have to choose only one person to get that heart surgery. Into their group, the participants will have to discuss about the situation of each person and agree on the one who will get treated.

Once done, each team tell its arguments for its decision in front of the other team. (One speaker by team.) The teams have also to convince the facilitator that their decision is the best one according to the decision process they used.

The facilitator moderates the discussion.

Finally, it is also him who choose the winner and explain his choice. His criterias are based on the decision processes used by the teams, the quality of their arguments, their way of speaking.

## Mime ~ by Carine

This is a creative silent way to express oneself strongly about deep society questions/issues such as racism, child abuse, drugs, sexism, homophobia, handicap, capitalism etc...

Your message should be very simple and clear, short also but maybe repeated for a stronger impact on the audience.

Individually, choose a topic and create a mime to tell a story about it.

Work on face expression but also on body expression.

Then as a group, decide on a staging where everyone will have time to share their message to the public in a show.

Choose your music, make you up if necessary. take care on your stage entry and exit.





# Solafrika at the Market

A group of people coming from 7 countries have to face a crowd at the local market of Le Mas d'Azil... How to do it ?

We brainstormed. What we wanted to share with the local community was :

Sharing ideas, knowledges, creativity and kindness

Proposing visual and kinesthetic arts to create safe spaces for the people to express themselves.

We divided into three groups : Dance Team, Make Your Day Team and Erasmus+ Team

- \* The Dance Team showed a choreography.

- \* Make Your Day Team distributed nice words written on papers to bystanders at the market and gave them the translation in sign language to make them acknowledge some of us were deaf. It felt we were equal in this world, as we could communicate!

- \* Erasmus+ Team created a quizz with a map, asking questions about European countries and cultures.

We had a lot of fun with the local community. We had to be very adaptable. Sometimes we could feel a bit lost but it was a good exercise.



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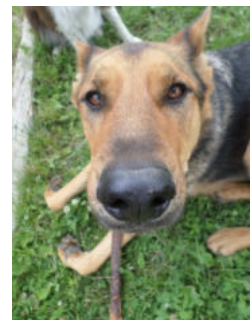
Lola, our wonderful chef  
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The Market Committee of Le Mas d'Azil

And all the people who made this project possible !



Erasmus+



Cheers from Laurent, Maëva, Ophélie and Gopal ♥

Organisers and facilitators from Solafrika