

Youth exchange: ALEA IACTA EST

24 October – 02 November 2013

Vrnjacka Banja

1st DAY

1. Getting to know each other

- Each participant presented yourself very shortly (name and surname + country, + experience in topic)
 - **Center of Europe** – Participants are positioned on the geographical location of the country of origin as well as the position of neighboring countries. After positioning the participants need to tell us how long they traveled until they came to Vrnjacka Spa and what did they discover as the most interesting thing that has happened to them on that journey.
 - **Name game** - everybody was telling his/her name and made a movement and the group had to imitate it and say the persons name 3 times
2. **Introduction** (facilitators, organizers, technical things related to hotel rules and environment)

2nd DAY

1. Check in

2. Energzier

3. Getting to know each other

- **Name game with ball** - person has the ball, it should be said the name of the other person and tossed her the ball. The next person does the same, and so on. Slowly we threw one more ball. Firstly, it seemed a little bit difficult, but we finally managed to play it in a right way.
- **Human bingo** - Each participant had received the Card with different statements which should be identified with some participants in the group.
- **Toalet paper game** - how many list of papers are taken such sentences about yourself have to be presented to the group.
- **Get into line** - Participants should line up by their height and form a line from the youngest to the oldest one using only non-verbal communication and body

language. In the next circles were next criteria: the number of shoes, to cold hands, etc.

4. Introduction the project's aims and Programme of the Youth exchange

5. Expectations, Fears and Contribution

6. Group Agreement

7. Team building and activity:

- **Jumping over the rope** - between two pillars stretched rope in three different heights. Participants have ancestors from one side to the other, but the first goes below the lower rope, the second between the two rope and a third above the highest rope. All you need to pass to the other side backing these rules. If someone touches the rope all returns to the beginning.
 - **games with eggs and spoons** - working in two groups. one by one should transfer the egg in the spoon to point A and back. The egg must not fall
 - **"Mission Impossible"** – participants were separated again into 4 groups and had to complete some really challenging tasks, like: counting the windows and stairs of the hotel, make short interviews on different topics, dance with the workers of the hotel and make a video about it, etc.
- 8. Reflection group** - Participants were divided into nine groups. Each leader is in charge of one group. Participants discussed the activities that were on that day.

3th DAY

1. Check in

2. Energzier

3. Blanket Game - It was good for practicing each others name, and in the same time it was funny as well.

4. LOGICAL & MATHEMATICAL COMPETENCES

- **Logical test** - To check participants logical skill they got a test with 10 tricky questions and they had to figure out in pair the right answers for them. Even people who had the best solutions for the test, they had solved only the half of the on the right way.
- **Mathematical test** - this was connected to participants Mathematical Skill. Participants had to work in smaller groups and solve the given problems. Most of the groups managed to solve the test without any mistakes.
- **NASA exercise** - Surviving on the moon – individual ranking and group ranking + NASA ranking items for surviving - Participants got a list of things and a story about how they stocked on the Moon because they spaceship just broke. And they had to decide the ranking of the listed things according to their personal

needs and logical skills. Then they had to form groups and discuss together their orders and create one for their group. Then at the evaluation of the exercise they got the order made by NASA and they had to compare their individual and group results to it, and see how they could survive better in the space alone or with the help of the others

5. **City game** - In the afternoon the participants had the opportunity to explore Vrnjacka Banja. This game is awakened and competitive spirit among participants. Participants were divided into several groups. They had 11 tasks.
City game is the perfect opportunity to developing team spirit among participants, and at the same time learn something about the city where they are located.
6. **Presentation of City game**
7. **Reflection time**
8. **Intercultural evening** - Presentation of the cultures of the first group of countries represented in the YE. Traditional costumes, dances, games, food and small PPT were presented by the participants, in a presentation structured as a cultural fair.

4th DAY

1. **Check in**
2. **Energzier**
3. **BODILY-KINESTETIC INTELIGENCE**
 - **Perepetum Mobile mascines**
 - Participants were devided into pairs. One of them had to stay on one leg and the other one had to bother him/her for loosing the balance kept on one feet.
Substitute role. They had to repeat the exercise blindfolded as well. It was a nice activity to see how they can keep control of their body and to see the difference on this control when you are somehow limited.
 - This activity was followed by an other one which made them move and also see how their mind is controlling their body. They got some instructions (go, stop, jump, clap,etc.) and they had to act according to them. Then the rules changed and the instuction „go” for example got opposite meaning and they had to stop. Firstly it was a little bit confusing, but then they got used with the tasks and they could follow them easily.
 - **Blindfold exercize** - all the participants were blindfolded and they had to take each others hand and make a line. This line was leaded by Milisav, facilitator, who leaded the group some obstacles. And there were some helpers, who took care of the participants and didn't let them injured. Firstly, they just started to walk, then they were tooked into the grass, to the leaves and step by step their way started to became harder and harder. The most challenging was to walk up

and down on the stairs. At the evaluation of the game people said that the most important thing was to trust the others who were leading or helping them on the way, because like that it was really easy to complete the task.

- participant were divided into 6 groups and each group got a task to prepare a presentation about what the saying: 'Aleea lacta Est' means to them. The methods of presenting was different. Some of them had to show it by dancing, role playing or non verbal acting. After a half an hour preparation all the groups were presenting their scenes and all together we discussed what we understood from it and what was their willing to show for us. It was a really creative and funny way for understanding the meaning and the context of using the 'Aleea lacta est' proverb.

4. INTERPERSONAL INTELIIGENCE

Communication strategies and how we can spend our communication time

- **Communication in the group** - Everyone stands in a circle and have an apple in her right hand. Hold it over left hand to the person next to yourself. All at the same time adding an apple.
- Working in the pairs where one group should have talking about some very important things for them and others should have ignored them, but they didn't know about each others task and they had to communicate like this, or at least to try it
- **Discussion**
- **Theoretical input about interpersonal intelligence**
- **Strategy of communication** - Drawing in the pairs with one pencil different elements and objects. Person A had a task to draw the birds and the sun and person B; house, river and tree. They are meant to draw the same time the same pen.
- **Discussion** - as it was during practice, how they communicate.
- Theory inputs about & levels of Active listening, 7 levels of listening
- **How do we spend our time communication?** - Participants generally presented as people spend time in reading, writing, talking and listening.
- Participants were divided into 2 big groups and they had to discuss their strategy for task. Their task was to sit in a line and somehow communicate the the gotten numbers by the last person to the first one without talking or looking to each others. It was a nice activity with a lot of funny moments and confusing results.

5. Reflection time

6. Second intercultural evening

5th DAY

1. Check in

2. Energizer - Ciki boom

3. SPATIAL INTELIIGENCE

- Work in small groups in order to figure out how we can use corkscrew and how we can put into practice.
- We continued with activity; What if I were on Titanic Ship, What if my house made of cheese, What if my friend turned into a shoe, What if I was crocodile, What if my girlfriend/boyfriend has IQ over 148? Participants worked in groups. Each group wrote to one of the topics. Reading and presenting stories
- **Discussion**
- exercise in pairs where participants drawing math objects turned back to back. One person in couple has received the drawing that needs to explain (objects and its dimension) to another person and other person imagined and was drawing on the paper. Each pair was given a different drawing.
- Discussion: what it was easier
- Origami - Participants were divided into five groups. Each group was given instructions for making origami. Each member of the group is supposed to make your origami
- Discussion: How was it working origami.
- They were divided into five groups. Each group was given 10 words. From these words they were supposed to create a story, newspaper article.
- Reading articles and discussions.
- They were divided into five groups. Each group was given a single image. They are supposed to write more criticism on the image.
- The presentation and discussion

4. Reflection time

6th DAY

1. Check in
2. Energizer
1. Making a short film, the screening of short films/videos made related to some aspects of intelligence
3. Create ideas for the Films, Shooting
4. Free afternoon
5. Reflection time
6. Dinner in ethno restorant Ognjiste with serbian traditional music

7th DAY

1. Check in
2. Energizer
3. Editing and Finalizing video in small groups
4. Musical intelligence
 - Working in 6 groups. They had a variety of materials to make musical instruments. The materials of which they made instruments were cardboard boxes, plastic cups, spoons, forks, cups, balloons, rice, stones, and so on.
 - Demonstrate instruments and their functionality
 - work in the same small groups on creating melody for instruments in rap, rock, pop, opera and fado style with simple lyrics
 - perform to audience
 - Discussion
 - Showing videos
 - Reflection time
 - Funny social games

8th DAY

1. Check in
2. Energizer
3. Naturalistic Intelligence
 - first we had hiking walk to reach mountain GOC and we had a possibility to play game "Laughing on the stomach" on the grass so close to Goc montain. After we had been returning to hotel and having a lunch we went on climbing on artificial stone and zip line. Some people for the first time played tennis and some people reached to top of the stone.

9th DAY

1. Check in
2. Energizer
3. Intrapersonal intelligence
 - Columbian Hipnosis -
 - identify your preferences related to learning style
 - Reflect ourselves on Johary Window and on SWOT analyses

4. **Guests from YOUTH OFFICE Vrnjacka Banja** - Coordinator of the Office for Youth Sanja Cvetkovic presented the participants our work and its activities. Participants had the opportunity to learn and hear a lot about youth policy in Serbia.
5. Future steps and future cooperation was made through small groups in which participants suggested very creative ideas for staying in touch: Hello Chain, Solar eclipse, Soicalgram and new project on CRUISE trip.
6. Recapitulation of all days through creative styles
7. Leading Fantasy activity
8. **Assign youth pass certificate**

10th DAY

1. **Check in**
2. **Final evaluation**

Final evaluation consisting of 3 parts: an individual questionnaire with comments, a brain storming in sub-groups about feelings and impressions and a last review of what the participants learned about themselves, about others and their contribution

DEPARTURE OF PARTICIPANTS

CONCLUSION

Young people have creative and innovative potentials higher than the older people; they are more willing to learn and are open to change.

We are confident that this training has helped young people to develop personal qualities such as self-initiative, self-confidence, innovation and creativity, ability for a team work, responsibility, willingness to take a risk and motivation for achievements.

On the DVD in attachment you can see photos from the exchange and lot of video recorded during the workshop presentation.