

Together We Can - Social Inclusion Training Toolbox



Erasmus+



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Summary of the training

The main idea of the Training Course “Together We Can”, that took place in Diano Marina, Italy between 6-13 December 2021, is to empower active youth workers to gain knowledge and useful tools on Social Inclusion, in which they will go back to their homes and share what they have learned on the topic.

The project had workshops, discussions & group works where young people learned sources, tools and soft skills they can use, as well as understanding basic concepts in social inclusion such as “Fair Play” and “Identity Mapping”.

The training helped young people to understand the concept of “Social Inclusion”. However, the training also empowered and informed young people on sharing their newly learned knowledge on social inclusion.

Apart from the social inclusion topics, the training also offered space to develop some of the soft skills among participants, where important topics such as awareness, stress management, communication skills and public speaking were talked about.

21 participants coming from 8 partner countries have been very active and engaged during the training, contributing with their experience and activeness. At the end of the training, participants have produced a video summarizing what they have learned these days.

All in all, the training has been very successful, with the contribution and participation of the participants not only limited to the event, but also beyond it, especially with the online training they have created.



Event Video

Our participant from Bosnia & Herzegovina, Lazar Gajic, prepared a beautiful video that shares insights from our event. This video will give you a better idea of what we did and more importantly, the synergy of the week.



Video link: https://youtu.be/CaKpw_jQP0I

Workshops of the Training (and results)

We had a variety of workshops during the training. They were not only limited to social inclusion, but also soft skills that aimed to equip participants for their professional life. Below you can find a list of our workshops, their aims and what we have achieved.

The objectives of the training workshops have been achieved as below:

Ice Breaking games

The objective of this part was to integrate the participants and make them feel safe & comfortable. It was challenging to integrate the games into a Covid situation, but in the end, there had been successful ice-breaking games which have helped the training start in a good way.

Expectations round

The objective of this part was to set and understand the expectations of the participants of the training, and adapt to any possible expectation that could potentially increase the value of the training. Expectations were mostly around a good quality, interactive training week, as well as participants getting to know each other's cultures better, that could pave the way for future collaborations.

Erasmus+ workshop

Even though few participants had some information on what Erasmus+ Program is, its objectives and priorities for the next seven years, it was refreshing for most of them to go over it once again. On the other hand, we have had newcomers and most of them had little information about what Erasmus+ Program was! Especially for the inexperienced ones, this workshop was extremely beneficial to understand what the new program is about and how they can take further part in it.

Discussion on Social Inclusion

This workshop aimed to bring an interactive discussion within the group, where participants spoke about the issues on social inclusion in their countries. Afterwards, there was another group presentation where the participants shared experiences on how such issues were resolved in their own countries. At the end of the sessions, participants saw which issues are similar, and what are the best practices to resolve these issues.

Emotional Intelligence

The aim of this workshop was to raise awareness on how important emotional intelligence is, as well as what it exactly means. In a society where IQ is given a lot of importance, participants discussed and agreed how equally important EQ was to develop societies, especially on social inclusion. An interactive session on how to improve our EQ has also been held with the participants, which was very much enjoyed by the participants.

The video shown in the workshop on EQ:  [What is Emotional Intelligence?](#)

Trust is the source

These workshops helped participants to learn and share more regarding their self-confidence and trust with the others, which might help youth workers to use any of the activities in their social inclusion activities in their home country. Furthermore, through non-formal education methodologies they learned interactive activities where everyone participated and were eager to do it by themselves. Apart from the knowledge part of it, the participants also enjoyed this interactive session a lot.

Awareness on the mind & body

This workshop aimed to gain new understanding and practical tools to strengthen non-verbal competencies to reach out to young people and to promote social inclusion in everyday interactions through body movement. Being a very interactive session, participants have benefited from it a lot and have been very participative.

Stress Management

This workshop served as a base to the self-development of the participants, helping them gain/improve one of the core skills, stress management. This was an interactive session where participants discussed the main reasons for stress, how to overcome it and ended the session with a group mediation.

Among the main ways to manage your stress are:

Exercising regularly

Eating well

Drinking a lot of water


Sleeping well

Joining hobby & activity groups

Meditation

Spending time in nature

Understanding your triggers

For our stress management presentation, click:  [Stress Management Tips.pptx](#)

Time Management

This workshop also served as a base to the self-development of the participants, helping them gain/improve one of the core skills, time management. This was an interactive session where participants discussed personal time management, as well as the importance of delegation and systemization.

Three main aspects of time management were mentioned, such as managing our 24 hours, the power of delegation and the power of using systems.

In managing our 24 hours, the power of time management tools were mentioned, and tools such as Google Calendar, Trello and Evernote.

In delegation, the importance of delegating tasks and training the right people for the right tasks have been discussed.

And in using systems, the power of softwares and systems and how they can potentially make our time “infinite” have been discussed.

For the presentation on this topic, click: [📄 Time Management](#)

Public Speaking

This was another workshop that served as a base to the self-development of the participants, helping them gain/improve one of the core skills, public speaking. This was an interactive session where participants discussed the important aspects of public speaking. This session was finalized with a story telling activity, where participant presented a story, where each had 1 minute to be on the stage and improve their public speaking skills (they were also recorded to video with their consent, which was shared with them for feedback)

The important aspects of public speaking were mentioned as:

Delivering the main message

Preparation

Power of three

Voice Variety

Adapting Your Speech

Being Tactful

Being To The Point

Power of Feedback

Eye Contact

Using Visuals

Gestures

Using the stage

Using support objects

Being Sincere

You can access the presentation here: [!\[\]\(99f58673407353e96a019fbca558fd72_img.jpg\) TM Speech Delivery](#)

Relaxation Techniques

In this session, the participants were guided by a short autogenic relaxation. Interactive explanation followed how body scan is a tool for decreasing anxiety or stress. This session helped participants to understand the basic concepts of mindfulness and how to use it as a tool for combating stress and promoting self-development with their target group.

Active Listening

Participants had a session where they realized how important it is to be an active listener. Both in their lives in general and in terms of social inclusion. Active listening exercises were held among the participants, where they had the chance to work with each other.

Team building games

Since the topic of the TC was social inclusion, special attention to team building activities were given, since the participants had to know and trust each other well enough to work efficiently. The team building games significantly contributed to the efficiency and spirit of the group, and the participants appreciated learning team building games that they can use in the future.

In this Toolbox, you may find a few methodologies of some team building activities that youth workers can use in their activities especially on social inclusion related.

Team Building Activities & Methodologies

For some young people, particularly for those with fewer opportunities, the lack of security is a crucial factor in their unwillingness to trust. There are so many useful activities to teach about issues of social inclusion, through empathy and non-judgemental exchanges, the youth worker can help create an environment that feels safe. No-one would pretend this will happen overnight – that would be naive – but the experience, however brief, can at least provide a taste of what it feels like not to constantly assume the world and people in it are not to be trusted. This is why so many of the exercises aimed at building trust concentrate on the safe surrender, to some extent, of one's own control, entrusting one's personal and emotional security to another in a carefully managed situation.

In this Toolbox we have outlined a few of them we found to be especially effective with any age, a series of methods that we have been using for a long time when working with youth groups. Many of these may be familiar to you, they have been used, adapted, and shared over the years. Unfortunately, we do not know the original creators of some of these activities. We are grateful to all those who have come before so that we may keep building on their creative work!

It is very important to use these Workshops only with the group members who are willing to do that. Do not forget this is not a competition and do not try to find out who is stronger, braver or better. Nobody has a right to force, push or violate another person's personal limits.

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The Circle of Confidence

This activity aims raising self-confidence and confidence in others, feeling one's body better and developing a sense of responsibility for oneself and the rest

Materials: There is no need for any material unless you want to use your creativity and use something to cover the eyes or legs for any volunteer.

Time: at least 20 minutes for the activity

Group members are standing in a close circle. One of the members has to stand in the center, close his/her eyes and stretch the muscles. Other members slowly push him/her into different sides trying to catch and hold him/her so that the person does not fall. Those who want can go to the centre to try this out. It is recommended to have a discussion about the new sensations, feelings and thoughts immediately after the activity.

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The Chocolate Lava

The floor with chocolate lava is an activity in which we pretend that the floor or ground is made of chocolate lava (or any other lethal substance, such as acid or quicksand), and thus must avoid touching the ground; as touching the ground would "kill" the participant who did so. The players stay off the floor by standing on A4 papers. If the task is performed outdoors wooden plates (about 10x30 cm) might be used. A group will need to move from one place to another (move across a hot chocolate lava). Participants cannot walk on chocolate lava, so they have to use "magic pebbles" (wooden plates/A4 paper sheets or anything you can stand on). The number of the pieces that the group receives is smaller than the number of group members. The task is to get the whole group onto the other bank.

Length of the area: A number of big steps equal to 1½ times the number of group members. For instance, if a group consists of 15 people, the length of the area should be about 20 big steps.

Participants: This activity is suggested to be realized with a group of at least 10 participants. There may even be a goal, to which the players must race. Players can also set up obstacles such as padded chairs to make the game more challenging. This is a variation of an obstacle course or add role plays (ie. a blind, a person in a wheelchair, mute...).

Additional conditions:

- People can walk only on "magic pebbles";
- The "pebbles" which are not held, swim away. This means that when the pebbles are in the chocolate lava (on the territory across which you need to move) they must always be touched. If the "pebble" is not touched it swims away (it is lost). The group needs to carry on with the supplies left.
- People cannot touch hot chocolate or lean upon it. If anyone breaks this rule (falls into hot chocolate lava) the whole group has to return and start from the beginning.

The task is fulfilled only when all group members get onto the other bank

Variations are possible

Certain periods of time can be indicated for preparation and fulfilment of the task (e. g. 10 minutes for preparation and 20 minutes for actions). It is also possible to forbid talking inside the group when carrying out the task (then greater importance is focused on planning).

If the group wants a greater challenge some participants can have their eyes covered or someone that can't walk...

Notes on security:

At the first glance the task may appear very simple. But this is why the task is tricky. It is worth warning the participants that it is strictly prohibited to throw wooden boards and other heavier objects! (The

majority of injuries usually happen by people being reckless).

Please pay attention to the distance at which the participants arrange their “pebbles”. The greater the distance – the higher the risk that it will be difficult for participants squatting down and even more difficult standing up from such a position and then there is the risk of participants slipping and hurting themselves.

When the task is performed in nature it is important to ensure participants do not step on stumps. Wet grass is also very dangerous!

Energizers

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Jump in, jump out... jump left, jump right

This energizer is played through three phases. Ask the participants in a circle, and explain the instructions, as follows. The order to follow will be “jump in, jump out, jump left, jump right”:

- Say what I say, do what I say
- Say what I say, do the opposite of what I say
- Say the opposite of what I say, do what I say

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Transport the ball

Invite the participants to sit on chairs in a circle. They will have to sit as close to each other as they can, and put their arms on the shoulders of the ones next to them. The task is to transport the ball to each other without using hands, and the ball has to be passed by everyone, no one can skip. First they will need to transport the ball from one lap to the other, and later by using their legs and feet. You can change the size of the balls (basketball, football, tennis...).

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Evolution

Explain to participants that everyone starts “their life cycle” as ameba. They have to walk around while acting as an ameba and play rock paper scissors with another participant of their choice.

The task is to become superhuman by the following order and make the noises of the animals that they are evolved to as described below:

ameba + ameba = ameba (lose) – chicken (won)
chicken + chicken = ameba (lose) – monkey (won)
monkey + monkey = chicken (lose) – human (won)
human + human = monkey (lose) – super human (won)

Summary of the Training

Our participants have summarized the training week and what they have learned, to share it with people who were not there. The aim was to shortly introduce the week and the activities held (and things learned) in a fun & entertaining manner.



Video link: <https://youtu.be/-d4hraQihUc>

Testimonials From The Participants

We have received beautiful testimonials from the participants who have attended our project in Diano Marina and shared their experiences about the week. You can find the testimonials below:

1) **Abulfadhel A. Altufaili - Hungary**

I'm one of the participants of the "Together We can" Project. I will try to summarize the experience and the knowledge that I had from this wonderful 7 days journey, and I hope that Words will be enough to express what I gained from it.

To be honest, the pictures in the info pack wasn't enough to describe the city, cause when I arrived there Was Just Big "WoW" what a view what a wonderful sea, nice buildings, and the view from the Castle and all the places were just a perfect to see for my eyes and enjoy with every moment walking there so thanks to Italy for this beautiful city.

I attend some Erasmus + projects before and gain a lot of information and fun but this project, was really a unique thing to do I was every morning just woke up early to go and attend the workshops cause it's was really useful and help me a lot in different ways, it was useful to me learn about the social inclusion and the stress management and these two things I really needed them to improve myself and my personality and another thing to add is the golden circles and Johari window it was a part of the workshops and a really good way to know how to think and ask in the proper way So really thanks For the Trainers

What nice people I meet there a great mind with lovely smiles I really loved to be with them, and I want to spend more time with them, but nothing stays forever but the ideas and the wonderful memories I had from them for sure will stay forever Thanks to all of them.

This project really motivated me a lot to start these kinds of projects in the same way in my country and build something to help youth workers and students in my country to help them in the future with facing life challenges, in other words, I gained from this project the ability to start something that I never thought I will do it.

2) **Elif Ülkü - Turkey**

In the project Together We Can, I had an opportunity to learn about other cultures and languages; practices of social inclusion in different countries. It helped me raise awareness on social matters, racism, emotional intelligence and wellbeing of individuals and society. I had the chance to reflect on everything I experienced throughout the project, which allowed me to revise the process with a critical eye. The

project motivated me to take part in many others. I wouldn't miss the chance to learn and grow together again.

3) Mariia Boyechko - Ukraine

In Together we can I have got new knowledge about social inclusion, emotional intelligence, communication, and a lot of others.

But the main point that I learned is how to share this information with others. During the training, we have had different simulation games, which were very helpful to understand how to be in somebody's shoes (depending on the game). I will definitely use this instrument to teach youth not just through plain knowledge, but through their own experience, gained in the games.

I improved myself in public speaking and storytelling. Moreover, I had used knowledge about presenting information even in this training conducting a workshop about content accessibility for people with disabilities.

Apart from that, I appreciate the great job of the organizers in making the atmosphere on the project comfortable and trustful. That gave a possibility to everybody freely share their opinions and experience. I will keep on taking part in youth projects and this training has been a motivating factor!

4) Victor Dragan - Hungary

The Training Course "Together We Can" was very interesting for me and I am happy that I could participate in it. I had fun but I also learned a lot of things which help me both in my professional and personal life. I think the topics of social inclusion and emotional intelligence should concern everyone, especially nowadays, considering the difficulties that our society faces due to the pandemic and the geopolitical instabilities.

For me the most important workshop was the one regarding Public Speaking. Our experienced trainer shared valuable information and techniques on public speaking which will definitely help me in the future.

All the participants were friendly and we had a great time during the training course, socializing and sharing our life experiences and cultures. The accommodation in the beautiful city of Diano Marina was great and the people that I've met were very welcoming.

I will definitely take part in other projects and this training has been a motivating factor.

5) Ardelin Lumi - Kosovo

At first, I had many doubts whether I was getting a visa to come to Italy but we passed that step, the participation for me in "Together we can" was something special and the expectations were high.

When we started the trip to Diano Marina, I think, how the group will be, how I will get along with the other participants, will we have understanding, my language problems and many other questions ...

This fear passed after a while, and I started to feel the whole group. It seemed to me like I have spent a life with them, that kind of soul that is hard to find everywhere, expressing your weaknesses and trying to overcome them was something new to me. This training helps me a lot in expressing my knowledge and I will definitely use it in the future. Skills gained in this training include communication, stress relief, social networking posts, the trust we should have in others, organization and coordination as a group, etc. But most importantly we learned that together we can do everything and in a way we are all the same and have no differences, and we can create a future together thanks to Erasmus Plus. These kinds of trainings need to be held more often because we need to know each other more to break stereotypes to learn from each other. To create a common future

6) Alexandra Boboc - Italy

During the training course "Together we can", not only I have learned new information about social inclusion, but also new methods that I can use myself with the youths I work with.

Apart from that, what I value the most is the way our trainers adapted the "classic" activities (that I was used to) to the topic of social inclusion. It was a great opportunity for me to reconsider the non formal methods and activities that I already know and to use them differently in the future.

Moreover, I do believe I improved myself on public speaking and on facilitating workshops and team-building games. This training course was proof that non formal education is my favorite and I do want to take part in future projects (both youth exchanges and training courses) for my personal and professional development.

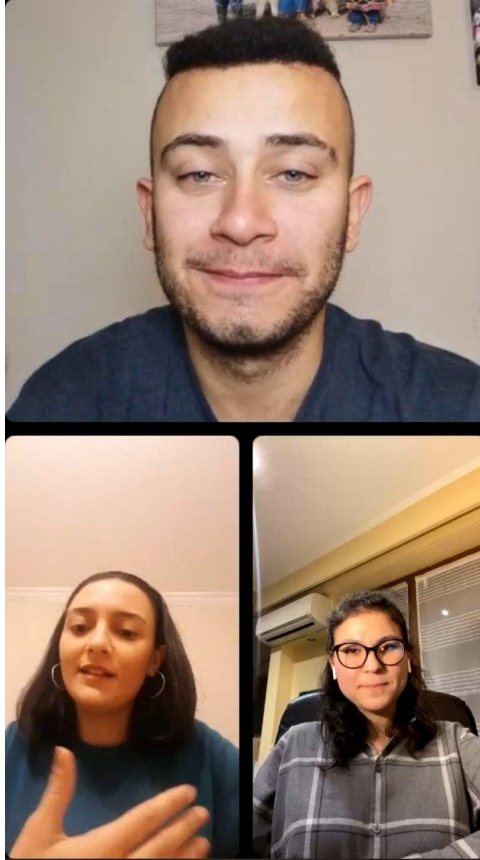
7) Robela Kerpi - Albania

"Together We Can", the Training Course that I took part in Diano Marina was the best form of learning while prioritizing everyone's engagement and having fun. As someone who has always enjoyed meeting new people, having the chance to meet special individuals from other countries was really overwhelming.

The participants were all really friendly and I am delighted to say, not only they had respect and listen to everybody but they had good manners and we got on really well.

Another interesting part of the training that made my time in Diano Marina truly unforgettable was the one called "Social nights" when we got to discuss and express more of ourselves while learning new games and activities.

The staff that hosted us could not have been more friendly and welcoming. That being said I have made some great connections and found the overall experience extremely rewarding. It has been a highlight of my life without question.



Awareness Day

With some of our participants, we have held an online session on Instagram, where they have shared their insights during the week in Together We Can, and the awareness they have gained.

You can watch the interview here: <https://www.youtube.com/watch?v=3fYNBXjlhml>