

FINAL REPORT

Day 1 - 05/10



Session

Method

Picture

**16.00
ARRIVAL OF
THE
PARTICIPANTS**

Free time to let participants rest and take familiarity with the place and with the other members of the Exchange.



**20.00
DINNER AND
WELCOME
EVENING**

Participants have dinner all together, enjoying the Italian food.
Dinner takes place every day at 20:00.
The welcome evening consists of some brief activities to start to know each other and
METHOD: World map game, name games.



FINAL REPORT

Day 2 - 06/10



Session

Method

Picture

**08.30
BREAKFAST**

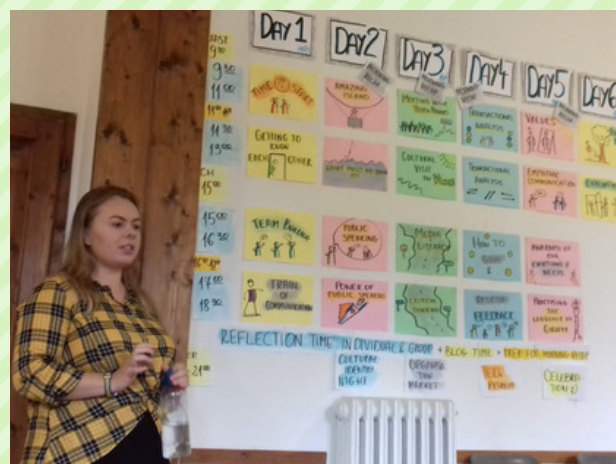
Participants have breakfast all together.

Breakfast takes place every morning from 08:30 to 09:15.



**09.30
PRESENTATIONS
EXPECTATIONS,
PRESENT THE
PROGRAM**

After some game names, trainers present them selves, the program of the project and the topics that will be treated.
Participants has to reflect about their fear and expectations about the project and their competences in 8 topics:
Level of english, transactional analalysis, erasmus+, public speaking, feedback, empathy, non violent communication, media literacy.
METHOD: Graphic visualisation, Expectations balloons, self evaluation.



**11.00
COFFEE
BREAK**

Just half an hour to let people rest and be ready for the next part of the activities.

Coffee break takes place every morning at 11:00 and every afternoon at 16:30



FINAL REPORT

Day 2 - 06/10



Session

Method

Picture

**11.30
GETTING TO
KNOW EACH
OTHER**

A moment to start to feel in contact with people discovering something about them in small groups.

METHOD: Speed date game



**13.00
LUNCH**

Participants have lunch all together, enjoying the Italian food.

Lunch takes place every day at 13:00



**15.00
TEAM
BUILDING AND
TRUST GAMES**

Games and tasks to stimulate cooperation and enhance group spirit. Trust activity.

METHOD: SPIDER NET

(participants have to pass through the holes of the net, without touching it).

PENDOLUM GAME (Participants, splitted in groups of 5 have to stay in circle swinging the person at the center of the circle, who has the eyes close



FINAL REPORT

Day 2 - 06/10



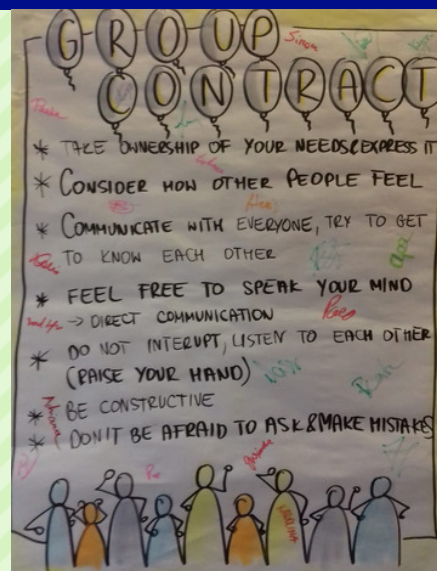
Session

Method

Picture

16.00
GROUP
CONTRACT

Participants discuss together the rules and the code of behaviour to be respected during the training course, in order to be sure that everyone feels accepted and safe inside the group.



17.00
TRAIN OF
COMMUNICATION

Participants are divided into 2 groups, they have 10 minutes to plan a strategy to reach a given place standing in a line, without talking and being blindfolded: only the last one in the line can see and he/she has the task of bringing the group to the final destination in only 3 minutes.



18.00
REFLECTION
TIME

Informal reflection moments in small groups in order to evaluate the day. Reflection time takes place everyday at 6.00 PM

Method: Reflection groups could be done as Games, using tools like paintings, cards and images.



FINAL REPORT

Day 2 - 06/10



Session

Method

Picture

**18.30
BLOG TIME**

Each day a different group of 4 mixed participants will take care of writing a Blog article with photos about the activities performed during the day.

Method: Writing Blog article and choosing collected photos of the daily activities and methods



**22.00
FREE NIGHT**

Participants enjoy their free time together, getting to know each other better and proposing some activities of their own to improve the group spirit.



FINAL REPORT

Day 3 - 07/10



Session

Method

Picture

**09.30
AMAZING
ISLAND GAME**

Participants are splitted into teams to play a role game: each group represents a character and has the task to reach the middle of the island. They have to find a strategy and different teams have the opportunity to cooperate to complete the task: the game has to do with cooperation and ways of solving conflicts.



**11.30
DEBRIEFING
SESSION**

Discussion about the first session to understand the purpose of the game. Participants reflect on their characters and on how they felt during the game, including how they structured their team strategies. Then they pass to discuss their own personality traits and their attitude towards conflicts.



**15.00
PUBLIC
SPEAKING**

Introduction to the topic of public speaking, presenting people's common fears and explaining how it works. Participants are shown different ways of approaching public speaking, focusing in particular on the structure a speech should have and strategies to overcome one's barriers.



FINAL REPORT

Day 3 - 07/10



Session

Method

Picture

**17.00
PUBLIC
SPEAKING
WORKSHOP**

Three participants are chosen to perform a 3 minutes speech. The other participants are given the task to focus on different aspects of the speeches (eye contact, gestures, voice, fillers, content) in order to give some feedbacks. The workshop is followed by a debriefing session to analyse the difficulties of giving a public speech.



FINAL REPORT

Day 4 - 08/10



Session

Method

Picture

**09.30
MEETING WITH
THE MAYOR OF
VINCI**

Meeting with the responsible of Youth Policy of the municipality of Vinci.

Everyone made a quick presentation of himself and his organisation.



**11.00
CULTURAL
VISIT TO VINCI**

Informal and cultural moment to see Leonardo da Vinci's hometown and museum, free time.



**15.00
MEDIA
LITERACY:
FAKE NEWS**

Participants are divided into 4 groups and are given some articles and they have to discuss them, giving their opinion about their truth. Then the groups are required to create an imaginary fake news and to present it to the rest of the group.



FINAL REPORT

Day 4 - 08/10



Session

Method

Picture

17.00
MEDIA
LITERACY:
CRITICAL
THINKING

Participants are divided into 4 groups and they have a brainstorming session (world café method) about 4 topics: Facebook responsibility, how to detect fake news, cyberbullism and hate speech on media, "hot topics". The brainstorming is followed by a debriefing session where each group present one of the topics.



22.00
CULTURAL
IDENTITY
NIGHT

A moment to discover the culture and the traditions of the countries participating to the training : the groups prepare a presentation about its own culture, food and traditions.

Methods: informal & non-formal activities, games, quiz, music, dances, videos..



FINAL REPORT

Day 5 - 09/10



Session

Method

Picture

09.30 TRANSACTIONAL ANALYSIS

Introduction to the principles of Transactional Analysis, proposed by Eric Berne. Explanation of the theories about the Ego States (Parents/Adult/Child) and the ways in which these can connect and interact.

Method: presentation with flipcharts, brainstorming, discussion



11.30 PERFORMANCES ON EGO STATES

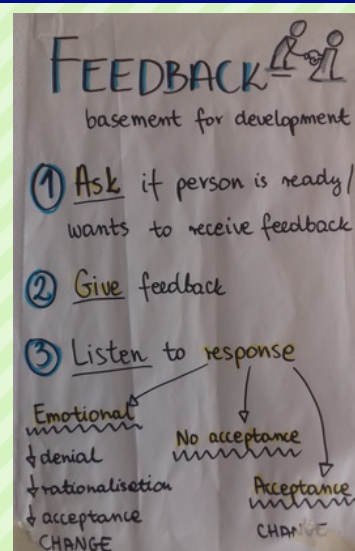
Participants are divided into 4 groups and they have to create a small theatrical scenary, paying attention to perform different kinds of ego states. They perform the scenes and the others try to understand which ego states are being represented.



15.00 FEEDBACK

Brainstorming about what feedbacks are and how important they are for a good and constructive communication.

Method: brainstorming, flipcharts, video



FINAL REPORT

Day 5 - 09/10



Session

Method

Picture

15.30 MISSION IMPOSSIBLE

Participants are divided into 3 groups to complete 9 tasks in 10 minutes. They have to cooperate to find a strategy within each group to accomplish the tasks in the given time.

Method: team work, cooperation.



17.30 FEEDBACK: TO GIVE AND TO RECEIVE

Each participant has to give a feedback to a least 3 different members of the group, regarding the way they acted during the mission impossible game. After that the trainers present the AID (Action-Impact-Do) theory to explain to the participants the best way of giving and receiving feedbacks. Then they are asked to reformulate the feedbacks given before according to these new information.



18.30 KEY PRINCIPLES OF GIVING & RECEIVING FEEDBACKS: DEBRIEFING

Discussion about participants' feelings and emotions in giving and receiving feedbacks. Closure for the session with some tips and hints about how feedbacks can impact on communication and cooperation among people.



FINAL REPORT

Day 5 - 09/10



Session

Method

Picture

**22.00
ORGANISATIONS
MARKET**

Participants briefly present their sending organisation, with the aim of spreading their basic principles and creating new partnerships.



FINAL REPORT

Day 6 - 10/10



Session

Method

Picture

**09.30
ONE STEP
FORWARD**

There are different roles representing many social conditions. Participants pick up one role and they focus on that. Facilitators ask questions describing various situations of ordinary life: if the answer is yes, participants have to make a step forward, otherwise they don't move.

Method:Role play game



**11.30
NON VIOLENT
COMMUNICATION
&
EMPATHY**

Brief introduction the importance of empathy to create inclusion and about Marshal Resenberg's theory of the 4 steps of non violent communication (NVC): observation, feelings, needs, requests. After giving some examples, the participants have to think about conflicts and difficult situation they have recently faced and have to try to find solutions using the NVC.



**12.30
ACTIVE
LISTENING
PRACTICE**

Active listening exercise: at first in pairs, participants have to tell a story about big changes in their life. Then, splitted in groups of 3 and using some cards, they talk about feelings and needs, discussing when it was the last time they felt like that and how they reacted to those emotions.



FINAL REPORT

Day 6 - 10/10



Session

Method

Picture

15.30 EMOTIONAL AWARENESS

Using some special cards, participants discuss about priority of needs: they choose a card and explain to the others why this need is the most important for them. Then each of them has to choose one need card randomly and with non-verbal-language they try to make the others understand what they are asking for.



17.30 THE 4 STEPS OF NVC

Participants reflect on the importance of the 4 steps of NVC and on the fact that emotions and needs are fundamental for a good communication process with the others. In particular they discuss the difference between observation and judgement, realising how our interpretation of facts can affect the cooperation in groups and can cause conflicts.



22.00 FAREWELL PARTY

The last party to celebrate the project and say goodbye with some games and music managed by the participants.



FINAL REPORT

Day 7 - 11/10



Session

Method

Picture

**9.30
FOLLOW UP
AND
DISSEMINATION**

Participants discuss about how to get in contact and how to continue the partnership, the results. Briefly, how to give new legs to the project

Methods: Posters, Brainstorming, Collecting Ideas for new projects



**10.30
YOUTHPASS
DELIVERY**

Participants discuss about how to keep in contact and how to maintain the partnership: briefly, how to give new legs to the project. Youthpass is delivered to every participants as a proof of their involvement in the training course.

Methods: Posters, Brainstorming, Collecting Ideas for new projects



**11.30
FINAL
EVALUATION**

Different kinds of evaluation of the project: questionnaire about logistics, accommodation and food, activities, involvement, evaluation games, creative evaluation.

Methods: Questionnaire, Evaluation Games, sharing

