

# SCENARIOS OF CHOSEN WORKSHOPS

## from Green Up!

Erasmus+ Youth Exchange



The youth exchange took place in September 2019, in Zatonie (Złocieniec), Poland.

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Erasmus+ Programme  
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The “Green Up!” youth exchange was part of the “Green Up!” Erasmus+ project organized together by 6 organizations from Serbia, Georgia, Tunisia, Italy, Albania and Poland.



The objectives of the “Green Up!” project were:

- 1) Equipping the young people in competences which will help them in promoting the protection of natural environment,
- 2) Increasing the civic responsibility towards nature attitude in young people around the partner organizations,
- 3) Promoting the attitudes of social inclusion, especially the inclusion of young people with special needs,
- 4) Raising awareness about Earth pollution and giving the young people a space to discuss the real solutions.

Below you can find the session outlines (scenarios) of some of the workshops that the participants shared during the youth exchange. We hope these scenarios will be an inspiration for you and you will conduct similar workshops with your youth groups.

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Name of the session:

## Conveying the environmental messages through theatre

Date and time: 20.09.2019 16:45-18:00

### Background:

Young people nowadays are feeling increasingly distant from nature, it is necessary for them to begin to understand that they are part of it and directly affect it. The numerous environmental problems and disruption of natural ecosystems make this session necessary as young people see the damage done to nature.



### Moderator(s):

Polish group

### Methodology and methods:

This session will be organized in the form of a theater where each young person will choose the natural element. He will then draw a mask of this element and convey a message or problem of a nature. In this way young people put themselves in the place of nature and I will feel the pain of the Earth. The person who is “personifying” the nature-element can accuse humans/tell humans how it feels. For example: “I am the water. I want to nourish you and give you life, but you pollute me with toxic chemicals and I am suffering”.

### Timeline of the session:

1:30 hour

### Output/outcomes of the session:

Young people have created some masks that will remind them of environmental problems and make them reflect.



### Learning Outcomes:

1) Young people have become aware and have once again understood the damage caused by man in nature. They can also practice this session in their own countries to raise awareness among young people.

2) Getting a better understandings of forum theatre. Helping others to understand the method and how to put it into practice (the process).

- 3) Better connection with oneself and with nature.
- 4) Understanding the importance of not only getting knowledge about environment pollution, but also adopting values and emotional attitudes towards it.

**Materials needed and space required:**

pencils, paper, scissors, rope, glue

**Further reading:**

“Council of All Beings” - Joanna Macy: <http://www.rainforestinfo.org.au/deep-eco/coab.htm>

Name of the session:

## Case studies of good eco-campaigns and actions from the participating countries

Date and time: 21.09.2019 15:00-16:30

### Background:

There are good examples to follow and to be shared in all countries. Each of us recognizes at least 3 national or international environmental initiatives that have been successful and have been pursued by many people.

### Moderator(s):

One person from each country

### Methodology and methods:

Each of the moderators will tell you three good examples from his/her country. He/she can use power point, photos, videos, flipchart, etc. We will also analyze the reasons why these campaigns became popular and supported by everyone. In this way one of us must keep in mind the positive points that drive campaigns to success.

### Timeline of the session:

1:30 min

### Output/outcomes of the session:

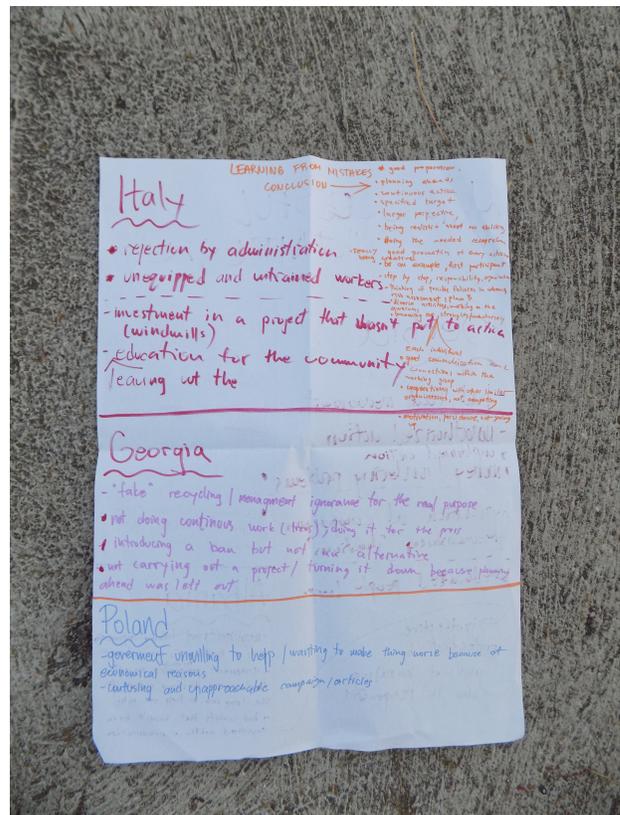
We have written some points that make a campaign successful, which we will keep in mind when launching awareness campaigns. Also – analyzing what can go wrong and what are the factors of an unsuccessful campaigns.

### Learning Outcomes:

Each of us knows a great deal of campaigns that have turned out to be successful and can take them as an example and implement them in their own country.

### Competence Development:

- Social and civic competence,
- Communication skills
- Promote the use of different techniques for campaigns
- Improve self-esteem of the youth



- Promote creativity
- Promote the cooperation with parents and community
- Improve IT skills.

Major international instruments that exist to implement the protection of environment, Local, national, international bodies, non-governmental organizations, individuals working to support and protect environment and human rights.

**Materials needed and space required:** Projector

Name of the session:

## Tunisian Scout Games

Date and time: 19.09.2019 16:45-18:00

### Background:

After a busy day with many activities it is necessary for young people to have fun learning some new scout activities needed to be in nature

### Moderator(s):

Tunisian team

### Methodology and methods:

Learning by doing, The Tunisian scouts taught the other participants how to make 5 different types of a fireplace and how to tie rope in different ways. Also, they taught them how to find the 4 directions in nature (north, south, east, west).

### Timeline of the session:

1:30 hour



### Learning Outcomes:

Young people became more practical and reflect on lifestyles in other countries. This activity builds trust between partners and requires reliance on other senses than eyesight. It also promotes connection with nature. This activity helps to build team spirit in groups, where participants are working together, collaborating and creating.

### Materials needed and space required:

Wood, rope, scissors

Name of the session:

## **Eat smart and build smart**

Date and time: 20.09.2019 15:00-16:30

### **Background:**

Nowadays people are building and consuming without criteria by eliminating irreparable damage in nature. They are no longer taking care of non-renewable resources and bringing their stocks to an end, so it is necessary to explain some ways to eat smart and build smart.

### **Moderator(s):**

Georgian team

### **Methodology and methods:**

We have prepared a power-point presentation with a few slides that provide some practical tips for us to implement and be eco friendly.

### **Timeline of the session:**

1:30 hour

### **Learning Outcomes:**

The participants have taken note of the tips they will apply when they go to their home country. The participants learned about food wasting all around Europe, the reasons behind it and the ways to tackle it. Participants also improved their IT skills, which is necessary in the modern world of today.

The impact on the participating organizations was also significant. These organizations increased their interest and knowledge of possible ways to become more active in the fight against environmental problems such as food wastage and could focus on this subject in their future works. Currently they still share this knowledge to other audiences through their initiatives, which further disseminates the project results. They are now also able to make workshops to youth on the importance of smart food consumption.

**Materials needed and space required:** projector

Name of the session:

## Best bag idea

Date and time: 22.09.2019/ 09:30-11:00

### Background:

This session is important for the context of the youth exchange because it helps the youth be more creative and help the environment. Making their own bag by waste material they get a very valuable message which raises awareness about environmental issues. This develops their way of thinking and their ability to give meaning to these ideas. It also helps them think twice before wasting something or throwing it away.



### Moderator(s):

Ava Halili

### Methodology and methods:

For the bag we will begin by gathering up all those plastic bags. Then we will cut the handles off of each bag and cut the bottom open. Stacking at least 4 bags on top of each other. We want to have at least 8 layers of plastic. Then with some parchment paper we will tear off a sheet to cover the bags. With the parchment paper on top, we will begin ironing our bags. We will continue to move the iron over the bags until we see them shrinking which means they are fusing together. We will turn one of the long edges over about 2 inches and fuse then will fold the layer of bags in half, fusing the two short sides together. We will cut off excess edges. Turning the bag right side out now we have a pouch. To make a closure for the pouch: we will take two of the handles that we cut off and lay them on top of each other. Then we will fuse the handles together. We will place the handles in the middle of the inside of one of the sides and fuse to the pouch. Lastly we will cut a slit in the closure and sew a button to the pouch.

### Timeline of the session:

The duration of this session will be 1 hour and 30 minutes.

### Output/outcomes of the session:

This is a unique way to upcycle plastic and make a reusable bag out of it. By this we learn in a creative way to recycle and save our environment.

### Learning Outcomes



The session will impact the youths really good making them more enthusiastic about using waste material to create and use something new.

The ability to work co – operatively and to address positively

Improving creativity

Improving teamwork

**Materials needed and space required:**

We will need some plastic bags (more than 4), an iron, a pair of scissors and a button.

These are needed just for one bag.

**Further reading:** I found this helpful and creative technique while watching some youtube videos so I'll put the link down below:

<https://www.youtube.com/watch?v=YX3okZUjYD4>

Name of the session:

## Eco Knitting Bag

Date and time: 22.09.2019 09:30-11:00

### Background:

We should use Bag knitting spears so we can reduce all plastic materials that are used to made more bags and also we protect animals because as we know many peoples are using animals skins for their benefits.

Many of animals are killed by hunters and they just want to sell animals skins and those skins are used for bags and other bad intention. And this is a good idea because we should take only their wools and not killing them.

Knitting bag forbid all these problems and also we learn how to be more creative.



### Moderator(s):

Genta Mesaja

### Methodology and methods:

It needs only some colourful thread and long spears and there we will learn methods how to knit.

### Timeline of the session:

The duration of this session will be 1 hour and 30 minutes.

### Output/outcomes of the session:

We receive the first impression from these methods and we will learn something new and why not we can share this in their countries and I am sure that some of their grandmothers know how to do this.

### Learning Outcomes

This session is act of enjoyments and learning something new handmade.

Improving creativity

Promote the cooperation with parents and community.

Promote self esteem of the youth

### Materials needed and space required:

Needs only a free space and some colorful thread and all we will do is knitting new bags.



**Further reading:**

I learnt this from my grandmother. Knitting is an old ancient method that has been used since ancient times. It is a traditional way in Albania.

Name of the session:

# Jeans heart bag

Date and time: 22.09.2019, 9:30-11:00

## Background:

This session is important to help the youth how to be more friendly with the Environment by recycling, reducing and reusing. I want to make this bag because it recycles the old jeans and reduces the using of plastic bags.

## Moderator(s):

Marvina Mansaku

## Methodology and methods:

First, we cut two pieces of the jeans in the required shape. Then we knit them with each-other. At the end we stick the ropes in the sides and decorate it as we like.

## Timeline of the session:

The duration of this session will be 1 hour and 30 minutes.

## Output/outcomes of the session:

A jeans bag in heart shape.

## Learning Outcomes

The members of my group learn how to turn old stuffs into nice accessories, and how to recycle their undesirable things  
Increase the knowledge about recycling ideas  
Improving creativity  
This activity helps to build team spirit in groups, where participants are working together, collaborating and creating.

**Materials needed and space required:** Jeans, scissors, ropes.



Name of the session:

## Box-Bag

Date and time: 22.09.2019 09:30 – 11:00

### Background:

One of the objectives of the project is to find practical solutions for environmental pollution. So creating bags with recycled materials, such as boxes, is an eco-friendly idea that young people can use very well every day. Thus we protect the forests from uncritical cuts. At the same time save money and protect Earth.



### Moderator(s):

Mirjona Hoxhallari

### Methodology and methods:

This session will be organized in five groups with 5-6 person, each group will have a leader who will teach young people to make a bag with a recyclable material. It's a competition where the best idea and realization of the bag will won. I will demonstrate the creation of the bag from carton boxes. Each of the members of the group will help me in making the bag, someone with the design, someone cutting and climbing the parts. Also we will have time to do jewelry. I think I will make earrings that have the shape of the Durrës Tower and will make it with pasta.

I will also make pendant that have the shape of the sun and inside we will draw the sea wave. So we learn to recycle and encourage competition.

### Timeline of the session:

30 min

### Output/outcomes of the session:

In the end of the process we will created a small bag and some jewelry that we can use in our daily routine.

### Learning Outcomes

Young people learn to recycle and reuse phone boxes, perfume boxes, chocolate boxes, and reduce the number of wastes.

To promote the use of different techniques

To improve self-esteem of the youth

To promote creativity

Materials needed and space required:



a table, small cardboard boxes of phones or perfumes, scissors, glue, pencils, pasta, eyelashes, chains, lids, yellow tap,

Further reading:

<https://youtu.be/4rLDwVruS3k>

Name of the session:

## Zero waste in everyday life

Date and time: 24.09 9:30-11:00

Background: I am going to introduce the idea of zero waste lifestyle and show some ideas which could inspire them to change their habits. This youth exchange is about being “green” and closer to nature so it’s crucial to make participants more aware of their impact on the environment and the minor adjustments they can implement in their lives. This session will take place just before our eco festival in the local community so the participants can show what they learnt with local people and encourage them to make changes and be more “zero waste”.



Moderator(s):

Kinga Bochińska

Methodology and methods:

I would like to start with explaining to everybody the idea of zero waste, underline that even a little change means a lot and being “less waste” is not that hard as people tend to think. Then, I will show my multimedia presentation with inspirations and ideas. I will tell how it looked like from my own experience and why being zero waste is cool and trendy. After that, I would like to lead a short workshop.

Timeline of the session:

15 minutes – introduction of the idea and “how to live a zero (or less) waste time and don’t get crazy”

20 minutes – listening to the song about plastic and presentation

30-40 minutes – workshop



**Output/outcomes of the session:**

Outputs: Holder for reusable chopsticks, silverware and straw.

**Learning Outcomes**

Participants will learn how to reduce waste in their lives and encourage others to do this as well.

They will gain knowledge about the impact every person makes on the environment and why is it so crucial to change our habits.

**Materials needed and space required:** Reversible, tough material (about 17x39 cm + 10x12cm/one person). Some old curtains could fit as well. Scissors, strands, needles.

**Further reading:**

“The Zero Waste Solution: Untrashing the Planet One Community at a Time” Paul Connett

<https://www.youtube.com/watch?v=CSUmo-40pgA>

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