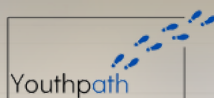


PEDAGOGICAL MATERIAL

2024 - 2025



Youth Bridges
Budapest



spin
associação



Co-funded by
the European Union



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Citizenship workshops



CONTEXT

In the context of youth citizenship, this workshop aimed to integrate the concept of active citizenship into the daily lives of young people. By exploring the meaning and practice of citizenship through creative activities, the workshop encouraged participants to see how civic engagement can be a part of their everyday actions and decisions. The goal was to help young people recognize their role as active citizens, empowering them to contribute positively to their communities and society at large, while also developing new skills that will benefit their personal and professional growth.

Citizenship workshops - AIME



Duration	Workshops	Material
15m	Photolangage Question: What is citizenship? <u>Description:</u> The images are placed on a table, freely accessible to participants. Each person chooses the same amount of images and uses it to answer the question, by turn.	Image / pictures
15m	Brainstorming <u>Description:</u> discussions about the ways of applying/activating citizenship.	/
1h30	Fanzine workshops Source <u>Description:</u> A hand-made magazine that uses text, collage, drawing, etc. to facilitate participants' expression and reflection. There are several sizes, the most popular being 7x10, which fits in a pocket.	Old magazines, stickers, glue, scissors, papers



GROUP

16-22 years old

Young people with fewer opportunities - the group of youngsters who were present are part of a program developed by AIME whose goal is to to accompany young people into civic engagement activities that will allow them to develop new skills so that they can easily integrate society through education and professional training.

Citizenship workshops - Youth Bridges Budapest

Duration	Workshops	Material
20m	Speed dating Questions: <ul style="list-style-type: none"> • What does being Hungarian mean to you? • What does being European mean to you? • What does citizenship mean to you? • How can you express an active citizenship? <u>Description</u> : the participants talk in pairs about a given question. The participants rotate in a circle, so everyone ends up talking to everyone else.	/
25m	Brainstorming <u>Description</u> : to discuss the previous questions and explore the subject of citizenship in greater depth.	/
1h30	Collage <u>Description</u> : Before starting : a short guided meditation to help them listen to their intuition. A hand-made magazine that uses text, collage, drawing, etc. to facilitate participants' expression and reflection.	Old magazines, stickers, glue, scissors, papers



GROUP

16-22 years old

8 students (6 females, 2 males) from an agricultural secondary school based in Budapest. They had some prior knowledge and experience with non-formal educational activities and learning mobilities. One of them was hearing impaired.

Citizenship workshops - Youthpath

Duration	Workshops	Material
20m	Photolangage Question: What is citizenship? <u>Description:</u> The images are placed on a table, freely accessible to participants. Each person chooses the same amount of images and uses it to answer the question, by turn.	Image / pictures
20m	Navigating challenge <u>Description:</u> Discuss the obstacles encountered by young people in their civic engagement, and create a map with them.	Paper, pens
1h	Brainstorming <u>Description:</u> discussions about the ways of applying/activating citizenship.	/
20m	Evaluation <u>Description:</u> Discussions with participants to get their feedback and find out how to improve the workshop.	/



GROUP

18-26 years old

The target group for the workshop consists of young people who facing fewer opportunities, including economic challenges (unemployment) and lack of representation in the society. Some participants being university students from diverse disciplines like political science, law, and biology.

Citizenship workshops - SPIN

Duration	Workshops	Material
15m	Brainstorming <u>Description:</u> discussions of ideas about citizenship. First individually with post-it notes, then in plenary.	Post-it
25m	Videos Video 1 & 2 ✳️ <u>Description:</u> show two videos and then discuss them as a group and draw parallels with the ideas that have already emerged from the brainstorming session.	Video projector
30m	Theater: active or passive citizenship <u>Description:</u> In small groups, participants were asked to create small pieces (the theme was given to them). They were then free to highlight a form of active or passive citizenship.	/
30m	Collective collage <u>Description:</u> create a collective poster to illustrate their understanding of citizenship.	Paper, pens, glue, old magazines



GROUP

12-16 (+20/30) years old

Young people with fewer opportunities - group of youngsters that usually attend youth center "Bola P'ra Frente" (at Bairro Padre Cruz neighborhood - Carnide, Lisbon). This summer we had a majority of children and youngsters (12-16) due to proximity to their households.

Discrimination workshops



CONTEXT

Discrimination manifests in various forms, impacting the lives of young people with fewer opportunities, affecting their social interactions, access to opportunities, and overall well-being. These youngsters often face biases based on race, gender, socioeconomic status, and other factors, which can lead to exclusion and unequal treatment. These discriminatory experiences not only hinder their personal and professional growth but also affect their self-esteem and mental health. Addressing these issues through awareness and education is crucial in empowering young people to recognize, challenge, and overcome discrimination in their everyday environments.



Discrimination workshops - AIME

Duration	Workshops	Material
10m	Experiment: discrimination & privilege <u>Description:</u> The group is split into 2 on an arbitrary criterion (such as their month of birth), then one group is complimented while the other is ignored. Then a debrief to find out how everyone felt.	/
20m	Privilege walk <u>Description:</u> Each participant is given a role anonymously. They put themselves in the character's shoes and then stand on the same line. If they can answer yes, they take a step. At the end, everyone looks to see where they stand and a debrief is held in plenary, in which they say their character.	Cards with characters
45m	Toxic speech: reaction / no reaction <u>Description:</u> The participants stand in the middle of the square. Each time a statement is read out, they have to take the 'reaction' or 'no reaction' side, and then they discuss the reasons for their choice. ⚠️ make it clear that there are no wrong answers.	List of situations
45m	Toxic speech online <u>Description:</u> Each group is given a situation on the Internet and has to choose which response strategy to adopt. This activity focuses on the French context.	Cards with characters & paperboard



GROUP

16-23 years old

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Discrimination workshops - Youth Bridges Budapest

Duration	Workshops	Material
1h30	Theater of the Oppressed <u>Description:</u> First, a discussion on the terms 'oppressors' / 'oppressed'. Then, as a group, they create a play with its characters and perform it twice. The second time, the audience can intervene to change the course of events by taking the place of a character.	Space for the "stage"
45m	Privilege walk <u>Description:</u> Everyone has an anonymous role and has to get into character. A meditation is offered before the play begins, to anchor you in the present moment. Participants stand in a straight line with their eyes closed. The facilitator asks questions and asks participants to move forward, backward or stay put, depending on the answers they imagine. At the end, each person can explain their role and see where they are in the space. The activity concludes with a discussion on inequalities. To release the energy of the activity, the facilitator starts an earthquake with all the participants tapping the ground with their feet.	Questions list



GROUP

16-22 years old

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Discrimination workshops - By Youthpath


Duration	Workshops	Material
20m	'Find your Commons' Ice breaker <u>Description:</u> Everyone moves around the room to interact with the other young people and try to find something they have in common (training, activity, etc.). The common points are then shared in plenary. This creates links and a framework for exchanges between the young people.	/
30m	"Behind the Appearance: Exploring Privilege and Perception" <u>Description:</u> In small groups, the young people have photos of people from different cultures and reflect on what these people's lives might be like. This enables them to see their thoughts and come up with a definition of privilege and discrimination.	Pictures
30m	The "Role Play Circle" <u>Description:</u> Each young person is given a role and, with the help of questions and riddles, they have to find out what role the others are playing. This highlights stereotypes and encourages the group to work together.	Cards with role
50m	Video about the brain's tendency to label people <u>Description:</u> Viewing of the video followed by a free discussion between the young people, in particular about their personal experiences.	Video projector



GROUP 18-26 years old

The target group for the workshop consists of young people who facing fewer opportunities, including economic challenges (unemployment) and lack of representation in the society. Some participants being university students from diverse disciplines like political science, law, and biology.

Discrimination workshops - SPIN

Duration	Workshops	Material
30m	Experiment Video  <u>Description:</u> The group is split into 2 on an arbitrary criterion (such as the color of their t-shirt), then one group is complimented while the other is ignored. Then a debrief to find out how everyone felt. Conclusion with a video about 10 people who have experienced discrimination.	Video projector
45m	Take a step forward <u>Description:</u> A role-playing game where everyone becomes a character. The young people line up, the facilitator says some statements and they move forward, or not, if they think they correspond to their character. Finally, everyone looks at where they are in space.	Cards with roles
1h	Toxic / hate speech (online / offline) <u>Description:</u> After a brainstorming session on toxic discourse, participants are invited to position themselves in the space, on either the 'I do' or 'I don't do' side, in response to situations explained by the presenters. Depending on their opinion, they may be closer or further away from a decision. Afterwards, everyone can explain their position orally.	/



GROUP

12-14 (+17/20) years old

Young people with fewer opportunities - group of youngsters that usually attend youth center "Bola P'ra Frente" (at Bairro Padre Cruz neighborhood - Carnide, Lisbon). This summer we had a majority of children and youngsters (12-16) due to proximity to their households.

Human rights workshops



CONTEXT

This workshop is designed to introduce and raise awareness to the target group about human rights and their significance in everyday life. Through interactive activities, quizzes and debates, participants will explore key concepts including the history and evolution of human rights, different generations of rights, and real-world issues related to rights violations. By engaging in discussions and debates around human rights conflicts, the group will gain a deeper understanding of the importance of protecting these rights and fostering equality and justice in society.

Human rights workshop - AIME



Duration	Workshops	Material
15m	Ice breaker: What Human Rights do you know? <u>Description:</u> Everyone thinks individually, then they get together in pairs and write down their ideas on post-its. The facilitator then reads the post-its and explains which elements are part of human rights and which are not.	Post-it
30m	Vidéo about Human Rights & Kahoot <u>Description:</u> After a video explaining what human rights are, do a kahoot quiz to see what the young people have understood and highlight some of the information : <ul style="list-style-type: none"> • Is the Human Rights Declaration a law? • Can you loose your human rights? 	Video Projector
1h	Free2choose debate <u>Description:</u> Participants are faced with a human rights dilemma (e.g. freedom of expression versus right to privacy). Form two groups and give each group one of these rights to defend. Each group prepares its arguments (prepare a few if they lack inspiration) and then a debate is held between the two groups. At the end, discuss the participants' feelings. Conclude with the idea that one does not take precedence over the other, that they are all important and complementary.	List of arguments



GROUP 16-23 years old

Young people with fewer opportunities - the group of youngsters who were present are part of a program developed by AIME whose goal is to to accompany young people into civic engagement activities that will allow them to develop new skills so that they can easily integrate society through education and professional training.

Human rights workshop - Youth Bridges Budapest

Duration	Workshops	Material
15m	Ice breaker <u>Description:</u> On post-it notes, each young person writes down the human rights they are thinking about. They then work in pairs to compare their ideas. The post-its are then posted on the board and the facilitator reads them out loud, distinguishing between what are human rights and what are not.	Post-it
30m	Vidéo about Human Rights & Kahoot <u>Description:</u> After a video explaining what human rights are, do a kahoot quiz to see what the young people have understood and highlight some of the information : <ul style="list-style-type: none"> • Is the Human Rights Declaration a law? • Can you loose your human rights? 	Video Projector
1h	Free2choose debate <u>Description:</u> Participants are faced with a human rights dilemma (e.g. freedom of expression versus right to privacy). Form two groups and give each group one of these rights to defend. Each group prepares its arguments (prepare a few if they lack inspiration) and then a debate is held between the two groups. At the end, discuss the participants' feelings. Conclude with the idea that one does not take precedence over the other, that they are all important and complementary.	List of arguments



GROUP

16-22 years old

8 students from an agricultural secondary school based in Budapest. They had some prior knowledge and experience with non-formal educational activities and learning mobilities. One of them was hearing impaired.

Human rights workshop - Youthpath

Duration	Workshops	Material
30m	Ice breaker <u>Description:</u> Each participant tells two truths and one lie that they have experienced in connection with human rights (during voluntary work, activism, experiences of discrimination, etc.). The others have to find the lie. This encourages conversation.	/
20m	Introduction to Human Rights <u>Description:</u> Participants discuss what human rights mean to them and what they consider to be the most important. This gives a clearer picture of human rights and the values that each person associates with this notion.	/
30m	Discussion about Human Rights <u>Description:</u> Participants are divided into small groups and given cards with a question/subject related to the concept to start their discussion. They debate in their groups.	Cards with questions
1h	Free2choose Debate <u>Description:</u> Participants are faced with a human rights dilemma (e.g. freedom of expression v. right to privacy). Form two groups and give each group one of these rights to defend. Each group prepares its arguments (prepare a few if they lack inspiration) and then a debate is held. At the end, discuss the participants' feelings. Conclude with the idea that one does not take precedence over the other, that they are all important and complementary..	List of arguments



GROUP 18-26 years old

The target group for the workshop consists of young people who facing fewer opportunities, including economic challenges (unemployment) and lack of representation in the society. Some participants being university students from diverse disciplines like political science, law, and biology.

Human rights workshop - SPIN

Duration	Workshops	Material
15m	Ice breaker <u>Description:</u> On post-it notes, each young person writes down the human rights they are thinking about. They then work in pairs to compare their ideas. The post-its are then posted on the board and the facilitator reads them out loud, distinguishing between what are human rights and what are not.	Post-it
15m	Take a step forward <u>Description:</u> To deconstruct their ideas about human rights (very much linked to their age and daily lives), we set up a step forward by presenting key historical moments and a few concepts that will be explored in greater depth in the following activity.	/
20m	Kahoot & video Video 1 & 2 ✨ <u>Description:</u> The concepts were discussed in greater detail with the help of a kahoot, allowing discussions to take place in a more entertaining way, and a video to bring these aspects to a close.	Video projector
45m	Video creation <u>Description:</u> In small groups, they have 30 minutes to create a short video in the format of their choice (reel, tiktok...) to promote human rights in their community. They each took a specific right and explained it through a situation from their daily lives.	Phone / Video projector



GROUP

12-14 (+20/30) years old

Young people with fewer opportunities - group of youngsters that usually attend youth center "Bola P'ra Frente" (at Bairro Padre Cruz neighborhood - Carnide, Lisbon). This summer we had a majority of children and youngsters (12-16) due to proximity to their households.

Interculturality workshops



CONTEXT

This workshop is designed to introduce and raise awareness to the target group about what interculturality is, and how it is relevant to their daily lives. Through non formal education activities, role-playing, and critical discussions, participants will develop and focus into various concepts and notions such as the concept of identity, the dynamics of interculturality in their neighborhoods, and will also engage in brainstorming and argumentation on cultural appropriation. By the end of the workshop, the group will have gained a deeper understanding of how cultural identities are connected and the importance of respecting cultural differences in a diverse society.

Interculturality workshops - AIME

Duration	Workshops	Material
15m	Identity cake <u>Description:</u> Using examples of identity data presented by the presenter (family, nationality, age, friends...), each person chooses parameters to fill the slices of their cake. To do this, draw a circle and separate it into slices on a sheet of paper. Afterwards, the group discusses the data they have chosen, and whether or not it can be seen by an outsider.	Pens, papers
30m	Facing cultural differences <u>Description:</u> Participants act out short scenes in which two people from different cultures interact and have difficulty communicating. In this way, interculturality can be encountered in everyday life and illustrated.	/
30m	Brainstorming: What is interculturality? <u>Description:</u> Written or oral brainstorming to try and define interculturality, highlighting the different ways of thinking about this notion. This can lead to debate among participants and condense ideas.	Post-it
45m	Case studies on cultural appropriation <u>Description:</u> Participants are divided into small groups. Each group is given a situation related to cultural appropriation and discusses it among themselves before proposing a short presentation to the others. This can be linked to situations experienced or seen by the participants.	Cards with situations



GROUP

16-20 years old

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Interculturality workshops - Youth Bridges Budapest

Duration	Workshops	Material
10m	Ice breaker <u>Description:</u> Each participant says something they like about their culture & of another culture.	/
15m	Identity cake <u>Description:</u> Using examples of identity data presented by the animator (family, nationality, age, friends...), each person chooses parameters to fill the slices of their cake. To do this, draw a circle and separate it into slices on a sheet of paper. Afterwards, the group discusses the data they have chosen, and whether or not it can be seen by an outsider.	Pens, papers
30m	Brainstorming: What is interculturality? <u>Description:</u> Written or oral brainstorming to try and define interculturality, highlighting the different ways of thinking about this notion. This can lead to debate among participants and condense ideas.	Post-it
45m	Facing cultural differences <u>Description:</u> Participants act out short scenes in which two people from different cultures interact and have difficulty communicating. In this way, interculturality can be encountered in everyday life and illustrated.	Cards with situations



GROUP

16-22 years old

8 students from an agricultural secondary school based in Budapest. They had some prior knowledge and experience with non-formal educational activities and learning mobilities. One of them was hearing impaired.

Interculturality workshops - By Youthpath

Duration	Workshops	Material
20m	Cultural storytelling <u>Description:</u> Each participant chooses one or more images on a board, grouping together several showing aspects such as traditions, food, art... Then, in plenary, each participant can explain his or her choices, and what interculturality evokes in him or her through the images.	Pictures
30m	Video & discussion about interculturality <u>Description:</u> After a video on the importance of interculturality in a globalized world, participants record their ideas and what has struck them individually, before launching into a group discussion. In this way, they share their thoughts, gaining a better understanding of the importance of respecting and valuing cultural differences.	Video projector
30m	Toxic speech: reaction / no reaction <u>Description:</u> Participants are divided into small groups, each of which is given a role-play about intercultural encounters (e.g. culture shock at a social gathering). Each group discusses its scenario and presents a short play to the others. At the end, the groups can debrief together, expressing their feelings following the exercise. Role-playing encourages empathy and understanding.	List of situations



GROUP

18-26 years old

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Interculturality workshops - SPIN

Duration	Workshops	Material
10m	Energizer: "That's me!" <u>Description:</u> The animator reads out the statements, and when it matches one of the youngsters, he stands up and says "that's me!".	Post-it with facts about them
15m	Identity cake <u>Description:</u> Using examples of identity data presented by the animator each person chooses parameters to fill the slices of their cake. To do this, draw a circle and separate it into slices on a sheet of paper. Afterwards, the group discusses the data they have chosen, and whether or not it can be seen by an outsider.	Pens, papers
30m	Facing cultural differences <u>Description:</u> Participants act out short scenes in which two people from different cultures interact and have difficulty communicating. In this way, interculturality can be encountered in everyday life and illustrated.	List of situations
15m	Defining interculturality Mentimeter ✳ <u>Description:</u> Thanks to Mentimeter, each participant can add a word inspired by the notion of interculturality. The moderator then defines it to conclude.	Video projector
20m	Cultural appropriation <u>Description:</u> Guided discussions on cultural appropriation after an explanatory video (e.g.: have you experienced it?).	Video projector



GROUP

12-16 years old

Young people with fewer opportunities - group of youngsters that usually attend youth center "Bola P'ra Frente" (at Bairro Padre Cruz neighborhood - Carnide, Lisbon). This summer we had a majority of children and youngsters (12-16) due to proximity to their households.

Sustainable Development / Responsible consumption workshops



CONTEXT

This workshop is designed to introduce and raise awareness to the target group about the connection between sustainability and human nature, highlighting its relevance in their daily lives. Through participant-led presentations, mindful nature connection exercises, and visioning activities, participants will explore key concepts such as the symbiotic relationship between humans and the environment, the role of sustainable practices in their communities, and the importance of ecological responsibility. By the end of the workshop, the group will have developed a deeper understanding of how human well-being is closely linked to the health of the planet, and the need to foster sustainability for a harmonious future.

Sustainable Development / Responsible consumption workshops - AIME

Duration	Workshops	Material
15m	Ice breaker: Where are your clothes made? <u>Description:</u> Participants are divided into two groups. Each group looks at each other's clothing labels, and the group with the most countries wins, after placing them on a map. See if they can find a common denominator between these countries, and what they think about it.	A world map
30m	The life of a t-shirt Instructions ✎ <u>Description:</u> This game asks young people to identify and sequence the eight stages in producing a cotton t-shirt, from field to landfill, and rank the carbon emissions and use of water involved at each stage of production.	Instructions / print material
30m	The cost of a t-shirt: who pays the price? <u>Description:</u> After looking at fast fashion, this activity shows the consequences. Participants try to guess how the cost of a T-shirt is distributed, by associating the categories and percentages provided. Conclude with a video and discussion of this form of inequality. To go further : The Rana Plaza Catastrophe	Image of breakdown of the price of a t-shirt, video projector
30m	Exploring the alternatives to fast-fashion <u>Description:</u> Form smaller groups and ask participants to brainstorm about ways to act: Slow fashion / Second-hand / Upcycling. Ask groups to research on these alternatives and to present to the bigger group.	/



GROUP

16-23 years old

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Sustainable Development / Responsible consumption workshops - Youth Bridges Budapest

Duration	Workshops	Material
20m	Nature connection <u>Description:</u> Short meditation outdoors, followed by a walk at the pace suggested by the host. From time to time, pairs form, looking into each other's eyes and breathing together to connect. Then they connect with an element of nature, with which they must find similarities. The idea is to create connections within the group and with nature.	Outdoors
45m	Presentations about sustainability <u>Description:</u> Participants are divided into three groups and asked to tackle a sustainability-related problem. What is the impact on society? What is the impact on nature? The groups present their project and open a discussion with the other groups.	Markers, paperboard
40m	Step into the future <u>Description:</u> Participants stand with their eyes closed. The facilitator reads a text (inspired by Rob Hopkins) to immerse participants in a future of great positive social and economic change. They take a step forward and feel this future. Afterwards, they are asked to write for 10 minutes about this experience and to think about possible measures to create it.	Books of Rob Hopkins



GROUP

16-22 years old

8 students from an agricultural secondary school based in Budapest. They had some prior knowledge and experience with non-formal educational activities and learning mobilities. One of them was hearing impaired.

Sustainable Development / Responsible consumption workshops - Youthpath



Duration	Workshops	Material
20m	Ice breaker: Where are your clothes made? <u>Description:</u> Participants are divided into two groups. Each group looks at each other's clothing labels, and the group with the most countries wins, after placing them on a map. See if they can find a common denominator between these countries, and what they think about it.	A world map
30m	Exploring the alternatives to fast-fashion <u>Description:</u> Participants are divided into small groups and each group is assigned a specific alternative to fast fashion (second-hand shopping, slow fashion, ethical brands, or upcycling, etc). Each group researches their assigned alternative, discussing the benefits, challenges, and real-world examples. They are encouraged to think about how these alternatives can be applied in their own lives and communities	Phones, papers, pens
45m	What can we do? <u>Description:</u> Participants are divided into two groups. The first has to find environmental problems/challenges in its local/global context (pollution, deforestation...). The team draws up a list of the most pressing issues. The second team must then come up with innovative solutions in terms of policy, technology, lifestyle changes, etc. The roles are then reversed for a second round.	Pens, papers



GROUP

18-26 years old

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Sustainable Development / Responsible consumption workshops - SPIN

Duration	Workshops	Material
15m	Mapping origins <u>Description:</u> Participants are divided into two groups. Each group looks at each other's clothing labels, and the group with the most countries wins, after placing them on a map. See if they can find a common denominator between these countries, and what they think about it.	A world map
30m	Heroes of sustainability Example ✖ <u>Description:</u> With the help of a game board created for the workshop, participants move forward and ask questions related to issues of sustainability, fast-fashion, etc., to better grasp these notions in a playful way. As pawns, they use what they have on them.	Board game, questions
45m	Alternatives <u>Description:</u> Participants were split into two teams and asked to choose a garment they were wearing and list as many alternatives as possible for that garment. Each sustainable and feasible option was worth one point.	/



GROUP

12-14 (+20) years old

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