



YOUTH EXCHANGE

**#INTERCULTURAL DIALOGUE**

**THROUGH**

**ART**

LIGONCHIO (ITALY)

APV: NOVEMBER 1-4, 2021

YE: APRIL 27 - MAY 6, 2023

**TOOLKIT**



Joint

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# ABOUT THIS TOOLKIT

This toolkit contains some of the methodologies implemented during the Erasmus+ Youth Exchange "#InterculturalDialogueThroughART".

In particular, we decided to collect here only the methodologies that were created or modified and that were tested with success during the Youth Exchange.

It is thought as a tool for organisations, trainers, educators and teachers who want to make international and local activities with young people on the following topics:

- Cultural diversity and intercultural dialogues
- Exchanging experiences in the involved countries
- Using artistic forms to foster intercultural dialogue
- Creating tangible artistic outputs

For a wider understanding of the project and of the general flow of the activities you can find more information in the following pages (5-8).



# THE PROJECT

The project #InterculturalDialogueThroughART was a Youth Exchange held in Ligonchio (Italy) between April 27 and May 6, 2023.

Its aim was to explore the topic of intercultural dialogue and to approach different artistic techniques, also at direct contact with the nature, in order to find new ways of practicing and promoting intercultural dialogue.

This project was about finding new ways to approach art while focusing on inclusivity: everyone was invited to be part of the process, the group leaders actively participated in the creation of the following activities while the participants had the opportunity to propose workshops and ice-breakers.

The activities were thought to be accessible for participants with all levels of English and with no artistic background.

We ended the project with a visit to Ravinart, a contemporary art exhibition in the forest of Ligonchio, to show participants an outstanding example of art thought and created for the local community.

# OBJECTIVES

The main objective of this Youth Exchanges can be summed up as follows:

- Making young people more aware about the topics of cultural diversity and intercultural dialogues
- Exchanging experiences about intercultural dialogue and discrimination in the involved countries
- Investigating artistic forms to foster intercultural dialogue among young people and local communities
- Creating tangible artistic outputs to be used during the dissemination events

# T I M E T A B L E

| TIME          | DAY 1               | DAY 2   | DAY 3                                   | DAY 4                             | DAY 5        | DAY 6                 | DAY 7              | DAY 8             | DAY 9                             |           |
|---------------|---------------------|---|---|-----------------------------------|--------------|-----------------------|--------------------|-------------------|-----------------------------------|-----------|
| 8:15 - 9:00   | BREAKFAST           |   |   |                                   |              |                       |                    |                   | Photography                       | BREAKFAST |
| 9:30 - 11:00  |                     | Name games, Ice breakers                                | Team building                           | Risks of stereotypes              | Painting     | Screenprinting        | Theater            | Visit to Ravinart | Disemination & follow-up strategy |           |
| 11:00 - 11:30 | COFFEE BREAK        |   |   |                                   |              |                       |                    |                   |                                   |           |
| 11:30 - 13:00 |                     | Introduction to the project, getting to know each other | Introduction to Youth Pass              | My experience with discrimination | Storytelling | Dance & bodylanguage  | Theater            | Visit to Ravinart | Youth Pass creation               |           |
| 13:00 - 14:00 | LUNCH               |   |   |                                   |              |                       |                    |                   |                                   |           |
| 15:00 - 16:30 |                     | getting to know each other                              | Visible & invisible elements of culture | Drawing                           | Storytelling | Screenprinting        | Animal Exploration | Free time         | Final Evaluation                  |           |
| 16:30 - 17:00 | COFFEE BREAK        |   |   |                                   |              |                       |                    |                   |                                   |           |
| 17:00 - 18:30 |                     | Fears and expectations, rules                           | Intercultural conflicts                 | Drawing                           | Freetime     | Dance                 | Theater            | Free time         | Closing Rituals                   |           |
| 19:00 - 19:30 | REFLECTION GROUP    |   |   |                                   |              |                       |                    |                   | Free time & Cleaning              |           |
| 19:30 - 20:00 | LEADERS MEETING     |   |   |                                   |              |                       |                    |                   |                                   |           |
| 20:00 - 21:00 | DINNER              |   |   |                                   |              |                       |                    |                   |                                   |           |
| 21:00 -       | Welcome, Name games | Games night   |   | Intercultural evening             |              | Intercultural evening |                    |                   |                                   |           |

# PARTNERS

## THE PROJECT INVOLVED 6 ORGANISATIONS:



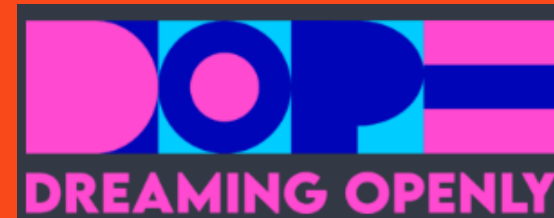
ASSOCIAZIONE JOINT  
ITALY

<https://associazionejoint.org/>



PARCOURS LE MONDE SUD EST  
FRANCE

<http://se.parcourslemonde.org/>



DOPE - DREAMING OPENLY  
GERMANY

<https://dreamingopenly.com/>



INFINITY GREECE  
GREECE

<https://infinitygreece.com/>



REGIONALNE CENTRUM WOLONTARIATU  
POLAND

<http://centrumwolontariatu.eu/>



ASOCIACIÓN BRÚJULA INTERCULTURAL  
SPAIN

<https://asociacionbrujula.es/>

**ACTIVITIES**

# ICEBERG OF CULTURE

## DURATION

90 MINUTES

## SPACE

INDOOR OR OUTDOOR.

## GROUP SIZE

MIN 16 - MAX 40 PEOPLE

## OBJECTIVES

- INTRODUCING THE ICEBERG OF CULTURE AND THE TOPICS OF VISIBLE AND INVISIBLE ELEMENTS OF CULTURES, MAKING IT ACCESSIBLE TO YOUNG PEOPLE WITH A LOW LEVEL OF ENGLISH.
- GIVING PARTICIPANTS THE OPPORTUNITY TO REFLECT AND SHARE ABOUT THEIR OWN CULTURAL BACKGROUND;
- ADDRESSING THE TOPIC OF INTERCULTURAL DIALOGUE AND INTERCULTURAL CONFLICTS, DISCUSSING ABOUT THE DIFFICULTIES RELATED TO THE INVISIBLE ELEMENTS OF CULTURES.

## MATERIALS

FLIPCHART, PAPER, PENS, POST-IT

## INSTRUCTIONS STEP BY STEP

- 1) IN PLENARY, THE FACILITATOR ASKS PARTICIPANTS TO TRY TO LIST THE WORDS THAT COME TO THEIR MIND WHEN ONE SAYS "CULTURE" (10 MINS)
  - 2) THE FACILITATOR INTRODUCES THE THEORY OF THE ICEBERG OF CULTURES AND HELPS TO PARTICIPANTS TO PLACE THE WORDS THAT THEY LISTED IN THE SCHEME (AMONG VISIBLE OR INVISIBLE ELEMENTS). FOR AN IN-DEPTH EXPLANATION OF THE THEORY, THAT CAN BE USEFUL WHEN PREPARING THIS SESSION, YOU CAN READ [THIS ARTICLE](#). (15 MINS)
  - 3) DIVIDE THE PARTICIPANTS INTO SMALL GROUPS OF 4-5 PEOPLE, BY COUNTING. IN AN INTERNATIONAL CONTEXT, FIND A STRATEGY TO MAKE THE GROUP AS MORE INTERNATIONAL AND INTERCULTURAL AS POSSIBLE (E.G., YOU CAN ASK THEM TO PLACE IN A LINE ACCORDING TO THE COUNTRY THEY COME FROM). (5 MINS)
  - 4) GIVE EACH PARTICIPANT A STICKY NOTE AND ASK THEM TO DRAW A VISIBLE ELEMENT OF THEIR OWN CULTURE.
- IMPORTANT:** TELL PARTICIPANTS THAT, WHEN WE TALK ABOUT CULTURE, WE DO NOT NECESSARILY REFER TO A NATIONAL CULTURE. THEY CAN ALSO WORK ON CULTURAL GROUP

# ICEBERG FOR CULTURE

## INSTRUCTIONS STEP BY STEP

THEY IDENTIFY WITH. WHILE DRAWING, THEY SHOULD DISCUSS THEIR CHOICE WITH THE OTHER MEMBERS OF THEIR SMALL TEAM (15 MINS).

5) CALL THE PARTICIPANTS BACK IN PLENARY AND INVITE THEM TO STICK THE NOTE IN THE AREA OF THE ICEBERG WHERE THEY THINK THEY SHOULD BE. CHECK THEIR CHOICES AND ASK QUESTIONS TO FOSTER THE DISCUSSION (15 MINS).

6) ASK PARTICIPANTS TO GO BACK IN THE SMALL GROUPS AND TO DRAW 2 INVISIBLE ELEMENTS OF THEIR CULTURE. AS BEFORE, THEY SHOULD DISCUSS THEIR CHOICES WITH THE OTHER MEMBERS IN THE SMALL GROUP (15 MINS).

7) CALL THE PARTICIPANTS BACK IN PLENARY AND ASK THEM TO STICK THE NOTES. CHECK THEIR CHOICES AND ASK QUESTIONS. YOU CAN START THE DEBRIEFING (30 MINS)

### **SUGGESTIONS FOR THE DEBRIEFING:**

-WHAT CULTURE DID YOU CHOOSE (A NATIONAL ONE, A POLITICAL ONE, A GENDER-RELATED ONE...)? WHY DID YOU CHOOSE IT?

-HOW DID YOU FEEL REFLECTING ON THE VISIBLE AND INVISIBLE ELEMENTS OF YOUR CULTURE?

-HOW DID YOU FEEL SHARING IT WITH OTHER PEOPLE?

-DID YOU LEARN ANYTHING INTERESTING THAT YOU'D LIKE TO SHARE?

-(IN CASE OF INTERNATIONAL CONTEXTS) HOW CAN WE RELATE THIS THEORY TO THE EXPERIENCE WE ARE LIVING HERE? WHAT ARE THE CHALLENGES THAT IT ADDRESSES? HOW CAN WE TACKLE THEM? (HERE YOU CAN INTRODUCE THE TOPIC OF INTERCULTURAL DIALOGUE).



# ICEBERG OF CULTURE





# DRAWING WARM-UPS

## DURATION

20-30 MINUTES

## SPACE

INDOOR OR OUTDOOR. THERE SHOULD BE ENOUGH TABLES AND CHAIRS FOR ALL THE PARTICIPANTS.

## GROUP SIZE

THERE IS NOT A MINIMUM OR MAXIMUM.

## OBJECTIVES

- OVERCOMING FEAR OF PERFORMING IN ART
- VALUE CREATIVITY AND HAVING FUN OVER TECHNICAL SKILLS
- BUILD COINFIDENCE IN ONE'S ABILITIES AND CREATIVITY
- ICE-BREAKERS

## MATERIALS

- PAPER, PENS, CRAYONS, TABLES, DIFFERENT SMALL OBJECTS FOR EVERY PARTECIPANT, MOBILE PHONE FOR THE TIMER, BLINDFOLDS

## INSTRUCTIONS STEP BY STEP

- THERE ARE MANY DIFFERENT DRAWING WARM-UPS THAT CAN BE IMPLEMENTED BEFORE A DRAWING OR A PAINTING ACTIVITY, IT'S NOT MANDATORY TO IMPLEMENT ALL OF THEM OR IN THIS ORDER.
- 1) THE FACILITATOR GIVES THE PARTICIPANTS DIFFERENT WORDS, ONE AT THE TIME, AND THEY HAVE TO VISUALIZE AND DRAW IT ON A POST IT IN 30 SECONDS, THE FACILITATOR SHOULD KEEP THE TIME, IDEALLY HE/SHE CAN PUT SOME MUSIC AND STOP THE MUSIC WHEN THE 30 SECONDS ARE OVER. THE TERMS SHOULD BE LINKED WITH THE YOUTH EXCHANGE, SO IT COULD BE SOMETHING LIKE "ITALIAN FOOD" AND "SEA" IF THE YE TAKES PLACE IN ITALY AND IN A VENUE NEXT TO THE SEA. THIS ACTIVITY LASTS AROUND 5 MINUTES.
- 2) THE FACILITATOR TAKES RANDOM SMALL OBJECTS FOUND IN THE HOSTEL/OUTSIDE AND PUT THEM ALL ON A TABLE. EACH PARTICIPANT SITS DOWN, TAKE 3 SHEETS OF PAPER AND CHOOSES ONE OF THE OBJECTS. THEY HAVE 1 MINUTE TO OBSERVE IT FROM DIFFERENT PERSPECTIVES BECAUSE THEY WILL HAVE TO DRAW THAT SPECIFIC OBJECT MULTIPLE TIMES.

# DRAWING WARM UP

## INSTRUCTIONS STEP BY STEP

- NOW THE FACILITATOR ASKS THE PARTICIPANTS TO DRAW THEIR OBJECT, THEY HAVE 3 MINUTES TO FINISH THE DRAWING. AFTER THIS FIRST STEP, THE FACILITATOR ASKS TO DRAW THE SAME OBJECT, IN 3 MINUTES, BUT WITH THEIR WEAK HAND. THEN THEY HAVE TO GET BLINDFOLDED AND DRAW THE SAME OBJECT WITHOUT LOOKING AT IT. THESE ARE SOME POSSIBILITIES BUT OTHER VARIATIONS CAN BE ADDED TO MAKE THIS ACTIVITY LONGER.
- **DEBRIEFING:** IN PLENARY, THE FACILITATOR ASKS THE PARTICIPANTS FOR THEIR FEEDBACKS: WHAT CHANGED DURING THE DIFFERENT APPROACHES? HOW DID THEY FEEL WHEN THEY COULD NOT USE THEIR FULL CAPACITIES? HOW WAS IT LIKE TO EXPLORE DIFFERENT PERSPECTIVES? THIS SHOULD TAKE AROUND 5 MINUTES.



# DRAWING YOURSELF

## DURATION

50 MINUTES (40 FOR THE ACTIVITY AND 10 FOR THE DEBRIEFING)

## SPACE

INDOOR OR OUTDOOR SPACE.

## GROUP SIZE

MINIMUM 16, MAX 50 PEOPLE

## OBJECTIVES

- GET TO KNOW ONESELF BETTER THROUGH DRAWING AND SELF-REFLECTION

## MATERIALS

PEN, PAPER, MARKERS, CRAYONS, ENVELOPES, TABLES, BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

- ACTIVITY (40 MINUTES): EACH PARTICIPANT TAKES A SHEET OF PAPER AND A MARKER/CRAYON AND SITS ON HIS/HER OWN IN A COMFORTABLE PLACE.
- THE FACILITATOR WILL ASK EVERYONE TO DRAW A PERSON THAT REPRESENTS HIM/HERSELF AND THEN DRAW THREE QUALITIES THEY LOVE ABOUT THEMSELVES (EX. I'M KIND SO I DRAW A BIG HEART), THEN TWO THINGS THEY'RE GRATEFUL FOR AND ONE THEY WOULD LIKE TO WORK ON.
- THE FACILITATOR WAITS 4-5 MINUTES AFTER EVERY QUESTION BEFORE ASKING TO DRAW THE NEXT THING SO THAT THE PARTICIPANTS HAVE PLENTY OF TIME TO REFLECT AND DRAW. THERE SHOULD BE A CALM ATMOSPHERE WITH SOME RELAXING MUSIC PLAYING IN THE BACKGROUND.
- DEBRIEFING (10 MINUTES): AT THE END OF THE ACTIVITY THE PARTICIPANTS CAN SHARE THEIR EMOTIONS AND REFLECTIONS IN PAIRS AND THEN PUT THEIR DRAWINGS IN THEIR PERSONAL ENVELOPES .



# DRAWING MONSTERS

## DURATION

20-30 MINUTES

## SPACE

INDOOR OR OUTDOOR SPACE.

## GROUP SIZE

MINIMUM 16, MAX 60 PEOPLE

## OBJECTIVES

- ICE-BREAKING

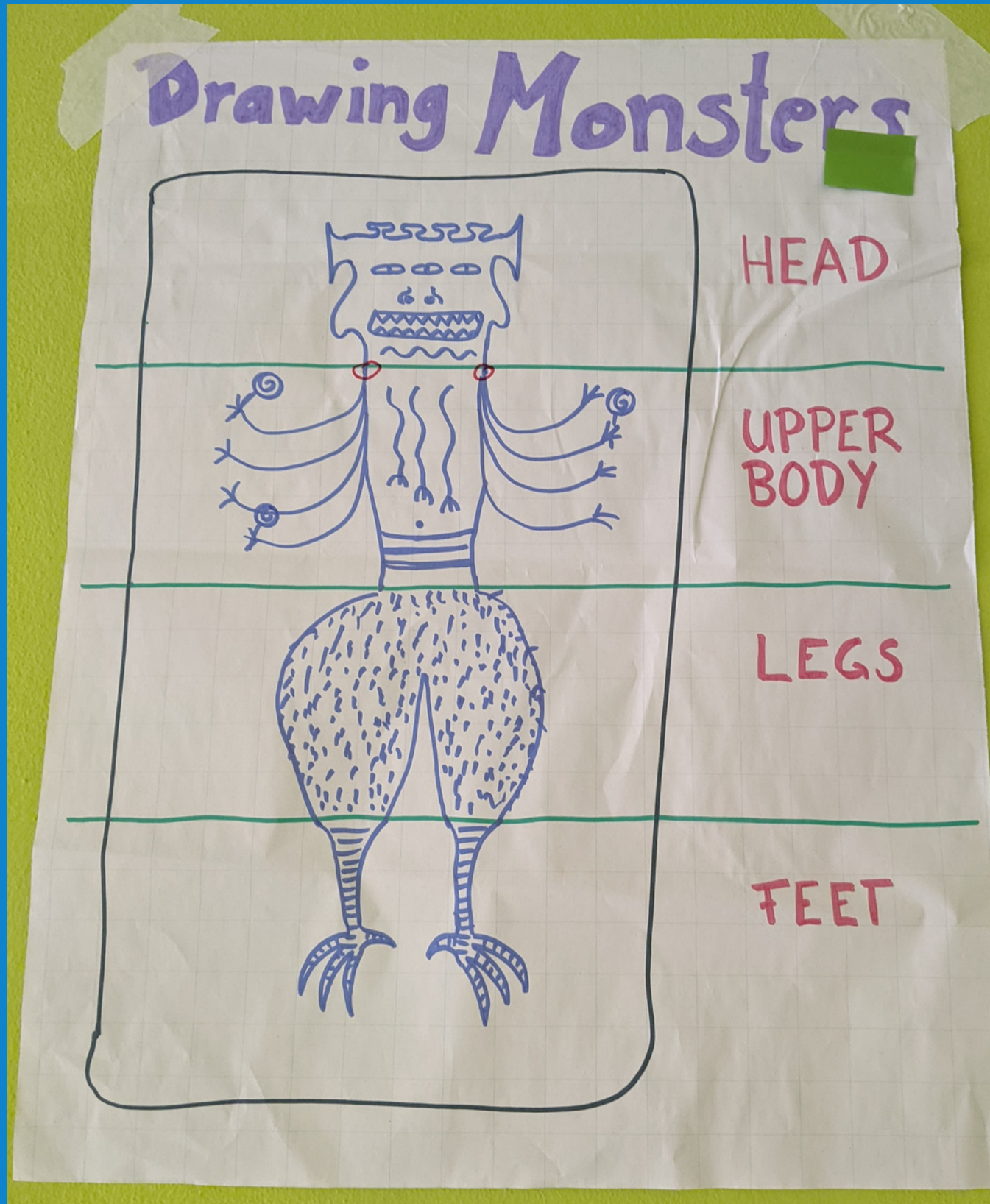
## MATERIALS

PENS, PAPER, MARKERS, CRAYONS, BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

- EACH PARTICIPANT GETS A PIECE OF PAPER AND A PEN. THEY HAVE TO FOLD THE PAPER IN FOUR PARTS.
- THEN THEY DRAW A MONSTER'S HEAD ON THE 1ST PART OF IT AND FOLD IT, SO THAT NOBODY CAN SEE IT ANYMORE. IT'S IMPORTANT TO LEAVE A LITTLE MARK ON THE NEXT PART OF THE PAPER SO THE NEXT PERSON KNOWS WHERE TO DRAW THE NEXT BODY PART.
- AFTER THE HEAD IS DONE THE PARTICIPANTS START MOVING FREELY IN THE SPACE WHILE THE FACILITATOR PLAYS SOME MUSIC. THEY HAVE TO SWAP THEIR PAPER WITH EVERYBODY THEY'RE MEETING. WHEN THE MUSIC STOPS THEY STOP SWAPPING THE DRAWINGS AND THEY DRAW THE UPPER BODY ON THE SHEET OF PAPER THEY GOT.
- THE PROCESS IS IDENTICAL FOR LEGS AND SHOES AS WELL.. THE FACILITATOR CAN COME UP WITH DIFFERENT IDEAS ABOUT HOW TO MOVE AND SWAP THE DRAWINGS (EX. ONLY WHILE DANCING).

# DRAWING MONSTERS



# BLIND DRAWING COUPLE

## DURATION

60 MINUTES (55 FOR THE ACTIVITY AND 5 FOR THE DEBRIEFING)

## SPACE

INDOOR OR OUTDOOR

## GROUP SIZE

MINIMUM 18, MAX 36 PEOPLE (YOU CAN DO IT WITH MORE PARTICIPANTS IF THERE'S ENOUGH SPACE FOR EVERYONE)

## OBJECTIVES

- CONNECT WITH OTHERS
- FIND AN EFFECTIVE WAY TO COMMUNICATE DESPITE OBSTACLES
- PRACTICE ABSTRACT DRAWING

## MATERIALS

PEN, SHEETS OF PAPER, FLIPCHART, MARKERS, CRAYONS, BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

ACTIVITY (55 MINUTES): THE FACILITATOR ASKS EVERYONE TO GET A PIECE OF PAPER AND DRAW SOMETHING SIMPLE USING ONLY GEOMETRICAL SHAPES SUCH AS TRIANGLES, CIRCLES, RECTANGLES AND WAVY OR STRAIGHT LINES. THE FACILITATOR DRAWS ALL OF THEM ON A FLIPCHART FOR EVERYONE TO KEEP IN MIND.

AFTER THAT THE WHOLE GROUP GETS DIVIDED IN TWO LINES AND THEY ALL SIT ON THE GROUND, GROUP 1 KEEPS THE DRAWINGS AND GROUP 2 GETS A BLANK PIECE OF PAPER AND SITS WITH THEIR BACK TO GROUP 1.

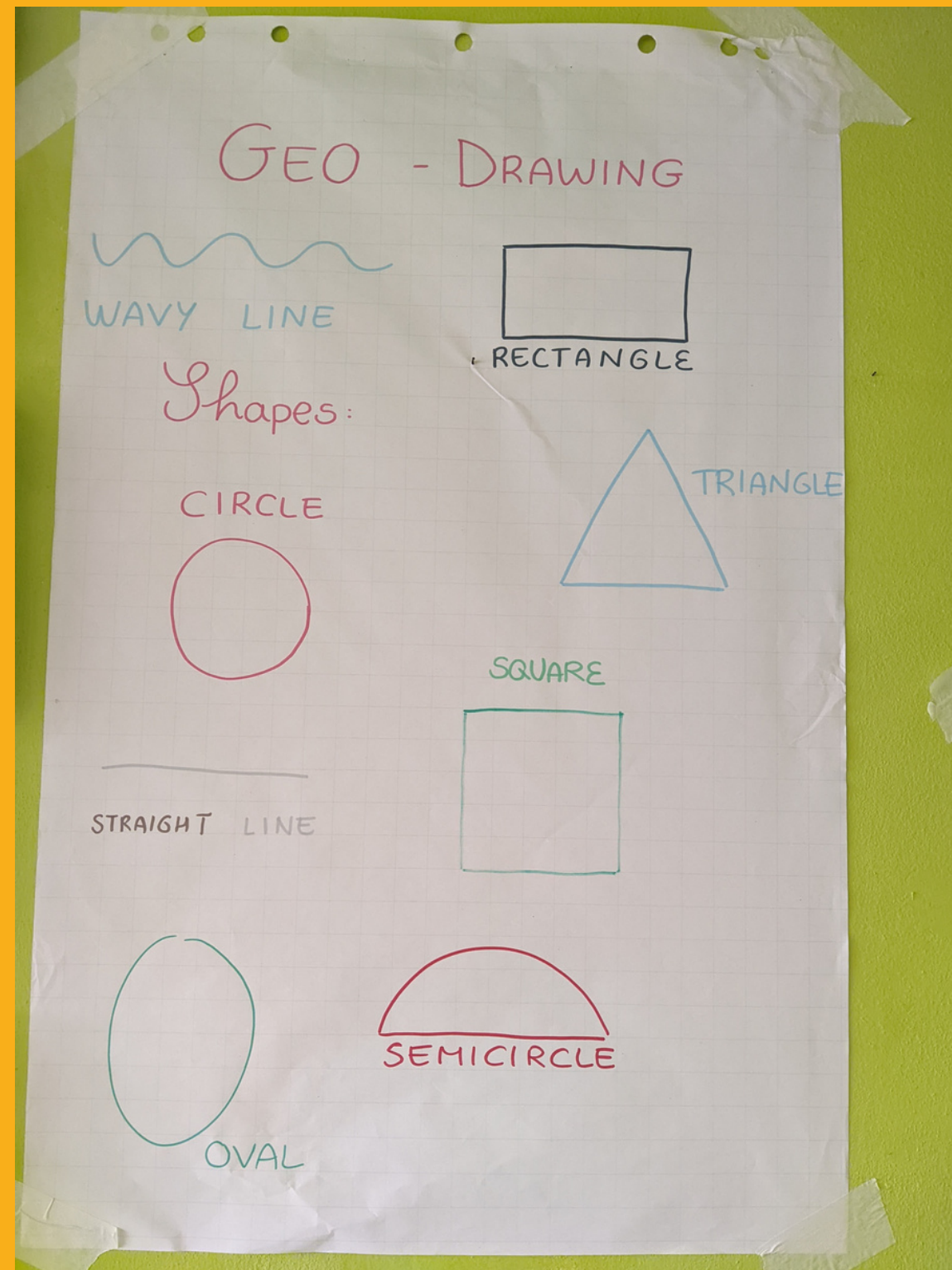
IN PAIRS, THE PERSON FROM GROUP 1 DESCRIBES THE DRAWING TO THE ONE ON GROUP 2 WHO HAS TO DRAW THE SAME THING WITHOUT EVER LOOKING AT THE PAPER FOLLOWING G1'S INSTRUCTIONS.

AFTER THAT THEY SWITCH THE PAIRS, SO THE ONE WHO WAS DESCRIBING HIS/HER DRAWING GRABS A SHEET OF PAPER AND FOLLOWS THE OTHER PERSON'S DESCRIPTION. WHEN THE DRAWING IS FINISHED THEY SHOW EACH OTHER THE RESULTS.. WE SIMPLIFIED THIS ACTIVITY USING ONLY GEOMETRICAL SHAPES SO THAT EVERYONE IS ABLE TO DESCRIBE THE DRAWING IN A SIMPLE WAY.



# BLIND DRAWING

AFTER SHOWING THE DRAWINGS IN PAIRS, IN PLENARY THE FACILITATOR ASKS THE PARTICIPANTS FOR THEIR FEEDBACKS. WHAT WAS THE MOST DIFFICULT PART? DESCRIBING OR DRAWING? ARE THE DRAWINGS SIMILAR OR NOT, AND WHY? WHAT WAS THE BIGGEST OBSTACLE IN THIS ACTIVITY? THE PARTICIPANTS ARE FREE TO SHOW THEIR DRAWINGS TO EVERYONE IN THE GROUP AND COMMENT UPON THEM.



# PAIN TING G

# I N T E R C U L T U R A L

# D I A L O G U E

## DURATION

65 MINUTES (60 FOR THE ACTIVITY AND 5 FOR THE DEBRIEFING)

## SPACE

INDOOR OR OUTDOOR SPACE.

## GROUP SIZE

MINIMUM 18, MAX 35 PEOPLE

## OBJECTIVES

- COLLABORATE IN A BIG GROUP
- IMPROVE CONFLICT MANAGEMENT, WORK DIVISION
- PROMOTE INCLUSIVITY

## MATERIALS

DRAWING MATERIALS, SMALL PAPERS IN FOR GROUPS, HUGE PAPER, BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

**FIRST STEP:** THE FACILITATOR DIVIDES THE PARTICIPANTS IN GROUPS (4 TO 5 GROUPS), EVERY GROUP HAS THE SAME TASK, THAT IS TO VISUALIZE "INTERCULTURAL DIALOGUE WITHIN THIS PROJECT" AND TO CREATE A SKETCH ALL TOGETHER, INCLUDING EVERYONE'S IDEAS IN THE PROCESS. THEY HAVE 20 MINUTES TO USE FOR THE BRAINSTORMING AND THE DRAWING.

**SECOND STEP:** ALL THE GROUPS COME TOGETHER AND PRESENT THEIR SKETCHES AND THE MEANING AND BRAINSTORMING PROCESS BEHIND THEM. ALL TOGETHER THEY HAVE TO FIND A WAY TO DO A BIG PAINTING THAT REPRESENTS EVERYONE'S IDEAS ON THE TOPIC OF INTERCULTURAL DIALOGUE. THERE'S ONE IMPORTANT RULE: EVERYBODY HAS TO PARTICIPATE IN THE CREATION OF THE PAINTING. THEY CAN USE DIFFERENT MATERIALS, FROM CRAYONS TO PAINT. AFTER FINDING AN AGREEMENT THEY HAVE 20 MINUTES TO PAINT ALL TOGETHER.

**DEBRIEFING:** IN PLENARY THE FACILITATOR ASKS THE PARTICIPANTS HOW THEY REACHED A COLLECTIVE AGREEMENT FOR THE PAINTING, IF THEY ENJOYED THE PROCESS AND ASKS FOR THEIR FEEDBACKS ABOUT THE ACTIVITY.



# PAIN TING G I N T E R C U L T U R A L D I A L O G U E

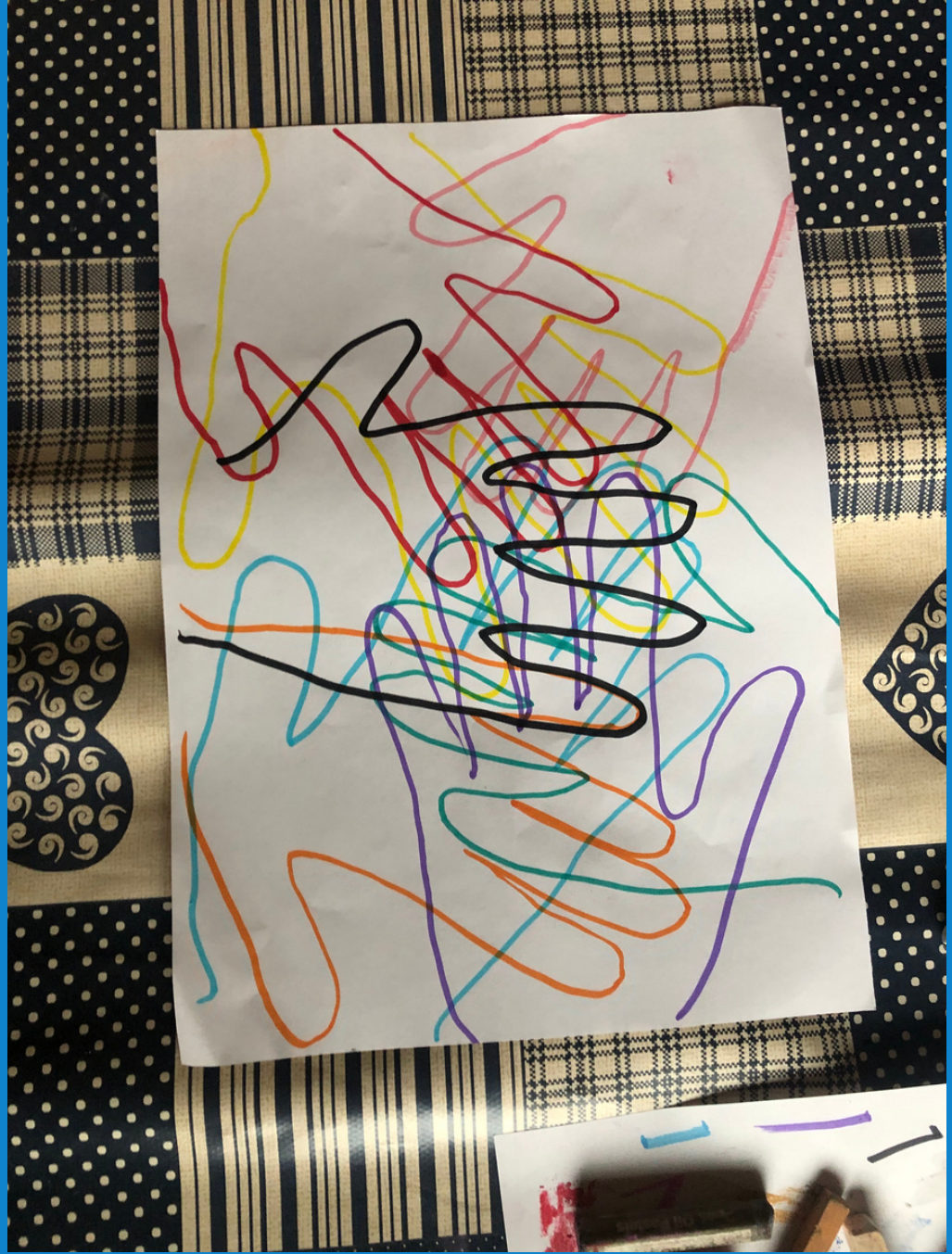




# PAIN TING G

# I N T E R C U L T U R A L

# D I A L O G U E





# PIXAR STORYTELLING

## DURATION

110 MINUTES. YOU CAN ALSO MAKE IT LONGER

## SPACE

INDOOR

## GROUP SIZE

MINIMUM 16, MAXIMUM 40 (IF THE GROUP IS LARGER CONSIDER MORE TIME)

## OBJECTIVES

- EXPLORE DIFFERENT STORY-TELLING MODELS
- BUILDING TEAMWORKING SKILLS
- ENCOURAGING CREATIVITY AND DEVELOPING STORYTELLING SKILLS

## MATERIALS

FLIPCHART, MARKERS, PROJECTOR, CAMERA OR SMARTPHONES, PAPER

## INSTRUCTIONS STEP BY STEP

### 1- INTRODUCTION (15-20 MINUTES)

EVERY PARTICIPANT RECEIVES 4 POST-IT OF FIVE DIFFERENT COLOURS. EACH COLOR CORRESPONDS TO AN ELEMENT, FOR EXAMPLE: GENDER (GREEN), AGE (RED), PROFESSION (YELLOW), HOBBY (BLUE). THE PARTICIPANTS WRITE A RANDOM ELEMENT IN EVERY POST-IT AND PUT ALL OF THEM IN 4 DIFFERENT BALLOTS ACCORDING TO THEIR COLOURS.. THEN THE FACILITATOR DIVIDES THE PARTICIPANTS IN GROUPS OF 3 PEOPLE AND EXPLAINS THEM THE PIXAR TEMPLATE FOR STORYTELLING (APPENDIX 1A).

### 2- CREATION OF THE STORY (20 MINUTES)

IN GROUPS OF 3 (YOU CAN HAVE LARGER GROUPS DEPENDING ON THE NUMBER OF PARTICIPANTS), THE PARTICIPANTS HAVE THE TASK TO WRITE A SHORT STORY FOLLOWING THE PIXAR TEMPLATE (SEE APPENDIX) WITH A RANDOM CHARACTER CREATED USING THE POST-IT. THE STORY STARTS WITH THIS NEW CHARACTER WHO FINDS HIM/HERSELF IN A NEW CULTURE.

# PIXARR STORYTELLING

## INSTRUCTIONS STEP BY STEP

### 3- PICTURE STORYTELLING (30 MINUTES)

THE PARTICIPANTS HAVE 30 MINUTES TO THINK ABOUT HOW TO TELL THE STORY USING MAXIMUM 8 PICTURES. THE PARTICIPANTS, IN GROUPS, HAVE TO BRAINSTORM AND THEN CREATE A SMALL STORYBOARD TO USE AS A REFERENCE BEFORE STARTING TO TAKE PICTURES.

THEY CAN USE PROPS AND ALSO ASK PEOPLE FROM OTHER GROUPS FOR HELP, IF NEEDED. THEY CAN MOVE AROUND FREELY IN THE WHOLE VENUE AND OUTSIDE.

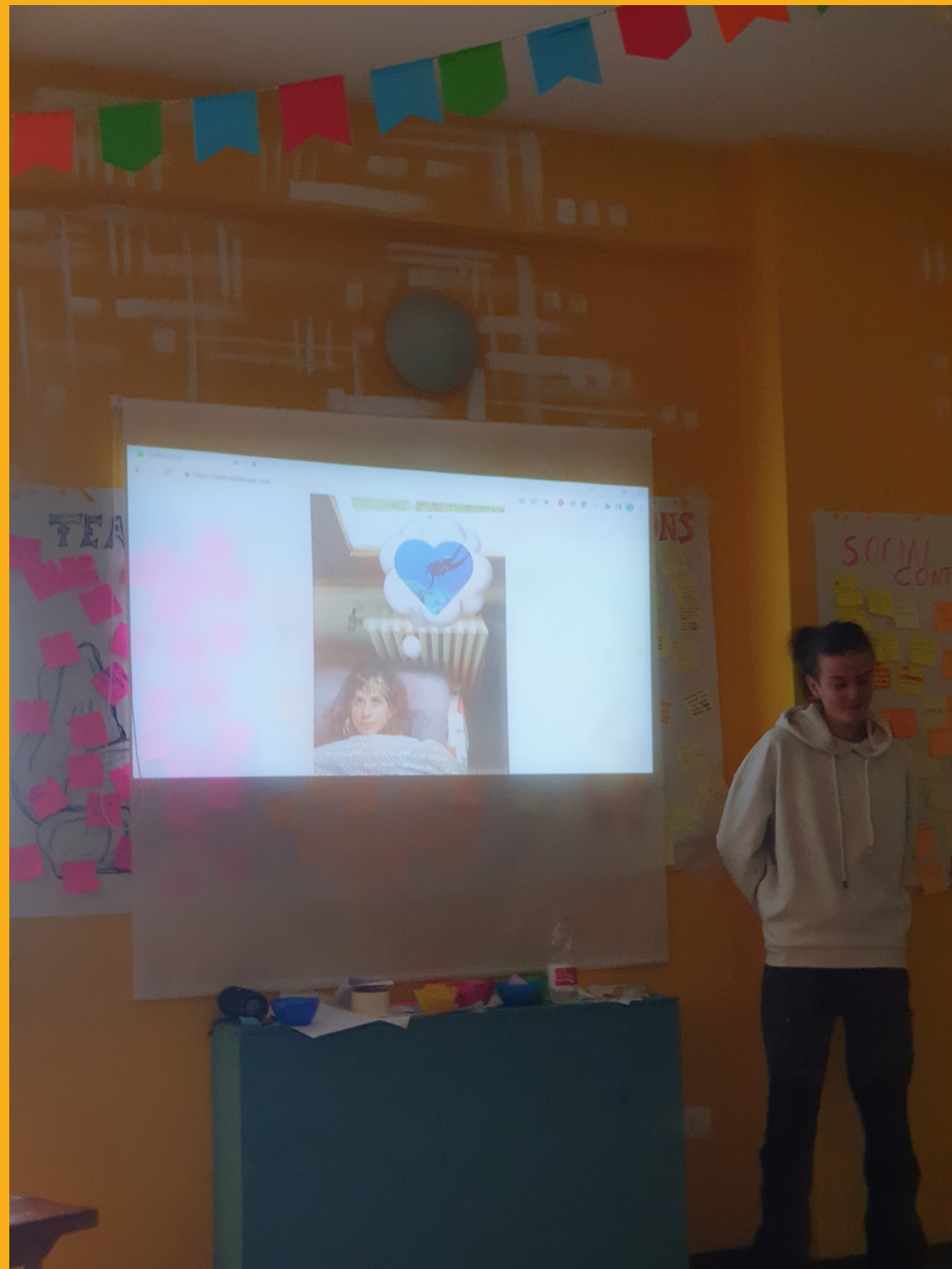
### 4- PRESENTATION (25 MINUTES, CONSIDER MORE TIME DEPENDING ON THE NUMBER OF PARTICIPANTS)

IN GROUPS, THE PARTICIPANTS SHARE THEIR PICTURES, STORIES AND THE PROCESS BEHIND THEIR CREATION TO AN AUDIENCE AND ANSWER TO THEIR QUESTIONS.





# PIXAR STORYTELLING



IMPORTANCE OF THE RELATIONSHIP

## PIXAR METHOD

Once upon a time...

And every day...

Until one day...  
they enter a culture  
group they know nothing  
about

And because of this...

And because of this...

Until finally...

# TRADITIONAL DANCES

## DURATION

60 MINUTES

## SPACE

INDOOR AND/OR OUTDOOR. YOU NEED ENOUGH SPACE FOR DANCING.

## GROUP SIZE

MINIMUM 16, MAXIMUM 60 (BUT, IF THE GROUP IS LARGER THAN 30 PEOPLE, CONSIDER MORE TIME FOR THE PRESENTATION PART).

## OBJECTIVES

- REFLECT ON THE VISIBLE AND INVISIBLE ELEMENTS OF DIFFERENT CULTURES
- LEARN TO WORK AND COLLABORATE IN GROUPS

## MATERIALS

FLIPCHART, PAPER, PENS

## INSTRUCTIONS STEP BY STEP

- **EXPLANATION (15 MINUTES):** THE FACILITATOR EXPLAINS TO THE PARTICIPANTS THAT THEY HAVE TO CREATE A NEW CULTURE ANSWERING THE FOLLOWING QUESTIONS:
  - 1) HOW IS PHYSICAL CONTACT PERCEIVED IN YOUR NEW CULTURE?
  - 2) DOES YOUR CULTURE ACCEPT PHYSICAL CONTACT AMONG PEOPLE OF THE SAME SEX? WHAT ABOUT PEOPLE OF THE OPPOSITE SEX?
  - 3) WHICH PARTS OF THE BODIES ARE INAPPROPRIATE TO MOVE IN PUBLIC?THE FACILITATOR DIVIDES THE PARTICIPANTS IN GROUPS OF 5-10 PEOPLE AND EXPLAINS THAT, APART FROM DANCING, THE PARTICIPANTS CAN ALSO CHOOSE TO CREATE A RHYTHM OR A SONG WITH ANY OBJECT THEY CAN FIND AROUND TO PLAY LATER DURING THE DANCE.
- **BRAINSTORMING AND REHEARSAL (30 MINUTES):** IN SMALL GROUPS THE PARTICIPANTS THINK ABOUT A CHOREOGRAPHY FOR THEIR TRADITIONAL DANCES BASED ON THE ELEMENTS DISCUSSED BEFORE (EX. THEY CAN'T MOVE THEIR NECKS WHILE DANCING, OR THEY HAVE TO SMILE THE WHOLE TIME)
- **PRESENTATION (20 MINUTES):** EACH GROUP SHOWS THE TRADITIONAL DANCE THEY HAVE CREATED AND THE REST OF THE PARTICIPANTS TRY TO GUESS THE INVISIBLE AND VISIBLE ELEMENTS OF THEIR CULTURE BASED ON THE DANCE THEY HAVE WATCHED, THEN THE GROUP REPLIES TO THE GUESSES AND PRESENTS THE PROCESS BEHIND THE CREATION OF THE TRADITIONAL DANCE.



# TRADITIONAL DANCES

- How is physical contact perceived in your culture?
- Does your culture allow physical contact among people of opposite sex? What about same sex?
- Which parts of the body are inappropriate to move or shake in public?



# PUPPET THEATRE

## DURATION

150-180 MINUTES DIVIDED INTO 2 SESSIONS

## SPACE

INDOOR OR OUTDOOR, THERE HAS TO BE A SPACE BIG ENOUGH FOR A SMALL PERFORMANCE

## GROUP SIZE

MINIMUM 16, MAXIMUM 40

## OBJECTIVES

- BECOME MORE CONFIDENT TO PERFORM IN FRONT AN AUDIENCE
- FIND DIFFERENT WAYS TO TELL AND PERFORM THE SAME STORY
- IMPROVE STORYTELLING SKILLS

## MATERIALS

PAPER, PENCILS, TABLES, A SHEET TO USE AS A CURTAIN FOR THE THEATRE, BLUETOOTH SPEAKER OR MOBILE PHONES

## INSTRUCTIONS STEP BY STEP

### FIRST SESSION

#### 1) ORIGAMI WORKSHOP (30 MINUTES)

THE FACILITATOR ASKS EVERY PARTICIPANT TO SIT DOWN AND TAKE A SHEET OF PAPER, THEN HE/SHE TAKES ONE AS WELL AND SHOWS EVERYONE HOW TO CREATE A PAPER PUPPET (TUTORIAL: <https://www.youtube.com/watch?v=SAhillTxUYA>, THEY ARE CALLED FORTUNE TELLERS). AFTER THE ORIGAMIS ARE FINISHED PARTICIPANTS NEED TO DECORATE THEM WITH PENS IN ORDER TO CREATE A CHARACTER OUT OF THEM, THE PARTICIPANTS HAVE TO ASSIGN TO THEIR OWN CHARACTER A NAME, AGE, GENDER AND A PERSONALITY BASED ON ONE OF THESE FEELINGS: HAPPINESS, SADNESS, ANGER AND FEAR.

#### 2) CREATION OF THE STORY (30 MINUTES)

THE FACILITATOR DIVIDES THE PARTICIPANTS IN GROUPS OF 3-4. EVERY GROUP HAS TO CREATE A STORY INVOLVING THEIR CHARACTERS FOLLOWING AN INPUT GIVEN BY THE FACILITATOR (EX. THE CHARACTERS ARE STUDYING TOGETHER AT HOGWARTS, THE CHARACTERS ARE LIVING TOGETHER AS ROOMATES IN A BIG CITY). EACH GROUP HAS 30 MINUTES TO THINK ABOUT A STORY AND REHEARSE IT USING THEIR CHARACTERS AS PUPPETS. THE PARTICIPANTS ARE FREE TO CREATE PAPER ELEMENTS FOR THE BACKGROUND OF THEIR SCENES AND TO PLAY MUSIC AS WELL.



# PUPPET THEATRE

## INSTRUCTIONS STEP BY STEP

### 3) PUPPET THEATRE (20-40 MINUTES DEPENDING ON THE NUMBER OF PARTICIPANTS)

THE FACILITATOR CREATES A PUPPER THEATRE USING A BENCH OR SOME CHAIRS AND A SHEET TO PUT ON TOP THAT CAN BE USED AS A CURTAIN.

IN GROUPS, THE PARTICIPANTS WILL PERFORM THEIR STORIES ON THE STAGE, HIDING BEHIND THE CURTAIN AND MIMICKING THE VOICES OF THEIR CHARACTERS, WHILE MOVING THEM ON THE STAGE WITH THEIR HANDS. AFTER EVERY PERFORMANCE THEY REPLY TO THE QUESTIONS THEIR AUDIENCE MAY HAVE FOR THEM AND LEAVE THE FLOOR TO ANOTHER GROUP.

### SECOND SESSION

### 4) THEATRE AND PRESENTATION (60 MINUTES)

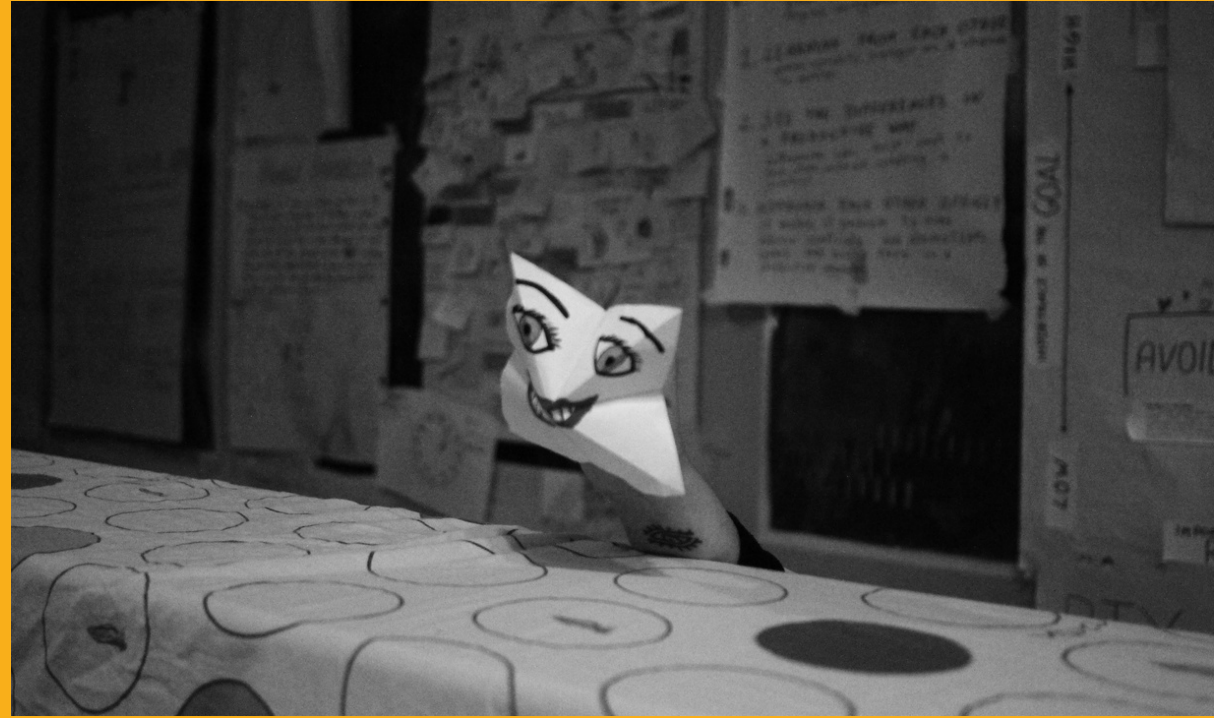
THE PARTICIPANTS HAVE NOW 30 MINUTES TO REFLECT ON THEIR PREVIOUS PERFORMANCE AND TO PREPARE FOR THEIR NEXT ONE: THEY HAVE TO PERFORM THE SAME SCRIPT BUT ACTING INSTEAD OF USING PAPER PUPPETS, AND THEY CAN'T TALK ON STAGE BUT ONLY MAKING SOUNDS AND TALKING GIBBERISH. THEY NEED TO FIND A WAY TO MAKE THE PERFORMANCE CLEAR FOR THE AUDIENCE WITHOUT TALKING.

AFTER 30 MINUTES, THE PARTICIPANTS CAN START PERFORMING. THEY ARE ALLOWED TO USE PROPS AND BACKGROUND MUSIC.

5) DEBRIEFING (10 MINUTES): IN PLENARY, THE FACILITATOR ASKS THE PARTICIPANTS FOR THEIR FEEDBACKS ABOUT THE ACTIVITIES: WHICH ONE DID THEY LIKE BETTER, THE PUPPER THEATRE OR THE ACTING ONE? WHEN DID THEY FEEL THE MOST COMFORTABLE? WAS IT EASY TO TELL A STORY WHILE THEY WERE NOT ALLOWED TO TALK?



# PUPPET THEATRE





# LEADER & FOLLOWER

## DURATION

30 MINUTES (25 FOR THE ACTIVITY AND 5 FOR THE DEBRIEFING)

## SPACE

INDOOR OR OUTDOOR SPACE.

## GROUP SIZE

MINIMUM 18, MAX 60 PEOPLE

## OBJECTIVES

- EXPLORE THE INVISIBLE PARTS OF THE CULTURE
- BUILDING TRUST AMONG PARTICIPANTS
- ICE-BREAKER

## MATERIALS

BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

**ACTIVITY:** THE FACILITATOR ASKS THE PARTICIPANTS TO DIVIDE IN PAIRS, BASED EITHER ON A RANDOM GAME OR BY LETTING THEM CHOOSE THEIR PARTNERS SO THEY'RE MORE COMFORTABLE DOING THIS ACTIVITY.

IN EVERY PAIR THERE ARE TWO ROLES: THE LEADER AND THE FOLLOWER. THE FOLLOWER HAS TO IMITATE THE LEADER'S MOVEMENTS. THE IDEA IS NOT JUST TO FOLLOW THE MOVES BUT ALSO ANTICIPATING THEM.

IF THE LEADER STEPS BACK THE FOLLOWER HAS TO STEP FORWARD. THE IDEA IS TO CREATE A KIND OF A DANCE WITHOUT THE PARTICIPANTS TOUCHING EACH OTHER DURING THE FIRST ROUND. AFTER A WHILE THE FACILITATORS CAN ALLOW THE PARTICIPANTS TO HAVE PHYSICAL CONTACT. DURING THE DEBRIEFING THE PARTICIPANTS SHOULD REFLECT IN PAIRS ON SIMILARITIES AND DIFFERENCES BETWEEN THE TWO PARTS OF THE EXERCISE. DID THEY FIND A FLOW WITH THEIR PARTNERS? WHICH PART WAS MORE DIFFICULT AND WHY?

# MINDFULNESS BODYSCAN

## DURATION

30 MINUTES (25 FOR THE ACTIVITY AND 5 FOR THE DEBRIEFING)

## SPACE

INDOOR OR OUTDOOR SPACE.

## GROUP SIZE

MINIMUM 18, MAX 60 PEOPLE

## OBJECTIVES

- RECONNECTING WITH OUR BODIES
- IMPROVE THE KNOWLEDGE OF OUR BODIES AS TOOLS TO EXPLORE OTHER PERSPECTIVES AND TO RELATE TO OTHERS
- TAKE SOME TIME TO RELAX AND FEEL MORE GROUNDED TO THE PRESENT MOMENT

## MATERIALS

YOGA MATS  
BLUETOOTH SPEAKER

## INSTRUCTIONS STEP BY STEP

- EVERYONE IS ON ITS OWN YOGA MAT.
- THE ACTIVITY CONSISTIS IN A PART OF MEDITATION AND THEN A DEBRIEFING ABOUT THE ACTIVITY.
- IN A SITTING POSITION THE FACILITATOR ASK THE PARTICIPANTS TO RELAX AND FOCUS FIRST ON THE SURROUNDING SPACE AND THEN TO FOCUS ON THEIR BODY PARTS, STARTING FROM THE SOLE OF THE FEET, THE FEET THEMSELVES, THE LOWER PART OF THE LEGS, THEN THE UPPER PART, THE BUTT, THE BELLY, THE CHEST, THE SHOUDERS, THE ARMS, THE BACK, THE HEAD AND FINISHING WITH THE ROOTS OF HAIR. LASTLY THE FACILITATOR CLOSES THE ACTIVITY WITH A DEEP BREATHING EXERCISE.
- DEBRIEFING (5 MINUTES), THE FACILITATOR ASKS THE PARTICIPANTS DIFFERENT QUESTIONS: HOW DID IT FEEL? WHICH EXERCISES WERE EASY AND WHICH ONES DIFFICULT? WERE YOU ABLE TO FOCUS ON JUST THAT ESPECIFIC PART DURING THE ACTIVITY? WERE YOU ABLE TO FOCUS ON YOURSELF? WAS IT DIFFICULT OVERALL?



# MINDFULNESS BODYSKAN





# EXPLORING THE SURROUNDINGS

## DURATION

30 MINUTES

## SPACE

OUTDOOR IN THE NATURE

## GROUP SIZE

MINIMUM 16, NO MAXIMUM, MUST BE IN EVEN NUMBERS

## OBJECTIVES

- BUILD TRUST AMONG PARTICIPANTS
- DISCOVER ONE'S SURROUNDING USING ALL THE SENSES EXCEPT SIGHT
- GET A NEW PERSPECTIVE ON ALREADY KNOWN PLACES
- GET OUT OF ONE'S COMFORT ZONE

## MATERIALS

BLINDFOLDS

## INSTRUCTIONS STEP BY STEP

1- INTRODUCTION AND FIRST STEP THE FACILITATOR ASKS THE PARTICIPANTS TO DIVIDE IN PAIRS. AFTER THAT, ONE OF THE PARTICIPANT IN EVERY PAIR GETS BLINDFOLDED WHILE THE OTHER, THE LEADER, BRINGS HIM/HER OUTSIDE ON A WALK. THE LEADER HOLDS THE OTHER PARTICIPANT'S HAND WHILE EXPLAINING THE SURROUNDING, MAKING SURE THAT THE OTHER PERSON CAN RECOGNIZE THE PLACE WITHOUT SEEING IT. BOTH NEED TO FOCUS ON THE SOUNDS SURROUNDING THEM. THE LEADER CAN MAKE THE FOLLOWER TOUCH SOME THINGS THAT THEY CAN FIND OUTSIDE, SUCH AS FLOWERS OR TREES, WHILE DESCRIBING THEM TO THE FOLLOWER,

2- SECOND STEP: THE WALK SHOULD LAST 10 MINUTES, AFTER THAT EVERYONE RETURNS TO THE VENUE. ONCE THERE, THEY HAVE TO SWITCH THE ROLES: THE LEADER BECOMES THE FOLLOWER AND VICEVERSA. THIS TIME THE LEADER HAS TO WALK WITH THE FOLLOWER WITHOUT HOLDING HIS/HER HAND BUT JUST GUIDING USING THE VOICE, SO THE LEADER HAS TO BE EXTRA CAUTIOUS WHILE GIVING INDICATIONS (WALK SLOWLY, TURN SLIGHTLY RIGHT, STOP HERE). THEY CAN FOLLOW A DIFFERENT PATH BUT THEY ALSO HAVE TO PAY ATTENTION TO SOUNDS AND TEXTURES.

3- DEBRIEFING: AFTER 10 MINUTES THE PAIRS RETURN TO THE VENUE AND DISCUSS BETWEEN THEMSELVES HOW THE ACTIVITY WAS, HOW SAFE THEY FELT, WHAT DID THEY FEEL DURING THE WALK AND WHICH ROLE THEY PREFERRED.



# APPENDIXES

**APPENDIX 1A: PIXAR STORYTELLING MODEL**

Pixar's Story Spine

Once upon a time \_\_\_\_\_.

Every day \_\_\_\_\_.

Until one day \_\_\_\_\_.

Because of that \_\_\_\_\_.

Because of that \_\_\_\_\_.

Because of that \_\_\_\_\_.

Until finally \_\_\_\_\_.

And ever since then \_\_\_\_\_.



# CONTACTS

FEEL FREE TO USE THE METHODOLOGIES INCLUDED IN THIS TOOLKIT.

WE WOULD LOVE, IF YOU SHARE WITH US YOUR EXPERIENCE WITH THEM.

IN CASE YOU WANT TO SHARE OR IF YOU NEED ANY CLARIFICATION ABOUT THE ACTIVITIES, OR IF YOU WANT TO START ANY COOPERATION FOR PROJECTS ON THESE TOPICS, PLEASE CONTACT US AT:

[EXCHANGES@ASSOCIAZIONEJOINT.ORG](mailto:EXCHANGES@ASSOCIAZIONEJOINT.ORG)



# THANK YOU!



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