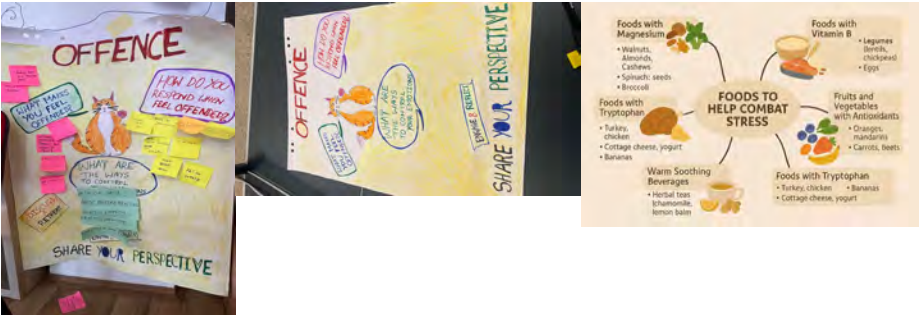


Session Outline

1. Topic of the workshop/Session	Stress Management
2. Date, Time	01.10.2025, 15:00 pm (Wednesday)
3. Prep team member(s) who wrote the outline	Olga, Eka, Kristina
4. Aim and Objectives of your workshop	<p>Give basic knowledge to 9 participants how to accept and process stressful situation within a hour.</p> <p>Explore intercultural differences.</p> <p>Create friendly engaging and interactive climate atmosphere during the session.</p> <p>To develop personal competence so that our participants (9) can implement this in future situation</p>
5. Target group	Adults
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>Energizer (5 m) - Olga, Eka, Kristina</p> <p>The energizer activity was creating a circle, making the sound of rain by snapping fingers. Gradually adding, clapping on knees and stomping feet. And slowly come back to the starting point by reversing the activity.</p> <p>Introduction of the topic (5 min) - guess the topic from separate letters - Kristina</p> <p>We played a little guessing game. Every participant received a paper containing one letter (O, 2E, 2F, N, C). And 1 participant received a blank paper. Then he became the facilitator for this game; who had the blank paper. And his job was to form and guess the word for our topic from the given jumbled letters</p> <p>Interactive discussion, feeling mind map (10 min) - Eka, Kristina</p> <p>We asked the participants what is our topic after guessing the word. We asked also 2 questions. "Why do you think that we choose this topic? , Do you usually feel offended in your regular life?"</p> <p>And Participants responded to the questions. Some of them also wrote in the sticky note and keep the note with themselves</p> <p>Then, The facilitator (Eka) divided the participants in 3 individual teams. The facilitator (Kristina) delivered the sticky note paper to each team. And we provided instructions and asked one question; "What makes you feel offended generally?"</p> <p>We gave time to participants to think about the answer, they gathered their response and after then the participants glued their note on our flipcharts.</p> <p>Story (7 min) listen and participate in the story performance - ALL</p> <p>We gave a printed copy of the story to each individual participant. The task is to read the story and make personal opinions about the story.</p>

	<p>Intercultural communication (7 min) to write the phrases how to respond to offenders in different countries in their mother language. Discussion of the story and mind map.</p> <p>Then, The facilitator (Olga) told participants to write again on their sticky paper how they feel about reading the story. Olga also told participants to write “Go to hell” in everyone's mother language.</p> <p>After finishing this task, participants glued again their answers on the flipchart under the question part “How do you respond when you feel offended”</p> <p>Summing up. Suggest the tips how to control your emotions - Olga The facilitator (Olga) shared some life skills tips from personal experience on how to resist emotions and stress in times of feeling offended. She discussed a little bit on each point and stuck to the flipchart under the part “What are the ways to control emotions if you feel offended?”</p> <p>First aid kit for offence (7 min) - Eka The facilitator (Eka) shared a leaflet to all participants as a short gift to take away with the participants</p> <p>Feedback (5 min) - All The facilitator We sit with our participants. We debriefed the session, where we can improve more. Listen to everyone's feedbacks, comments.</p>
<p>7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)</p>	<p>Stickers, Letters, Pictures, Visual Posters, Stories Copy, Leaflets, Mind map.</p> 
<p>8. Tips for facilitators (What to be aware of, what to keep in mind)</p>	<p>After ending the session, ask our participants to draw with emojis or cartoon character how they feel with the session</p> <p>The facilitator (Kristina) replayed the same energizer game but this time, not with making sound of rain. It is asking participants feelings and emotions how they take our workshop.</p> <p>Snapping of Fingers - If the workshop is so so Clapping on knees - If the workshop is good, okay, useful Stomping feet - If the workshop is awesome</p> <p>Any improvements for us (Olga, Eka, Kristina) We sit with our participants. We debriefed the session, where we can improve more. Listen to everyone's feedbacks, comments.</p>

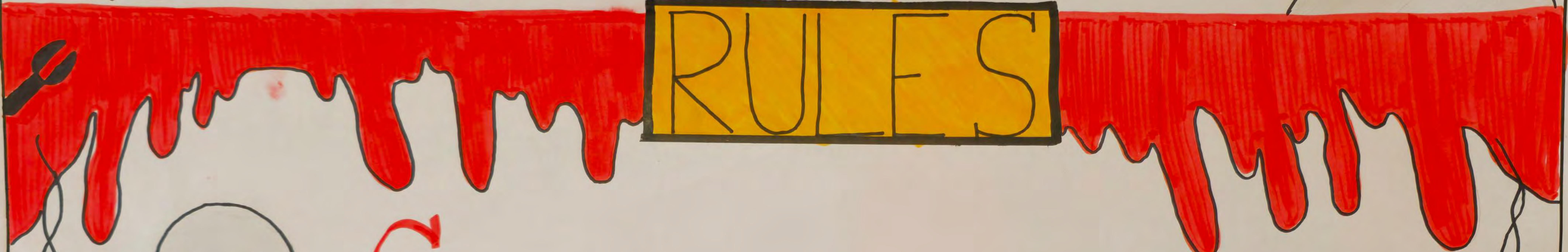
Session Outline

1. Topic of the workshop/Session	Cultural exchange through indoor education
2. Date, Time	1st October, 17:00 - 18:00
3. Prep team member(s) who wrote the outline	Andželika, David, Ali
4. Aim and Objectives of your workshop	<p>Aim: The aim of the activity is to strengthen teamwork, problem-solving, and intercultural understanding by engaging participants in the escape room.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. By the end of the 30-minute escape room, all 9 participants will collaborate using their own national language and need to solve 7 interconnected readles, demonstrating improved problem-solving and teamwork skills. 2. Throughout the escape room, participants will practice intercultural communication by sharing ideas and instructions in their mother language, with every participant contributing at least once during problem-solving, fostering clearer dialogue and mutual understanding. 3. After the activity, participants will reflect in debrief session, sharing at least one takeaway on how teamwork, cultural awareness, or communication strategies used in the escape room can be applied in real-life situations.
5. Target group	Young people, and adults between 18 and without any age limits, who are passionate about cultural exchanges
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<ol style="list-style-type: none"> 1. Introduction to the process (explaining rules) - 5 minutes 2. Escape room/Main part - 30-35 minutes 3. Debriefing - 20 minutes <ol style="list-style-type: none"> 1. Explain rules: speak in your own language; don't use gestures; don't use phones; you can't write; you can ask each facilitator one group question in English, while discussing, you also can speak English; you have only 30 minutes to complete the task. 2. First task: a box with papers, where a phrase is written in another language, you need to find a translation into English, and find which country uses this language. There will be a hint for the next place. WE LOVE TO DRINK TEAMUMS PATĪK DZERT TĒJU LATVIAN PASTA IS VERY GOOD PASTA IST SEHR GUTGERMAN I LOVE SINGING SO MUCH MOC MILUJU ZPÍVÁNÍ CZECH ICE HOCKEY IS THE BEST SPORT L'HOCKEY SU GHIACCIO È LO SPORT MIGLIORE ITALIAN SPICY FOOD - THE BEST FOOD ACILI YEMEKLER - EN İYİ YEMEKLER TURKISH DANCING IS THE WHOLE POINT A TÁNCOLÁS A LÉNYEG HUNGARIAN I LOVE TO RUN IN THE RAIN EU AMO CORRER NA CHUVA PORTUGESE I HAVE A BIRTHDAY TOMORROW ΕΩ ΓΕΝΕΘΛΙΑ ΑΥΠΙΟ GREECE I LOVE TO DRAW PEOPLE ÎMI PLACE SĂ DESENEZ OAMENI ROMANIAN 3. Next hint: "go to see the world", it's a balcony, and there will be a piece of the puzzle, and next hint 4. Next hint: I help people to be dry, napkin place, with the exercise, make a logical sentence using one word from each participant, the topic you choose."

	<p>5. Next hint: "it's in the hands". In the hands of a right facilitator, you can find a next hind, but you need to say the key keyword "culture".</p> <p>6. Next hint: Do you remember the second day (poster), a piece of the puzzle</p> <p>7. Next hint words: "close` "the"(closet) find a piece of the puzzle</p> <p>8. Next hint: "something comfortable " (chair) piece of the puzzle</p> <p>9. Next hint: "It helps us to see" (projector)</p> <p>10. In the projector, it's a piece of a puzzle, and it's written "you have found all pieces of the puzzle, complete it and take a photo with a camera"</p> <p>11. The last task is to find a camera and take a photo</p> <p>Debrief questions: How do you feel? How do you feel in the group while talking in your language? Was there enough space to share in your group? What was the strategy? How do you start conversation? Is there a key for communication that worked for you? What is the conclusion about yourself? Are there any obstacles in your group communication other than that you are not speaking one language? Is there room to improve communication? Imagine you will do this activity one more time, what is the tips to improve communication? What is a thing that you can bring from this activity to your life/work?</p>
<p>7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)</p>	<p>Speaker, camera, paper, markers, poster, box, tape</p>
<p>8. Tips for facilitators (What to be aware of, what to keep in mind)</p>	<p>1. Explain what is escape room</p> <p>2. Ask questions, if everyone understand everything</p> <p>3. Improvise on your hints, when you see that group cannot find the hint</p> <p>4. Don't hide in obvious places, thing a bit smarter</p> <p>5. Give at least 20 minutes for debriefing part</p>



ESCAPE ROOM



RULES



SPEAK ON YOUR NATIVE LANGUAGE



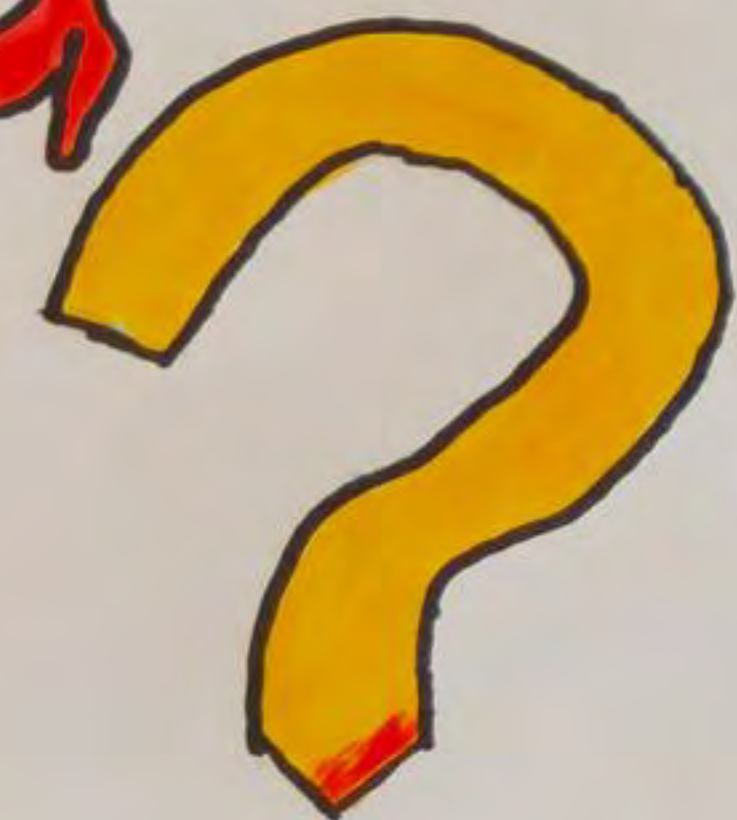
DON'T USE GESTURES



DON'T USE PHONES



YOU CAN'T WRITE



YOU CAN ASK EACH FACILITATOR GROUP QUESTION
*FOR GROUP QUESTION YOU CAN SPEAK ENGLISH FOR 1 MIN.



YOU HAVE ONLY **30** MINUTES

*EVERYONE SHOULD PARTICIPATE

Session Outline

(Group 3)

1. Topic of the workshop/Session	<h1>Team Up with AI!</h1>
2. Date, Time	01/10/2025 09.30 - 10.30 (Room 2)
3. Prep team member(s) who wrote the outline	Bilal Saif Evans
4. Aim and Objectives of your workshop	Be open to seeing AI as both an opportunity and a challenge. Cooperation of Human and AI - be aware of Risks Identify the matching of human Teamwork and AI is the
5. Target group	Everyone adult
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>Total duration: 60 min – 9 participants (3 groups of 3)</p> <p>→ Warm up activity (5 mins) 0’–5’ Warm-up / Icebreaker – AI or Human?</p> <ul style="list-style-type: none"> • Show 2–3 short texts or images (one made by AI, one by a human). • Ask participants to guess: “AI or Human?” • Purpose: break the ice and spark curiosity. <p>→ Main activity (40 mins) Split into 3 groups of 3. 5’–15’ Step 1 – AI in Daily Life (10 min) Describe task (3 mins) Tasks (5 mins):</p> <ol style="list-style-type: none"> a) list 3 AI tools you use or know. b) Mark (1 to 10) how Helpful and Risky are. <p>Present - share (2 mins): Each group shares one example with the whole group.</p> <p>15’–30’ Step 2 – Teamwork Challenge (15 min total) Describe task (3 mins) Task (7 mins): Challenge prompt (on flipchart): “Design a simple idea/tool to support mental health or improve teamwork communication.” Rules:</p> <ul style="list-style-type: none"> >Work only as humans (no AI). >Use flipchart/markers etc. >Everyone contributes. <p>Present - share (5 min): each group gives a 1,5 min presentation.</p> <p>30’–45’ Step 3 – Compare with AI (15 min) Describe task (3 mins) Task (7 mins) :</p> <p>(Each group with phone/laptop) asks AI the same challenge. Compare results in plenary:</p>

	<p>>What's similar? >What's missing? >Where is AI better or weaker?</p> <p>Present - share (5 min): each group gives a 1,5 min presentation.</p> <p>Reflection (15 mins) 45'–60' Reflection & Feedback (15 min)</p> <ul style="list-style-type: none"> • Mood line: draw a line with 😊 😐 😞 → participants stand where they feel. <p>Circle discussion: each participant shares 1 insight.</p> <ul style="list-style-type: none"> • Invite 2–3 to explain their choice.
<p>7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)</p>	<p><u>Materials</u></p> <ul style="list-style-type: none"> • Flipchart + stand • Markers (multiple colors) • A4 sheets (for group notes) • Sticky notes • Timer or phone • Laptop/phone with AI tool access • Mood line signs (😊 😐 😞 printed or drawn)
<p>8. Tips for facilitators (What to be aware of, what to keep in mind)</p>	<ul style="list-style-type: none"> • Balance tech & people Remind participants the activity is about both human creativity and AI, not just tech. • Keep timing strict Use a bell/phone alarm for group work and presentations. Otherwise groups will go over time. • Encourage equal participation make sure everyone speaks. You can assign roles (writer, presenter, time-keeper). • Test AI answers Prepare an AI device beforehand (and a stable internet connection). Have a sample AI response ready just in case. • Be neutral about AI Don't present AI as "good" or "bad." Instead, let participants explore both sides (opportunities vs risks). • Keep Energy Keep the session dynamic with movement (groups stand at flipcharts, move to mood line). • Reflection is key The learning comes not from the challenge itself, but from comparing human vs AI, and then reflecting together.

Team Up with AI

Part 1

• TASKS •



Group size

9 participants (3
groups of 3)

1 list three (3) AI tools you use or know



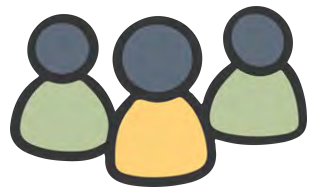
2 mark them (1 to 10) how “helpful” and “risky” are



5 mins

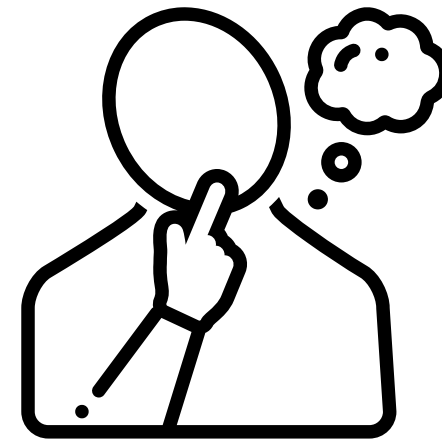
Duration

Part 2



Same group

• TASKS •



1



Find a simple idea/tool to support mental health or improve teamwork communication



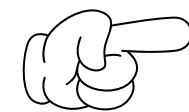
EXAMPLE

Countdown timer. Every 45 minutes it rings - for 1 min to stand up / walk

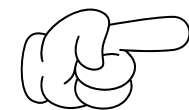
2



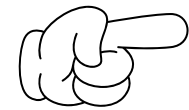
Mark down the idea in order to be shared in short time (max 1,5 min)



Work only as humans (No AI, No Smart phones)



Use flipchart/markers/paper etc.



Everyone contributes

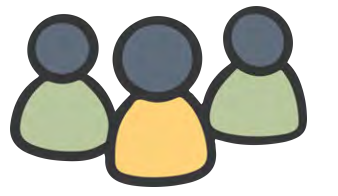
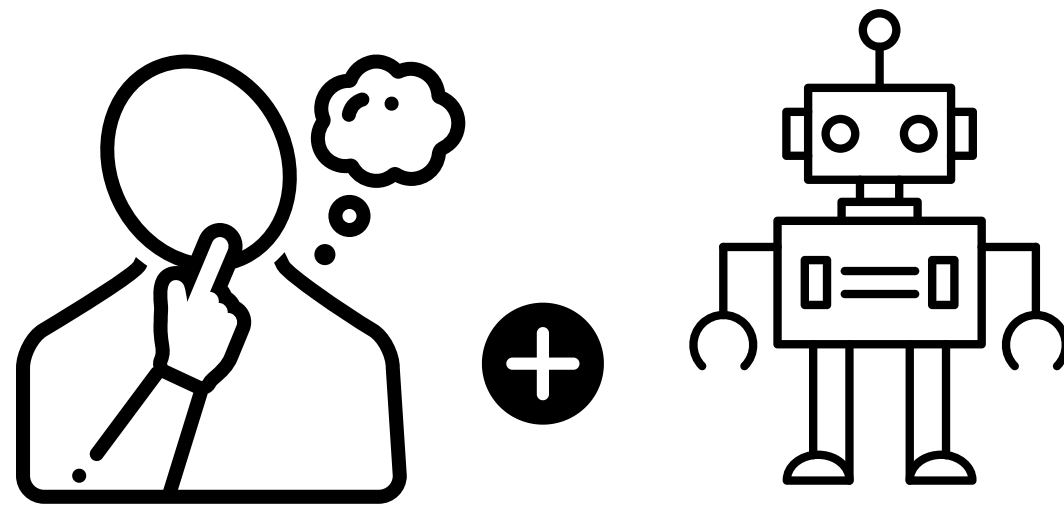


7 mins

Duration

Part 3

• TASKS •



Same group



1 Use your device and ask AI the same challenge. “Find a simple idea/tool to support mental health or improve teamwork communication.”



2



Compare results:

What’s similar?

What’s missing?

Where is AI better or weaker?

3



Mark down the idea in order to be shared in short time (max 2 min)



7 mins

Duration

Reflection...

Circle discussion



15 mins

Feelings

Facts

Findings

Future

Reflection...



Confused

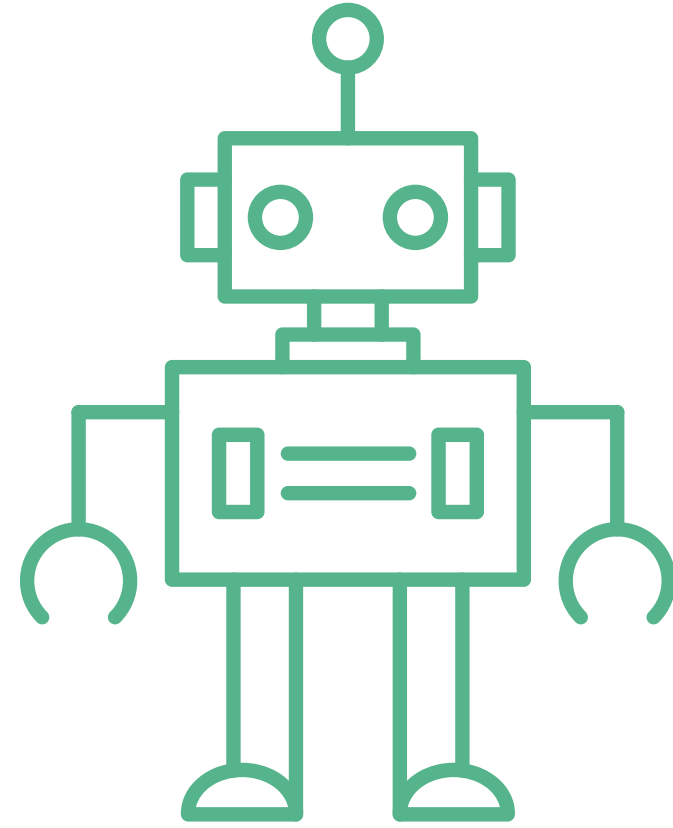
Mood line



Confused

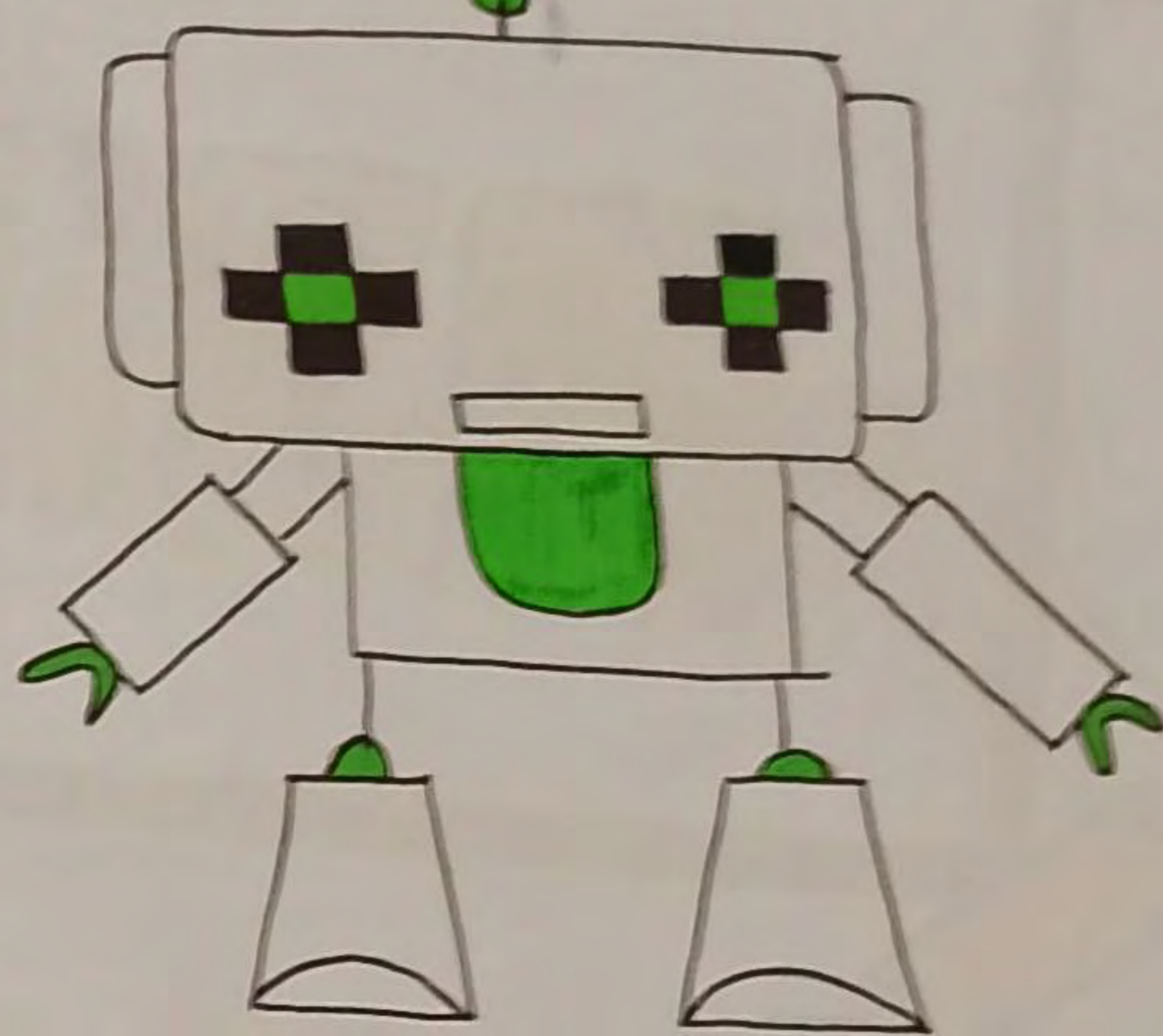
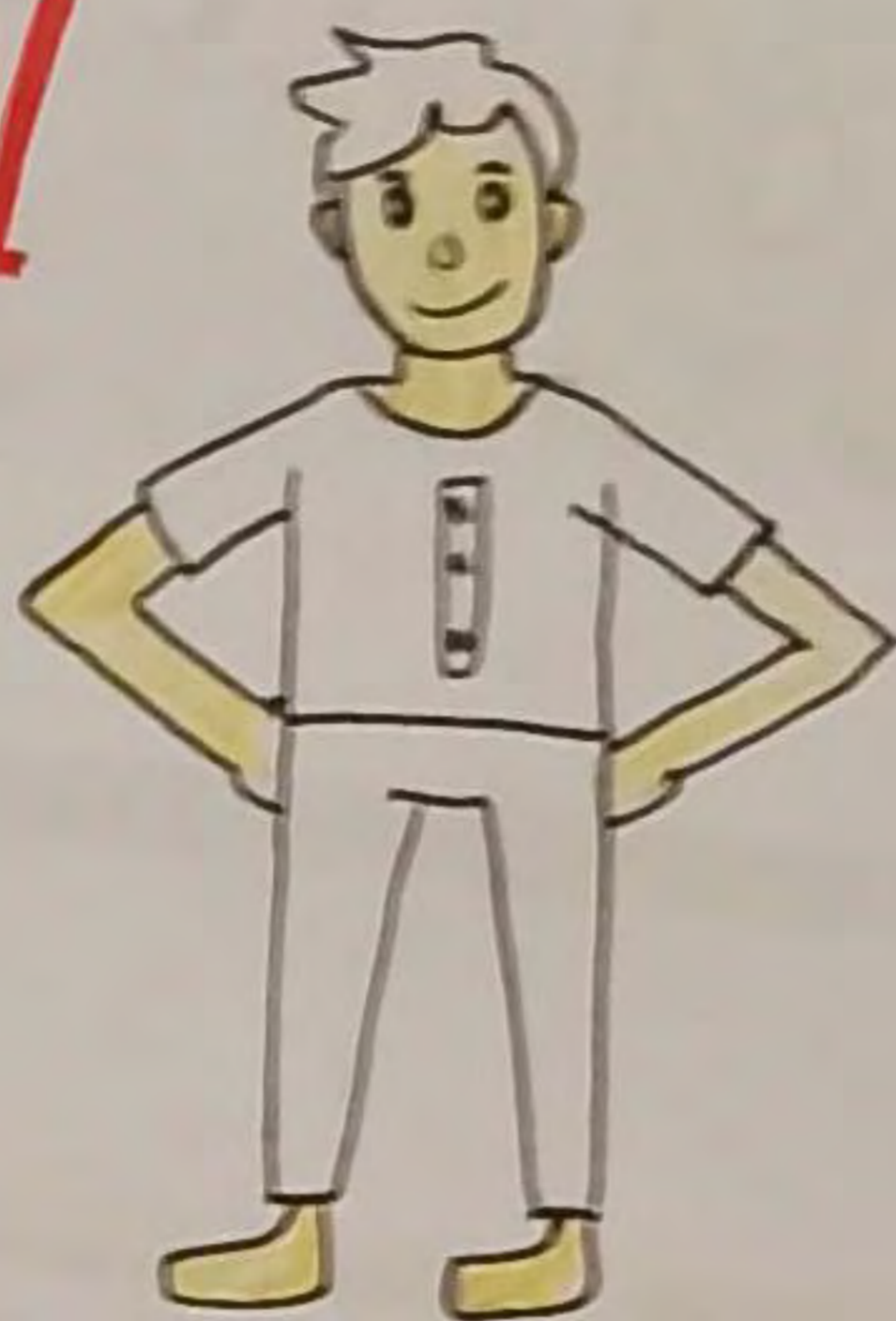


**VERY
CREATIVE
AND FUN!**



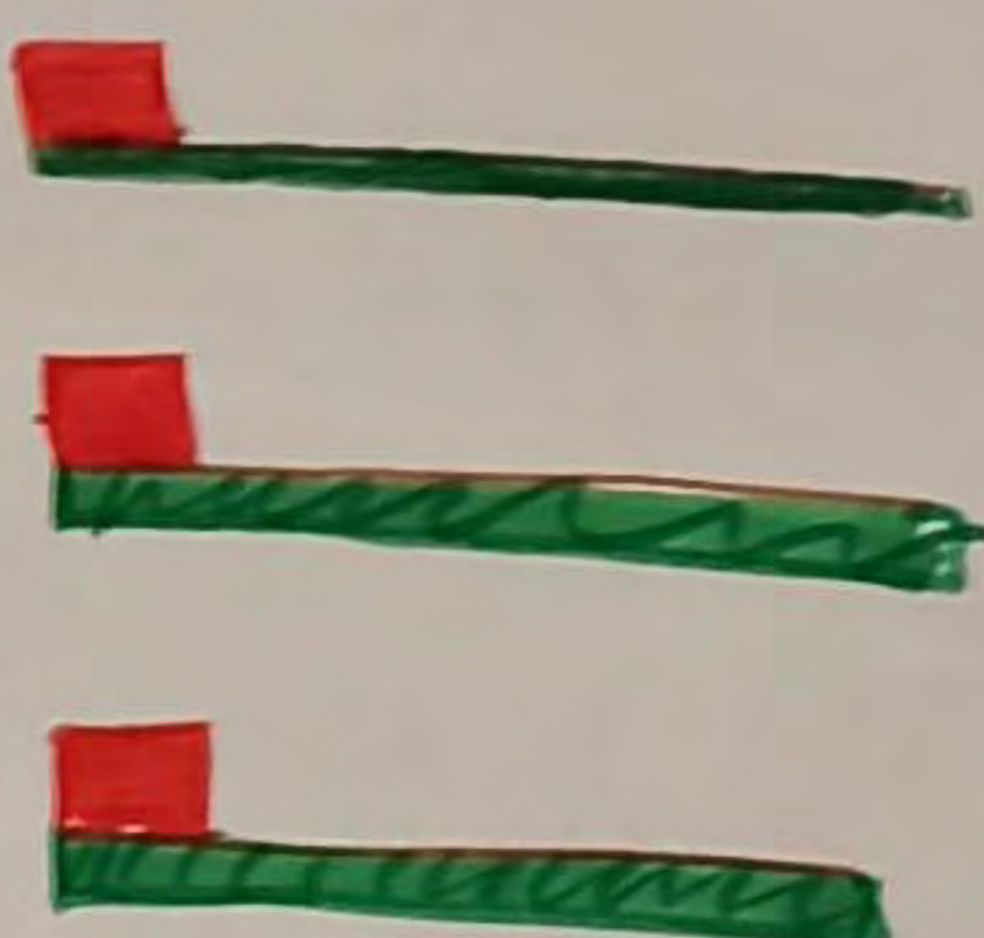
TEAM UP WITH AI

AI OR HUMAN



MAIN ACTIVITY

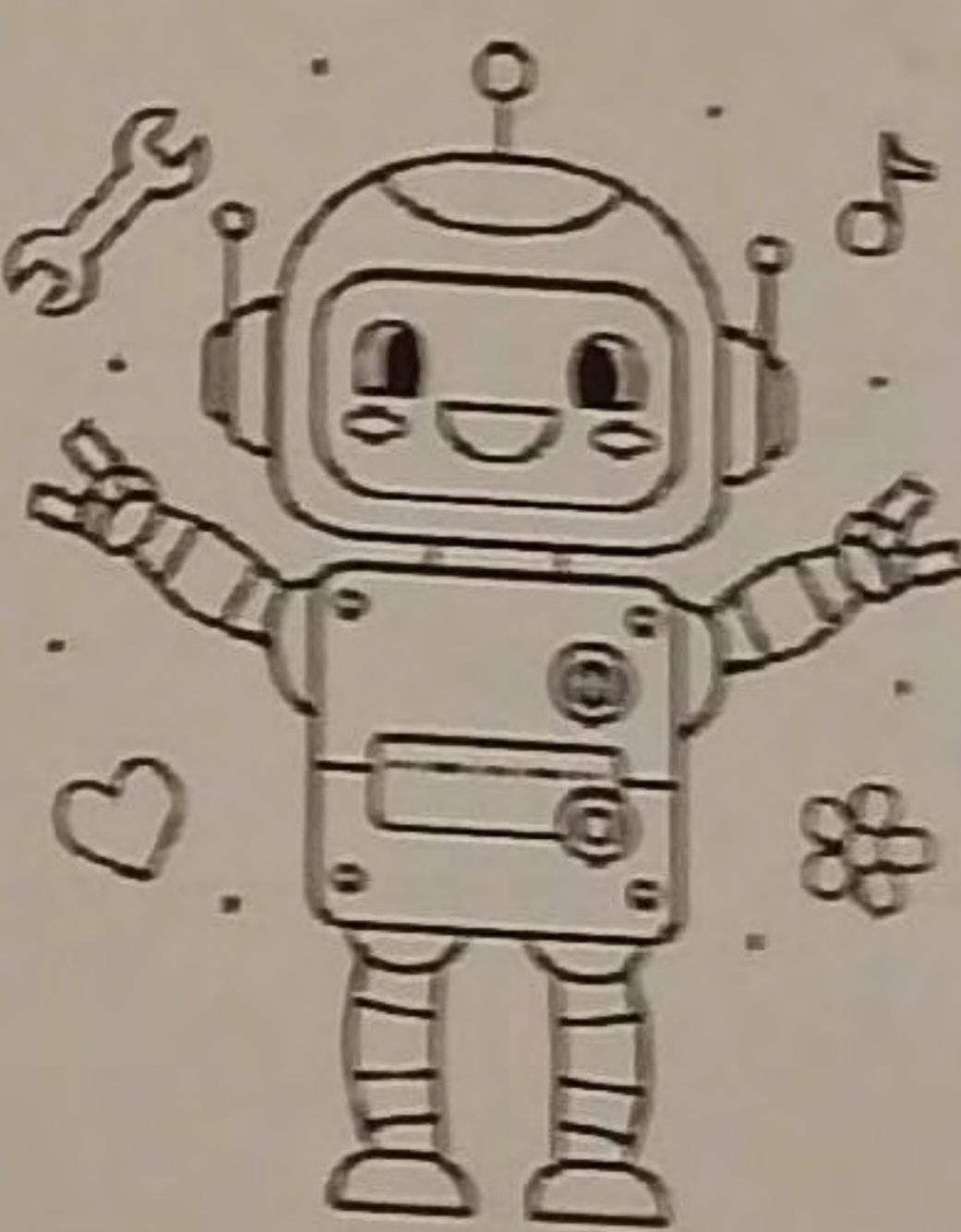
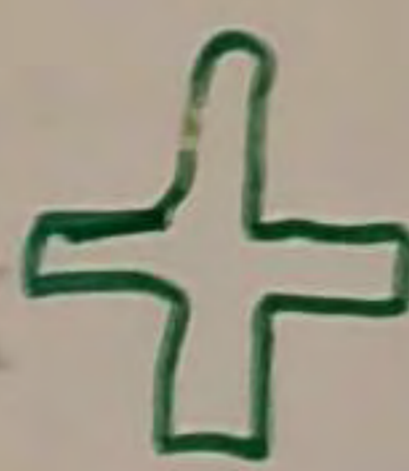
1.



2.



3.



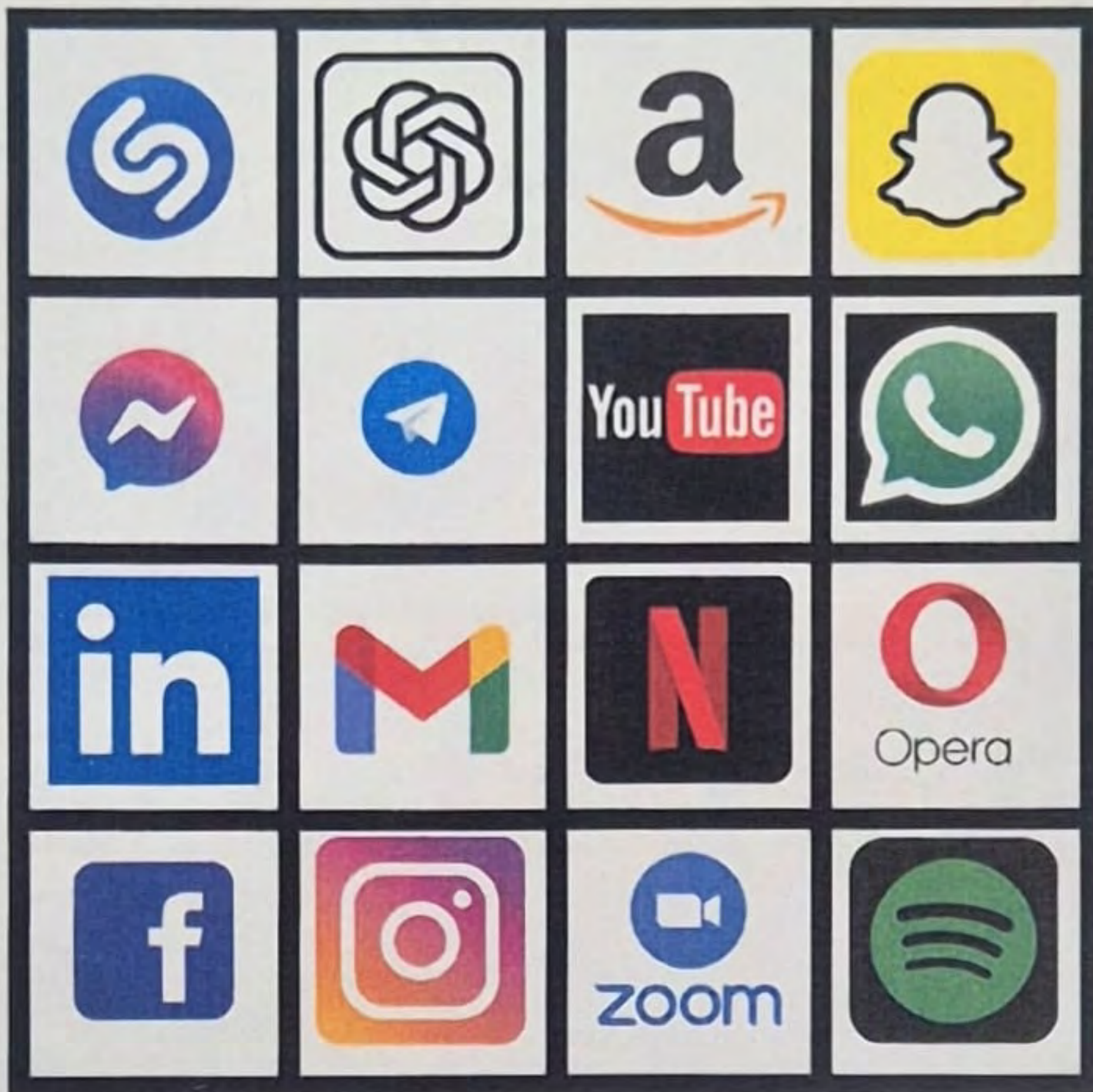
REFLECTION



Session Outline

1. Topic of the workshop/Session	Digital Wellbeing and Media Literacy
2. Date, Time	02.10/2025 / 11.30-12.30
3. Prep team member(s) who wrote the outline	Ghasem, Elif, Huda
4. Aim/Objectives of your workshop	Raising awareness about phone and social media usage, discussing the benefits and harms of social media, learning more about fake news and learning tips on how to detect them.
5. Target group	People who have phones
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>STEP 1-introduction and talking briefly about the topic</p> <p>STEP 2-making participants guess the average phone usage we found from survey results, asking them how they guessed it</p> <p>STEP 3-showing the results from the survey,moving on to what purpose the phones were used mostly</p> <p>STEP 4-participants guessing the most used 3 apps,also playing bingo game that is based on the apps(if they have the app on their phone, they circle it) after that showing the most used apps based on the survey</p> <p>STEP 5-talking about benefits and harms of social media based on the discussions, how to avoid harms of the phone usage and social media (physical activities, etc.)</p> <p>STEP 6-talking briefly about media literacy and asking participants for their opinion and thoughts about the topic</p> <p>STEP 7-Fake news challenge, participants guessing which news are fake or not->showing the results</p> <p>STEP 8-asking participants about what impacted their thought while guessing which news are fake or not</p> <p>STEP 9-tips on how to detect fake news(double checking etc.)</p> <p>STEP 10-summary of what we have done</p>
7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)	<ul style="list-style-type: none"> -Red and green markers for the fake news challenge -Bingo game visuals -Graphics based on the survey(average usage,most used apps and comparing benefits and harms of social media) Fake news challenge papers Flipchart Papers(for participants to use in guessing games, also for taking notes)
8. Tips for facilitators (What to be aware of, what to keep in mind)	<ul style="list-style-type: none"> Time management Circling the chairs Coordination Preparing more Demo run

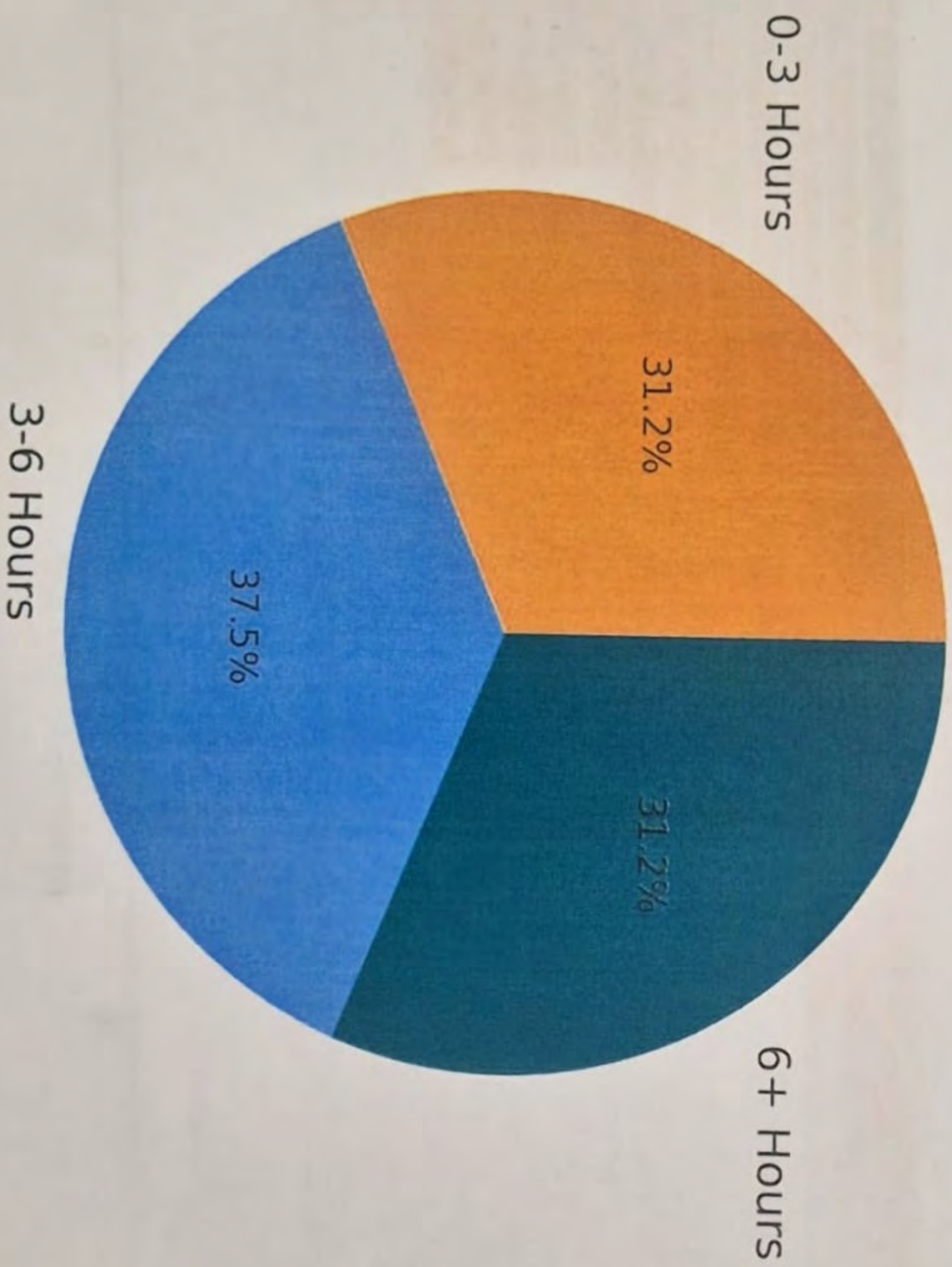
BINGO



Digital Wellbeing & Media Literacy

Group 6: Elif • Ghasem • Huda

Daily Phone Usage (Average: 3h 57m)



Digital

Wellbeing & Media Literacy

Presented By : Elif - Ghasem - Huda

GROUP 6



OBJECTIVE

Type of Change:
Knowledge + Skills

Action Verbs:
Identify & Demonstrate

Final Objective:
By the end of the session, participants will be able to identify at least 3 signs of fake news and demonstrate simple fact-checking skills in a group activity.



IMPLEMENTATION

Icebreaker :
Phone usage question → group results

Digital Habits Mapping :
Sticky notes → Pros & Cons

Fake News Challenge :
Groups identify fake/real headlines → reveal & debrief

Bingo Game :
Apps & digital habits → reflection on healthy vs unhealthy use

Wrap-up :
Share 1 habit to change → 3-5 wellbeing tips



PREPARATION

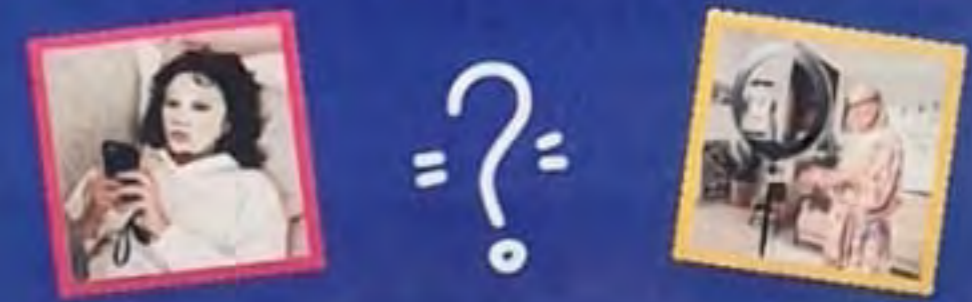
Target Group: Youth workers
Aim: Raise awareness on digital wellbeing & media literacy

Topic: Healthy use of digital tools + recognizing fake news

Resources:
Printed fake/real headlines
Bingo cards of mobile apps
Flipchart, markers, sticky notes

Data Collected: Survey with 16 participants (age, study/work, screen time, apps usage, perception of social media)

Session Outline: Icebreaker → Mapping → Fake News Challenge → Bingo → Wrap-up

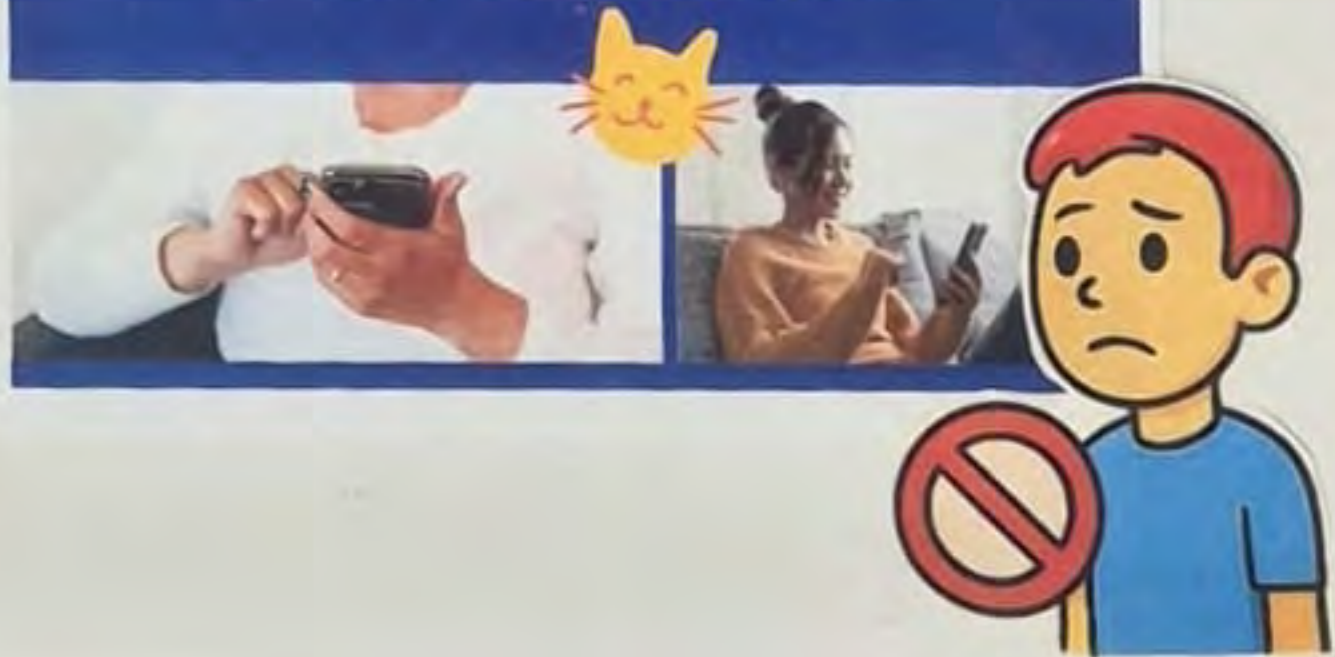


FEEDBACK

Participants share impressions
Trainers (Eduard & Vera) provide structured feedback

EVALUATION

Quick survey or group circle
Compare results with baseline data
Reflection: Did your perspective on social media change?



Digital Wellbeing & Media Literacy



Group 6 :
- Elif
- Ghaseem
- Huda

OBJECTIVE

Type of Change
Knowledge + Skills

Action Verb
identify
demonstrate

Final Objective
By the end of the session, participants will be able to identify signs of fake news and demonstrate fact-checking skills in group activity.



PREPARATION

Ⓜ Youth workers

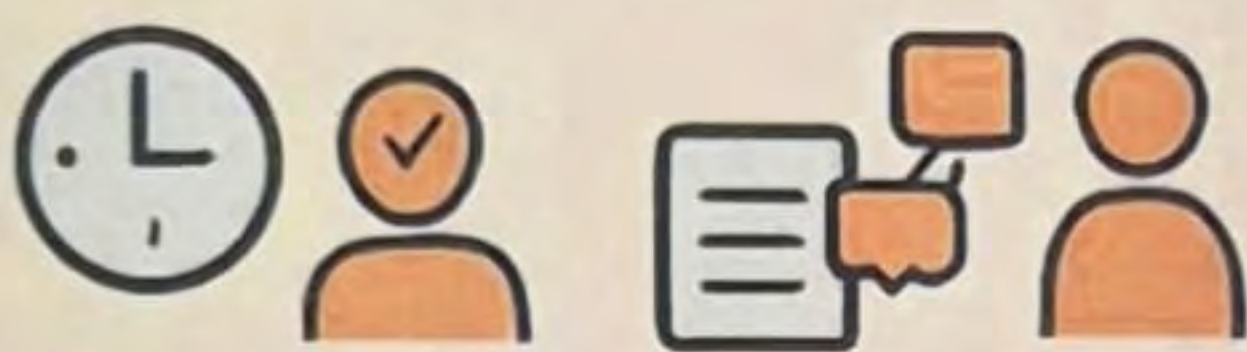
Resources

Fake/real headlines, Bingo cards, Flipchart, Markers

○ Data

Collected survey from 16 participants page, work/study, screen time, apps, social media perception

IMPLEMENTATION



- 1 Icebreaker (5 min)**
How many hours/day?
- 2 Digital Habits Mapping**
Pros & Cons on sticky notes
- 3 Fake News Challenge**
Guess real/fake → debrief
- 4 Bingo Game (15 min)**
Apps & digital habits → discussion

FEEDBACK

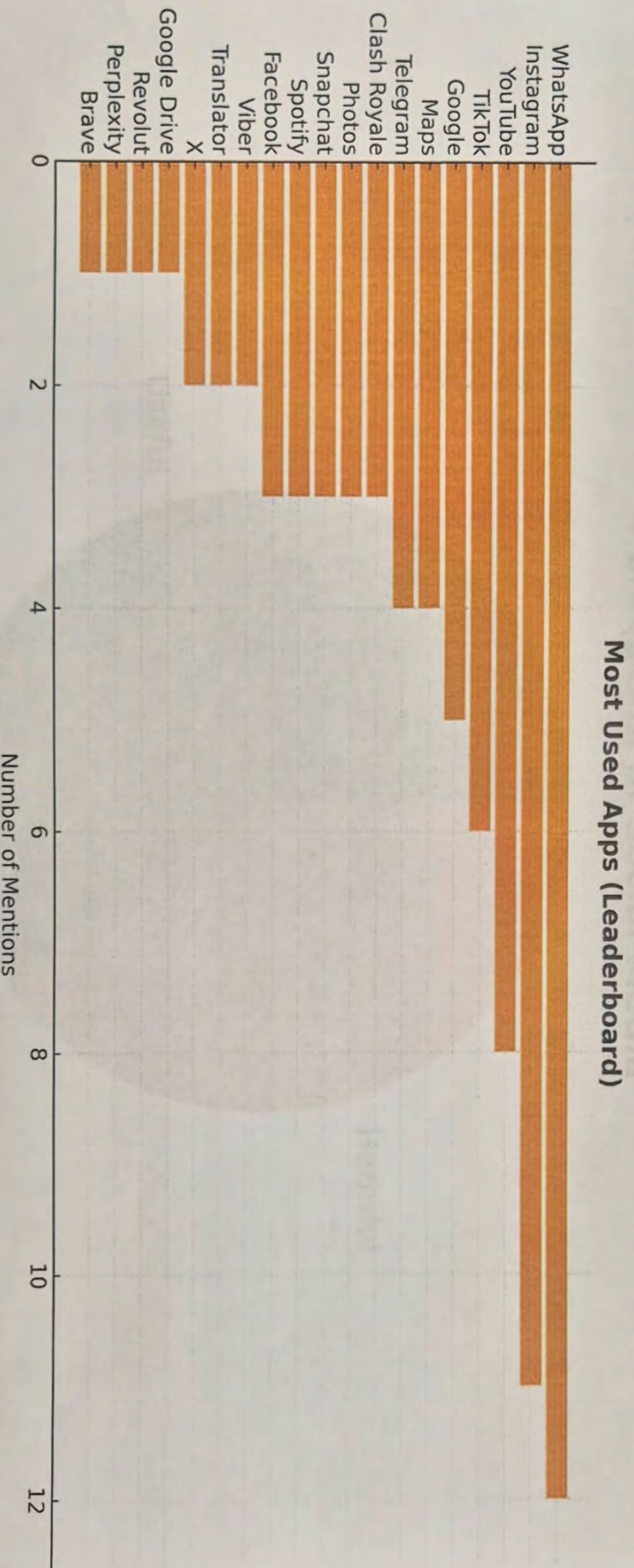
- 😊 Participants share impressions
- Trainers (Eduard & Natalia) give structured feedback

EVALUATION

- ⦿ Quick survey / group circle
- Compare with baseline data
- Did your perspective on social media change?

Digital Wellbeing & Media Literacy

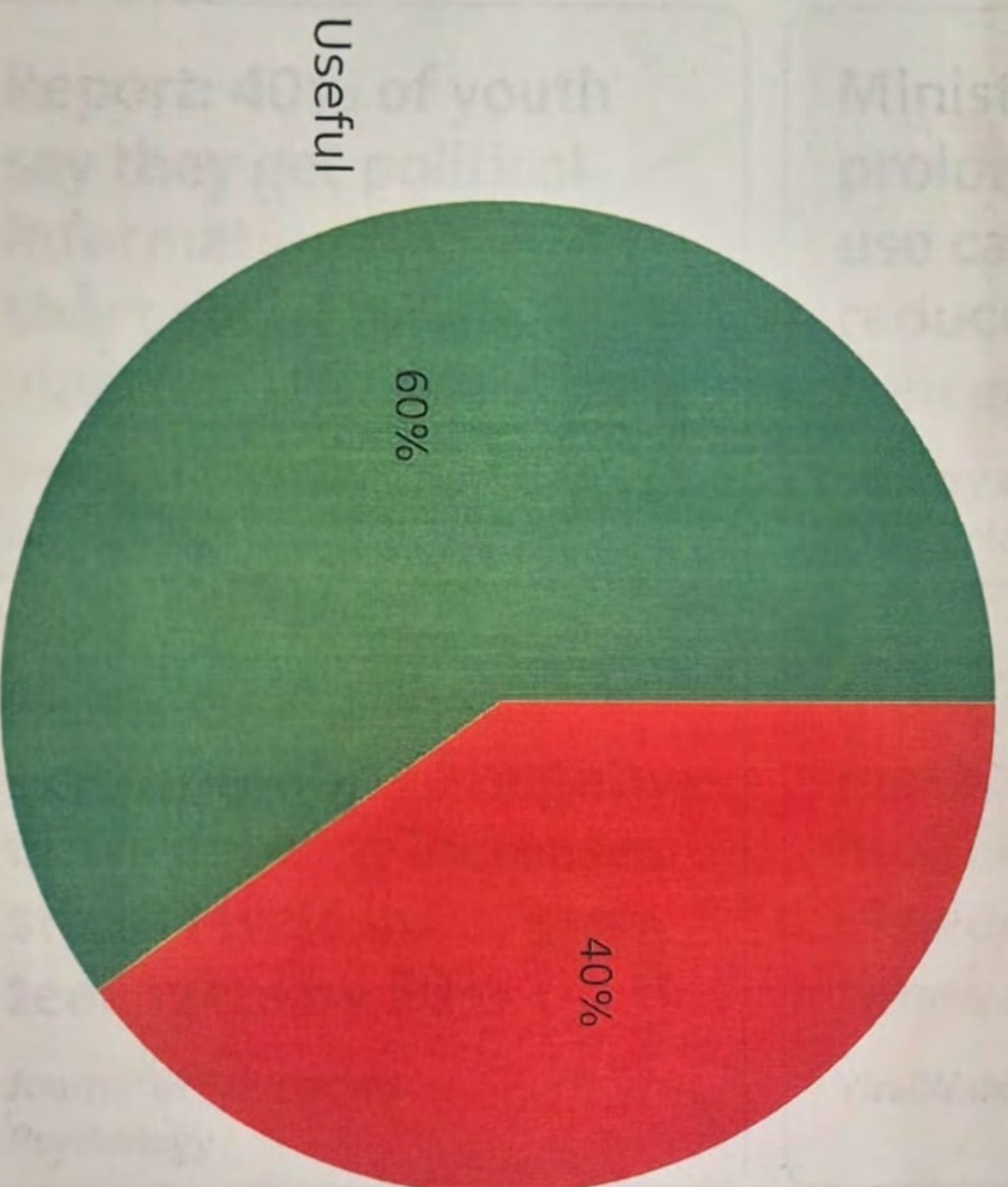
Group 6: Elif • Ghasem • Huda



Digital Wellbeing & Media Literacy

Group 6: Elif • Ghasem • Huda

Perception of Social Media



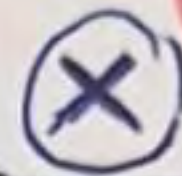
Study: Social media use over 2 hours a night linked to sleep disturbances in youth

Institute for Sleep & Health
National University



~~**Iranian startup creates app that can detect fake news with 95% accuracy**~~

~~TechDaily / Interview with Startup CEO~~



Report: 40% of youth say they get political information only from short social media videos

Youth Participation Survey 2024



~~**Ministry of Health warns: prolonged headphone use can lead to reduced concentration**~~

~~Ministry of Health — Press Release~~



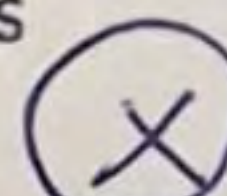
Study claims that consumption of negative news content increases stress levels in teenagers by 30%

Journal of Adolescent Psychology



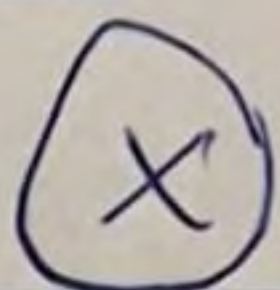
~~**Short film about a method to overcome mobile addiction viewed 5 million times in 24 hours**~~

~~ViralWatch / Social Media Metrics~~



~~**University X inds: coloring screen displays with warm light can enhance productivity**~~

~~University of X — Lab Report~~



Report: group of teenagers engaged in 'digital detox' for one month improved their grades by an average of 15%



Session Outline

1. Topic of the workshop/Session	HEROES AMONG US (PERSONAL DEVELOPMENT)
2. Date, Time	1/10/2025, 9.30 - 10.30
3. Prep team member(s) who wrote the outline	MARILENA GEORGIANA IOANNA
4. Aim and Objectives of your workshop	<p>AIM : BUILT SELF AWARENESS THROUGH STORYTELLING</p> <p>OBJECTIVES</p> <ol style="list-style-type: none"> 1. All the participants will identify at least 3 values from the story presented. 2. Each team member will actively participate by answering 3 questions about their own story of life. 3. Every participant will put in evidence one or two character strengths of themselves , according to the task. 4. Each participant will select a hidden personal strength from the table given.
5. Target group	Adolescents and young adults
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>Step 1. INTRODUCTION (10 ')</p> <ul style="list-style-type: none"> - Welcome and Presentation of Trainers and Facilitators - Catching the attention through a powerful story (attached story in pdf file) - Presenting the aim of the activity and the first resources (table of 24 via character strengths) <p>Step 2. CORE ACTIVITY (30')</p> <p>Prepare participants to express their real thoughts without self criticism.</p> <p>Give the first guideline (Think of your ideal partner) and give them 30 secs to visualize their thoughts.</p> <p>Ask them to make a little drawing like a symbolism.</p> <p>Then we ask the main requirement (In your present daily life which person (s) has these characteristics?</p> <p>Give them few minutes to choose some of the appendix and to note them down. Give some more minutes to discuss their findings into their groups.</p> <p>Continue as above with 2 more questions.</p> <ul style="list-style-type: none"> - Think of your biggest failure in life until now. What new skills you have obtain after this hard experience? How do you manage to overcome this situation? - Bring in mind your favorite fairytale from childhood. Who was your favorite character/hero and why you pick him/her ? What characteristics of yours personality matches to yours heroes special powers? <p>Step 3. DEBRIEFING (20')</p> <ul style="list-style-type: none"> - Applying the "4 F METHOD" - QUESTIONS <p>Feelings: How do you feel after the session?; How was the process for you?; Did you find any difficulties answering the questions? Facts: what did you observe in the process?;</p>

Are there any similarities between your answers?
 Findings : From the given table, which is your hidden strength what you ll keep in mind afterwards?
 Future : Does this activity helped you to engage in new perspectives in life?
 How?

7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)



8. Tips for facilitators (What to be aware of, what to keep in mind)

Time management
 Creating materials and resources
 Gentle Approach

FEELINGS
TREASURE

Be brief

I have here the
image of the most
bravest hero in the
world. Is it yours, too?

②
WHAT WAS YOUR
BIGGEST FAILURE
IN LIFE UNTIL NOW?

WHAT NEW STRENGTHS
HAVE YOU OBTAIN
AFTER THIS EXPERIENCE?

①
THINK OF YOUR
IDEAL PARTNER.

(WIFE / HUSBAND - GIRLFRIEND / BOYFRIEND)

IN YOUR PRESENT DAILY LIFE,
WHICH PERSON(S) HAS THESE
CHARACTERISTICS?

③
THINK OF YOUR FAVORITE
FAIRYTALE.

WHO IS YOUR BELOVED
CHARACTER?

WHICH OF HIS/HERS SPECIAL
POWERS, YOU CAN SEE
INTO YOUR MIRROR?

STORY

IN A COLD AND RAINY DAY OF THE SECOND WORLD WAR, NO ONE KNEW WHY, BUT IT WAS FINALLY SOME PEACE. THE VILLAGE, THE FOREST AND THE LAKE WERE IN SILENCE. IT WAS A STRANGE SILENCE, AS IF YOU COULD HEAR THE AIR FLOATING.

BUT IN A MATTER OF SECONDS THE SIRENS BEGAN TO SCREAM LIKE FRIGHTENED ANIMALS. THE VILLAGE WAS ABOUT TO BE BOMBED BY AIR PLANES. IT DIDN'T TAKE LONG AND THE CALM SKY WAS CLOUDED BY THE PLANES OF BOTH ~~ARMIES~~ FIGHTING ARMIES. YOU COULD SEE THE DESPAIR ...

IN THE MIDST OF THE BATTLE, TWO PILOTS, NO MORE THAN 25 YEARS OLD, EACH FROM THE ENEMY ARMY, WERE SHOOTING, HUNTING AND TARGETING EACH OTHER, AS IF THEY WERE IN A DANCE OF DEATH.

THE FIGHT THEY WERE FIGHTING WAS DONE IN THE NAME OF THEIR COUNTRIES. IN THIS DESPERATE FIGHT ONE OF THE PILOTS RAN OUT OF AMMUNITION? HE DECIDED TO USE THE SPECIAL SIGNAL BY RHYTHMICALLY TURNING ON AND OFF THE PLANE'S LIGHTS, HOPING FOR THE BEST. THE PILOT OF THE OTHER PLANE UNDERSTOOD THE MESSAGE AND IN A SPLIT OF A SECOND HE TURNED THE PLANE AWAY IN SEARCH OF A FAR FIGHT, LEAVING THE ENEMY ALONE.

THE YEARS WENT BY AND BOTH PILOTS GREW OLD, HAVING CHILDREN AND GRANDCHILDREN CLOSE BY.

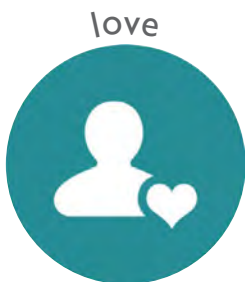
ONE DAY, THE FORMER PILOT WHO AT 25 YEARS OLD RAN OUT OF AMUNITION IN FRONT OF THE ENEMY WAS LEFT TO LIVE, DECIDED TO MEET HIS SAVIOR.

HE BOARDED ON A PLANE, WENT TO THE
DOOR OF HIS FORMER /EX ENEMY AND IN THE
LANGUAGE OF THIS FOREIGN MAN SAID TO HIM:
"MULTUMESC!" - THANK YOU!

WISDOM	CREATIVITY <ul style="list-style-type: none"> • Originality • Adaptive • Ingenuity 	CURIOSITY <ul style="list-style-type: none"> • Interest • Novelty-Seeking • Exploration • Openness 	JUDGMENT <ul style="list-style-type: none"> • Critical Thinking • Thinking Things Through • Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> • Mastering New Skills & Topics • Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> • Valor • Not Shrinking from Fear • Speaking Up for What's Right 	PERSEVERANCE <ul style="list-style-type: none"> • Persistence • Industry • Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> • Authenticity • Integrity 	ZEST <ul style="list-style-type: none"> • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> • Both Loving and Being Loved • Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none"> • Citizenship • Social Responsibility • Loyalty 			FAIRNESS <ul style="list-style-type: none"> • Just • Not Letting Feelings Bias Decisions About Others 	LEADERSHIP <ul style="list-style-type: none"> • Organizing Group Activities • Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none"> • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance 	HUMILITY <ul style="list-style-type: none"> • Modesty • Letting One's Accomplishments Speak for Themselves 	PRUDENCE <ul style="list-style-type: none"> • Careful • Cautious • Not Taking Undue Risks 	SELF-REGULATION <ul style="list-style-type: none"> • Self-Control • Disciplined • Managing Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> • Awe • Wonder • Elevation 	GRATITUDE <ul style="list-style-type: none"> • Thankful for the Good • Expressing Thanks • Feeling Blessed 	HOPE <ul style="list-style-type: none"> • Optimism • Future-Mindedness • Future Orientation 	HUMOR <ul style="list-style-type: none"> • Playfulness • Bringing Smiles to Others • Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> • Religiousness • Faith • Purpose • Meaning

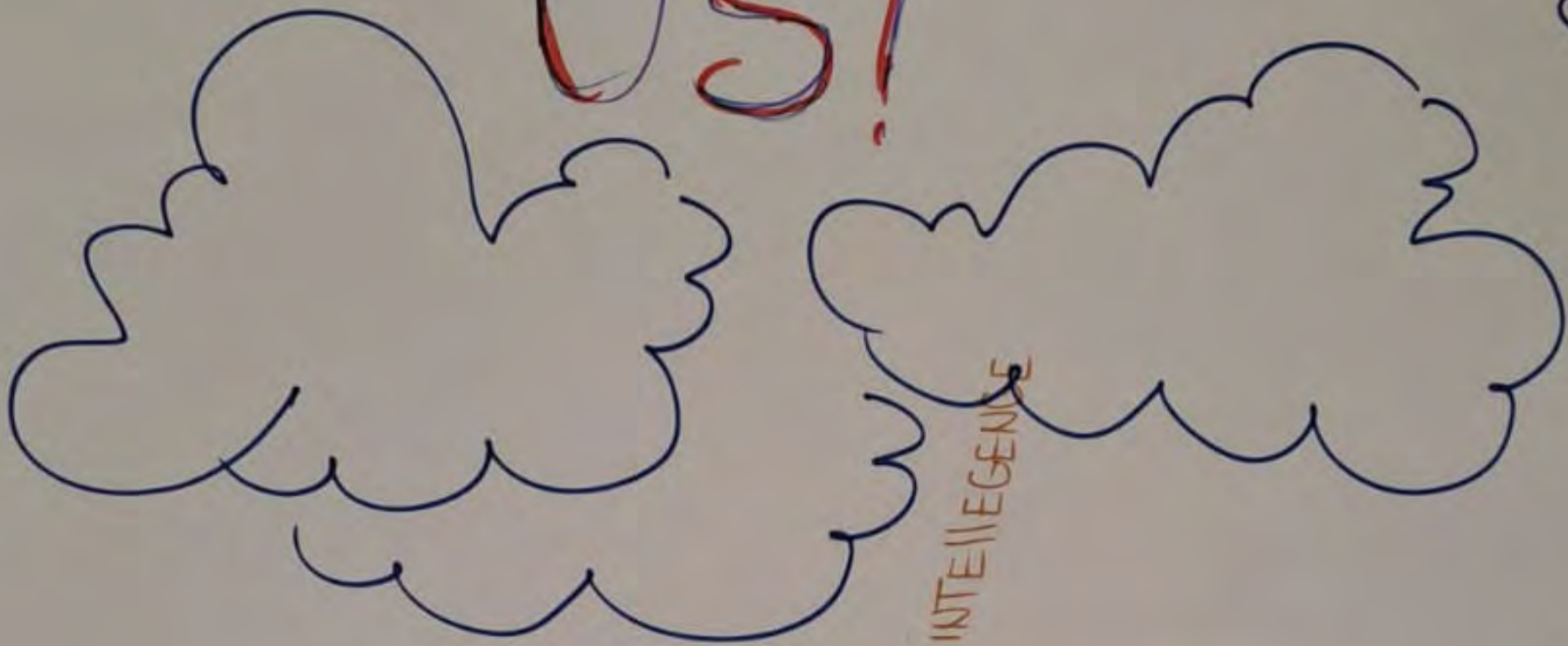
24

VIA Character Strengths





HEROES AMONG US!



Forgiveness

SOCIAL INTELLIGENCE

Kindness

Optimistic

Hope

Creativity

BRavery

Self-esteem

THANKFUL

Generosity

Gratitude

SHARE

UNDERSTANDING



Session Outline

1. Topic of the workshop/Session	Inclusion through creativity
2. Date, Time	1 hours
3. Prep team member(s) who wrote the outline	Yagmur, Pasquale, Dmytro
4. Aim and Objectives of your workshop	Promote inclusion through creative and collaborative activities, developing the capacity for expression and teamwork through games, brainstorming, songwriting, and competitive analysis.
5. Target group	Groups of Young people or adults focusing on creativity and collaboration, to experiment with inclusion, team building, and creativity.
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organiz	<p><u>DRAW YOURSELF</u></p> <p>Preparation (5 minutes):</p> <ul style="list-style-type: none"> ● Distribute a sheet of paper and drawing materials (markers, pencils) to each participant. ● Clearly explain the rules: each person draws something that represents themselves ● Asking “Is it your paper?” is not allowed ● Do not show the paper to anyone <p>Drawing Phase (5 minutes):</p>

e it by
myself)

- a. Give participants time to complete their drawings.
- b. Collect all papers and shuffle them to randomize.
- c.

Guessing & Questioning Round (20 minutes)

Everyone ask questions to each others to find the owner's paper

d.

If someone guess your paper you have to take it and so the other can see.

The game finishes when everyone find out who belongs that paper.

Debriefing session (10 minutes)

Facilitate a short group discussion: How did the drawings represent you?

What helped you guess others? How did the process feel?

LET'S WRITE A SONG

Introduction & Group Formation (5 minutes)

Welcome participants and introduce the activity.

e. each person will write a random word on the paper

After that make 3 groups with 3 participants

Groups have to use the 3 words they selected in the beginning.

f.

g. Writing process (10 minutes)

h.

Each person has to participate and write at least one sentence.

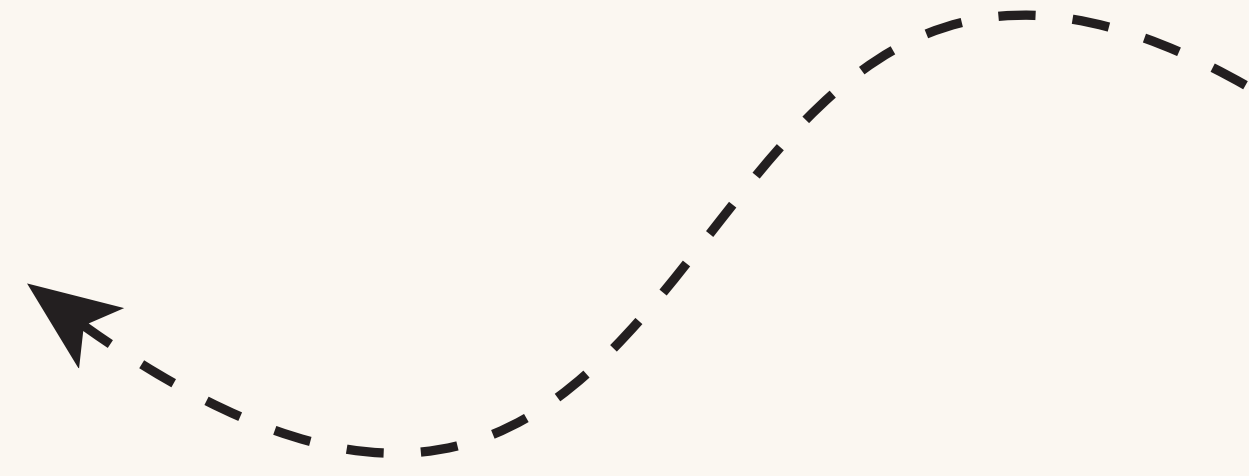
At the end, each group will sing their song and each person will sing their part.

	<p>At the end, each group will rate the other two groups from 1 to 10, and the group with the highest score will win.</p> <p>i.</p> <p>Reflections:</p> <p>j. How did you feel during the song-writing process?</p> <p>i. Was it easy or challenging to collaborate as a group?</p> <p>k. What strategies did your group use to include everyone in the creative process?</p> <p>l.</p> <p>m.</p> <p>n.</p> <p>o.</p>
<p>7. Materials and hand-</p>	<p>Sheets and pencils markers for drawings Glue to attach drawings to the tree Print paper that we prepare before</p>

outs needed (add photos/ documents of your handouts, any other appendices)	
8. Tips for facilitators (What to be aware of, what to keep in mind)	Actively involve all participants, stimulate curiosity and collaboration, avoid trivial questions during the ice-breaker, keep to the schedule, foster a creative and positive climate, be ready to manage different group dynamics and do not lose time management.

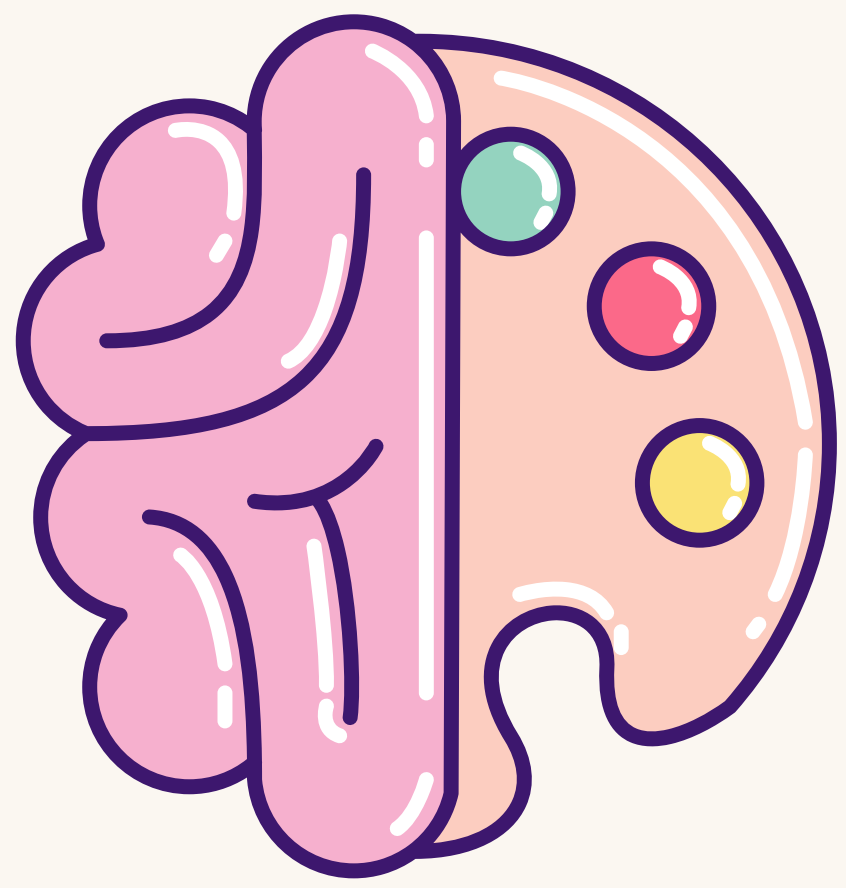


INCLUSION

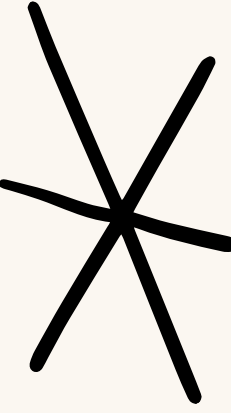

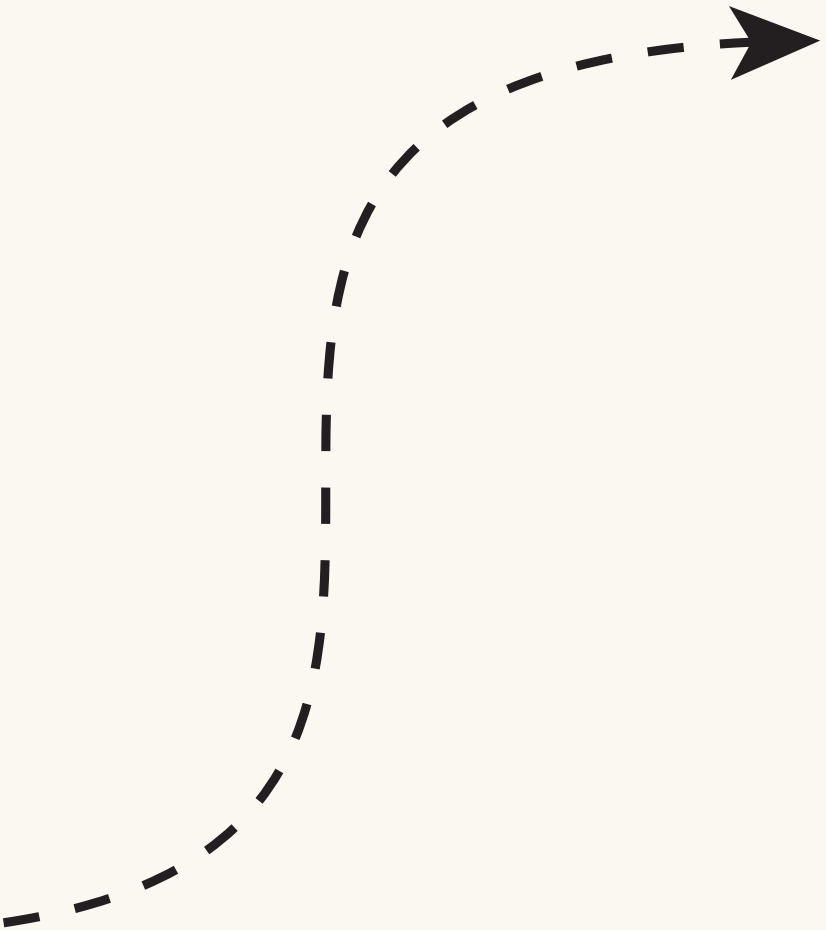
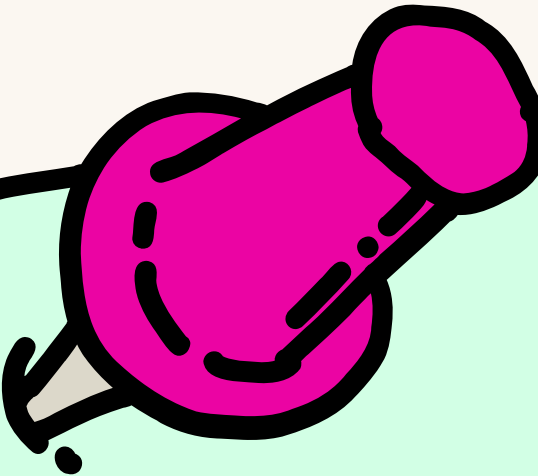


THROUGH

CREATIVITY



By Yağmur, Pasquale, Dmytro



**How well do you
really know
yourself?**

Let's know each other better...



DRAW YOURSELF

- Each person draws something that represents themselves on a piece of paper, and also writes what is it.

- Each person will select one paper and anyone can see it.

- By asking questions to each participant try to find the owner of the drawing you picked.

- Everyone has to participate and ask questions,
- (Asking "Is it your paper?" is not allowed.)

- Explain briefly in one sentence why you guessed that person.

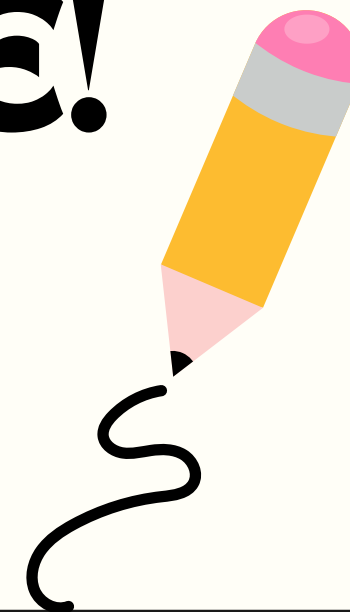
- Everyone has 1 chance to guess the owner of the paper in each round.

- When all the papers find their owners the game finishes.

- At the end, everyone will glue their drawing onto the tree.



**WRITE A
RANDOM WORD
IN THE PAPER
THAT YOU HAVE!**



Make 3 groups.

Groups have to use the 3 words they selected in the beginning.

Each group will create a song with a melody or rhythm.

Let's Write A SONG

At the end, each group will sing their song and each person will sing their part.

Each person has to participate and write at least one sentence.

At the end, each group will rate the other two groups from 1 to 10, and the group with the highest score will win.

You have 10 minutes.



**THANK
YOU FOR
YOUR
PARTICIPATION!**

Session Outline

1. Topic of the workshop/Session	Albotras Island – Cultural Simulation
2. Date, Time	Approx. 1 hour
3. Prep team member(s) who wrote the outline	Emre , Zoe , Rozhin
4. Aim and Objectives of your workshop	<ul style="list-style-type: none"> • To raise awareness of different cultural codes and behaviors • To develop participants’ intercultural communication and observation skills • To help participants reflect on their own cultural biases and assumptions • To foster empathy through experiential learning
5. Target group	<ul style="list-style-type: none"> • Young people, students, or participants in intercultural projects • Group size: ideally 12 people (equal number of men and women)
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>A.Energizer (10 min)</p> <ul style="list-style-type: none"> • Warm up, build group cohesion, create a relaxed and focused atmosphere before the simulation. <p>B. Introduction (10 min)</p> <ul style="list-style-type: none"> • Trainers explain the rules of the simulation (especially the “no speaking” rule) . <p>C. Simulation (10 min)</p> <p>1. Initial Procedure:</p> <ul style="list-style-type: none"> ○ Male Albatros sits on a chair, female Albatros kneels beside him.

- Participants enter the circle. Female guests must remove their shoes.

- Male Albatros leads male guests to chairs, female Albatros leads female guests to kneel beside chairs.

2. Welcoming Ceremony:

- Male host welcomes male guests (touches shoulder, stares into eyes).
- Female host welcomes female guests in a similar way.

3. Water Ritual:

- Female Albatros brings a bowl of water and asks male guests to dip the fingers of their right hand.
- Women do not wash their hands.

4. Food Ritual:

- Female Albatros first feeds her male partner, then feeds male guests by hand.
- Female guests serve themselves.
- Male Albatros pushes the woman's head down three times and encourages male guests to imitate.

5. Communication Phase:

- Both Albatrosians walk around the circle making clicking sounds to attract attention, then return to their places.

6. Farewell Ceremony:

- Male Albatros leads male guests out.
- Female Albatros does the same with female guests.

D. Discussion & Reflection (30 min)

- Observations: What did you see and experience?
- Interpretations: What do you think these behaviors mean?
- Emotions: How did you feel during the simulation?

Guiding questions:

- How do you feel?
- What was your observation?
- What do you think about sounds?
- Did your understanding of your own culture impact your impressions /observations?

	<ul style="list-style-type: none"> • How satisfied are you by your observation? • What would your ranking satisfaction from 1 to 10 (1 least ,10 most) • Was it possible to notice all the details? • How well do we observe other cultures? • How does our own culture influence your observation? • How well did we observe details? • Are our first impressions always correct? • What can we learn from cultures that seem very different? • If you meet another culture what tactics will you use to understand them better? • Do you have any similar experience of cultural interpretation? <p>F. Closing (5 min)</p> <ul style="list-style-type: none"> • Trainers emphasize the key message: Every culture considers its own behavior as normal.
<p>7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)</p>	<ul style="list-style-type: none"> • Bowl with water • Plate with food (e.g. nuts, chips) • Cups with drinks • Chairs (arranged in a half-circle) • Flipchart / board • Cushions
<p>8. Tips for facilitators (What to be aware of, what to keep in mind)</p>	<ul style="list-style-type: none"> • Before starting, explain the rules clearly (especially: “no speaking during simulation”). • Keep a serious and consistent role as Albatrosians (do not break character). • Ensure group balance: equal number of male and female participants. • Encourage participants to separate observations, interpretations, and emotions in the discussion. • Don’t answer every question directly — instead, guide participants to find answers themselves. • Emphasize at the end: “Every culture considers its own behavior normal.” • Allow time for participants to reflect on how their own cultural background shapes perception.

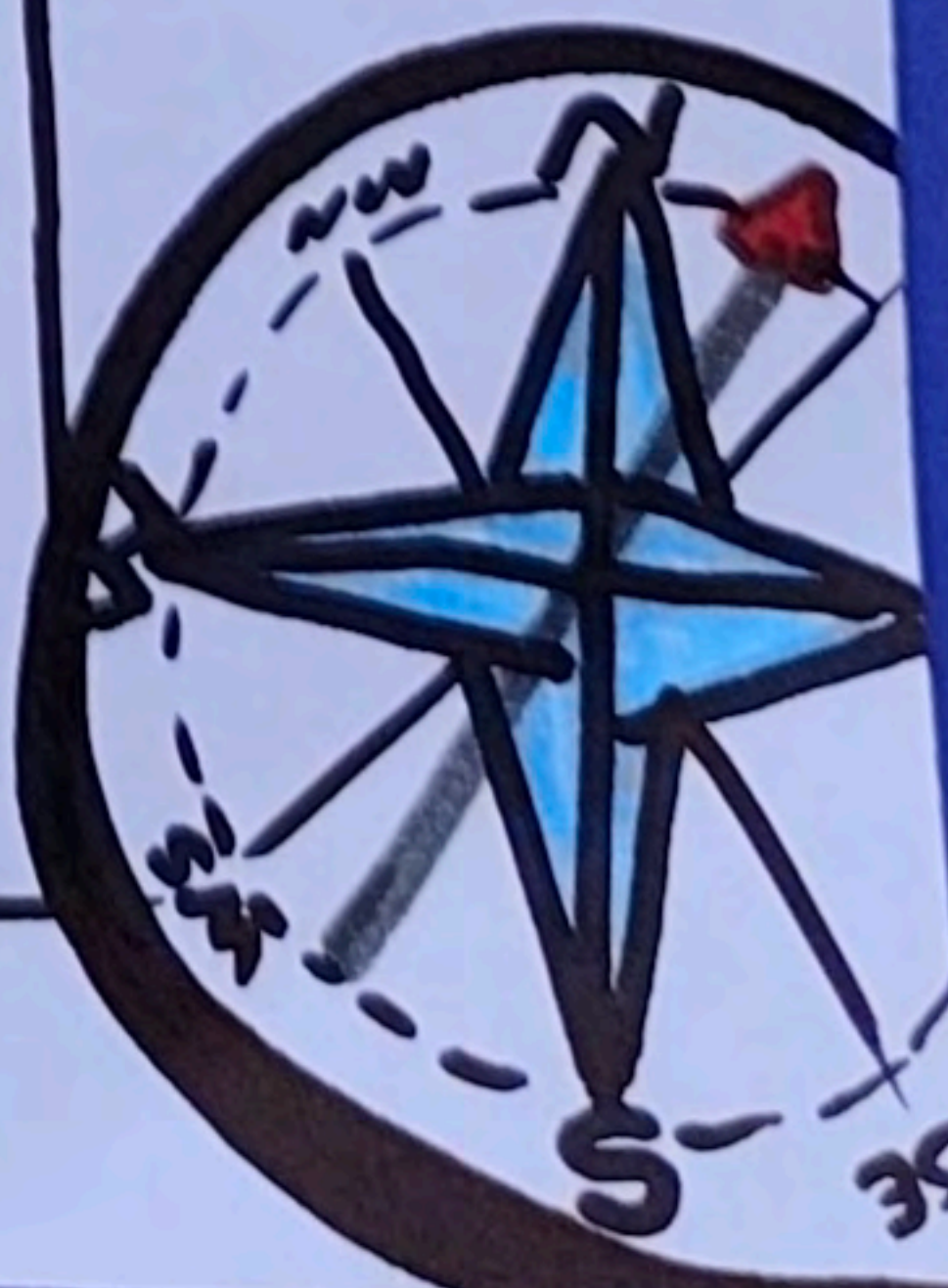
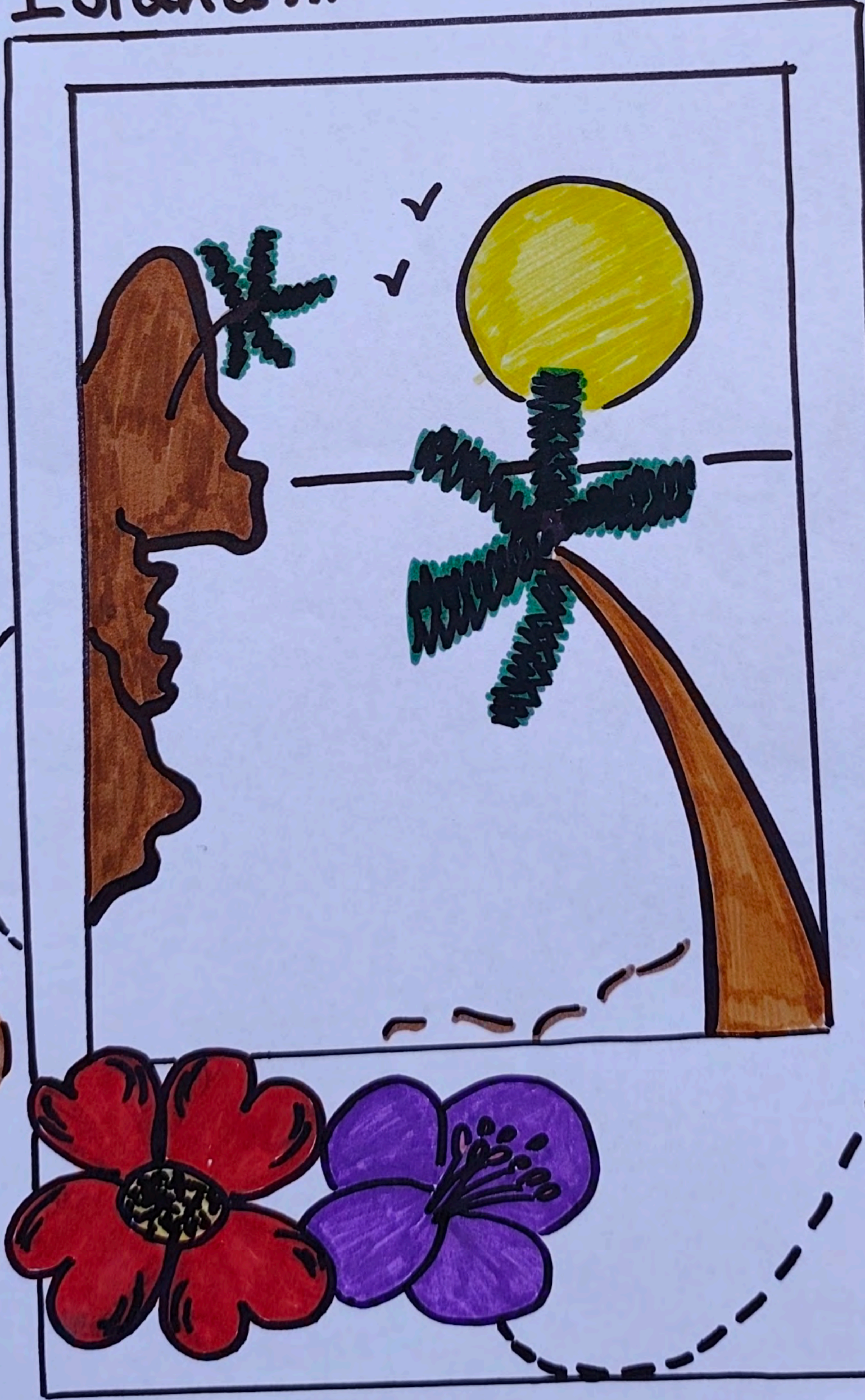
W



COOL



Island...



Session Outline

1. Topic of the workshop/Session	Communication...
2. Date, Time	01/10/2025 16:00-17:00
3. Prep team member(s) who wrote the outline	Yehor, Niks, Emirhan
4. Aim and Objectives of your workshop	<ul style="list-style-type: none"> • Aim: To help participants understand the basics of effective communication and practice strategies that improve their interpersonal communication skills. • Objectives: <ul style="list-style-type: none"> ○ Recognize the importance of active listening. ○ Identify barriers to communication and ways to overcome them. ○ Practice teamwork and non-verbal communication skills through interactive activities. ○ Build confidence in expressing ideas clearly.
5. Target group	Younger generation that wants to know how to improve their communication skills
6. Programme (Step by step explanation – including timing: Imagine I want to run your workshop, explain it in a way so that I can organize it by myself)	<p>Blind activity</p> <p>© Goal</p> <p>A blindfolded player must find the hidden balls with the help of their teammates and shoot them into the basket as quickly as possible.</p> <p>Players</p> <p>Teams of 3 people.</p> <p>Roles:</p> <p>1 Blind Player - wears a blindfold and shoots.</p> <p>Teammates - guide and return balls.</p> <p>Rules</p> <p>Place the basket in front of the hotel (or designated play area.</p> <p>Mark a shooting line with tape.</p> <p>Hide the balls in the area before the round starts.</p>

The Blind Player wears a blindfold

Teammates guide the Blind Player using only verbal instructions to find the balls.

Once a ball is found, the Blind Player must walk to the line and attempt a shot.

If the Blind Player misses, teammates must quickly retrieve the ball and return it to them.

The round ends when the Blind Player successfully scores all the balls.

Time is recorded for each team.

No speaking

Goal

Teams must create a paper figure (origami) by following the instructions of their

"explainer," who is not allowed to speak or touch the paper.

• Players

3 teams.

Each team has 3 players:

1. Explainer - sees the model and gives instructions.
2. Builders - follow the instructions and fold the paper.

Rules

At the beginning of each round, the organizer shows the chosen origami figure to the explainers only.

Explainers return to their teams and must guide the builders step by step.

Restrictions for the explainer:

No speaking, no writing words, no sounds.

Cannot touch the paper directly.

Can only use gestures, facial expressions, or "air folding" demonstrations.

	<p>Builders must try to copy the explainer's instructions and fold the paper correctly.</p> <p>Time limit: 7-10 minutes per round.</p> <p>DRAWING</p> <p>Goal</p> <p>Players must communicate only in their native languages while one explains a drawing task and the other tries to complete it. The challenge is to understand each other despite the language barrier.</p> <p>Players</p> <p>All participants are divided into pairs.</p> <p>In each pair:</p> <p>1 Explainer - receives a card with an image to describe.</p> <p>1 Drawer - must draw what the partner describes.</p> <p>Rules</p> <p>The organizer gives the Explainer a card with an object to describe.</p> <p>Explainer must describe the image only in their native language (no English, no gestures, no translations).</p> <p>Drawer must ask questions or confirm only in their native language as well.</p> <p>The Drawer tries to reproduce the object on paper based on what they understood.</p> <p>Reflection</p>
<p>7. Materials and hand-outs needed (add photos/ documents of your handouts, any other appendices)</p>	<ul style="list-style-type: none"> • Blindfolds (scarves or fabric pieces). • Chairs or cones to set up a small obstacle course. • Paper & markers for group reflections. • Handout sheet (summary of 3 key communication tips).
<p>8. Tips for facilitators</p>	<ul style="list-style-type: none"> • Keep energy high – encourage laughter and fun during activities.

(What to be aware of, what to keep in mind)	<ul style="list-style-type: none">• Be mindful of shy participants – give them safe ways to participate (pair work, small groups).• Time management is important; don't let one activity drag too long.• Always debrief after activities – the learning happens when reflecting.• Watch the group dynamics (make sure everyone gets a chance to speak).
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