

MCN

**MORE
CITIZENSHIP
NETWORK**

Good practices booklet 2020



ABOUT US

MCN was created in 2008 and is the link between several partners across Europe. It aims to contribute to the debate and development of themes linked with citizenship and to search paths and strategies to answer the challenges that society faces at a local and European level. The partnership allows every participant to keep contact by sharing good practices and implementing joint projects. MCN aims to promote European citizenship, citizens' engagement, intercultural dialogue, cultural and democratic debate, social inclusion, and active participation in society.

This Booklet of Good Practices gathers a selection of activities from 15 member organizations across Europe and it is another step in the cooperation between the network. Addressed to organizations and youth workers, we hope to inspire and challenge youth workers and youth organizations to experiment with different approaches and methodologies in their work regarding the promotion of citizenship with youth. We believe that exchanging our experiences and knowledge with others is the best way to improve and to achieve our common aim of a world with more Citizenship and Solidarity!



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BOTTLES 2 BOATS

Social Youth Development, KANE, Greece



Topics

Circular Economy

Target Group

Secondary School Students

Youngsters aged 18 – 30

General Public

Objectives

Raise awareness about the consequences of the single-use plastic

Promote the Educational Circle of Recycling as well as an innovative circular economy methodology

Promote active citizenship, volunteering, and circular economy practices as solutions to the environmental crisis

ngokane.org



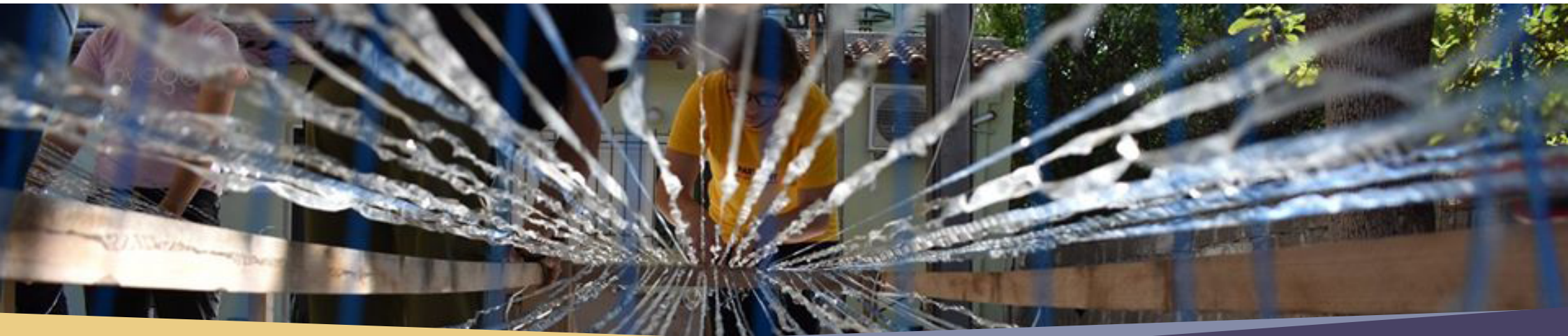
[kane.kalamata](https://www.facebook.com/kane.kalamata)



[kanekalamata](https://www.instagram.com/kanekalamata)



[UCMW5Pjw-wpEBSd5pAA_4eMg](https://www.youtube.com/watch?v=UCMW5Pjw-wpEBSd5pAA_4eMg)



Implementation

The Bottles 2 Boats has been implemented in Kalamata since 2016 as a long-term local project in cooperation with the association R.A.D.I.Kal.A (Recycling . Awareness . Design . Innovation . Kalamata . Association). In 2018 it received the permission of the Ministry of Education to be implemented in schools as well as it started hosting volunteering groups through the European Solidarity Corps program. The activity aimed to discover and implement a creative and alternative method to reuse the big number of plastic bottles that are around us daily. During the activity, 14 young people from 7 countries worked together for one month under the guidance of 2 ESC coordinators, a boat designer and practitioner and a boat technician.

The boat making process has the following steps:

- Recycled bottles are collected by students from schools.
- They are shredded into plastic lords.
- Looms are then used to weave the plastic strings into the nets.
- Thin layers of polyester and fibreglass are placed around the plastic nets to prevent the water from going through the plastic.
- A wooden mould is used to shape the polyester basis for the boat.
- Afterwards, the boat accessories are attached.
- The surface of the boat is ground, sanded, and waterproof protection is applied.

During the boat making process, several schools visit the project and participate in the process of making the boat.

Parallely, the project is based around 3 groups: the boat makers, the ones responsible for the visibility of the process/project, and the video makers which have the goal to produce an awareness video for the long-term project.

Outcomes

This project resulted in the creation of the first optimist dinghy sailboat made of recycled plastic bottles, using innovative machines and methodology. It was implemented again in October 2019 with the creation of another optimist sailboat. More than 200 students participated actively in the process.



Participants operating the loom

The project also motivated the creation of innovative machines, such as the looms for the plastic and the plastic cutters (the shredder bicycle was already existing).

A public festive event was organized for the exhibition of the boat and to show the process to the community, put together with other green activities. This event counted with the participation of the local authorities, as well as the salutation of the Ministry of Environment and the Ministry of Marine Development.

Overall, this project allowed participants, many of whom come from fewer opportunities backgrounds, to participate in a well-structured learning process based on an innovative non-formal education methodology. They developed skills and competences, both in terms of soft skills (communication, social and intercultural skills), as well as more practical skills that will help them grow personal, social, and professional skills. It promoted the importance of protecting the environment through a healthier and more active lifestyle and increased the physical activity of the students by the use of the bike-shredder and the sailing lessons, which were considered a reward for the participants.

Finally, it strengthened and mobilized both young participants and local people to take initiatives and develop an entrepreneurial spirit and implement innovative ideas.

Insights and ideas

Projects requiring manual work have a big impact on the participants in terms of empowering them and helping them to develop practical skills and competences. However, they need good coordination, safety measures and good preparation of the group.

It is important to meet with schools and organise awareness and training activities to educate and activate students regarding environmental issues, including the Educational Circle of Recycling. This way, awareness will be achieved, and the students will be motivated to participate in the process of collecting plastic bottles.

This project requires strict safety measures during the handling of chemicals and/or machines. Safety gloves, masks, and training for the use of the materials is necessary, as well as a technical specialist on the boat making as a consultant and trainer.

More information

<http://www.dream.ngokane.org/>

<https://www.facebook.com/DREAMkanekalamata/>

In case you want to implement this project, please contact K.A.NE. to provide you with all the necessary methodology, advise and details.



Participants with the finished boat

POLICY-MAKING SIMULATION

Sariyer Municipality, Turkey



Topics

Active citizenship and participation
Policy making and democracy

Target Group

Youngsters aged 18 – 30

Objectives

Familiarize youngsters with policymaking process and experience bureaucratic difficulties

Enhance communication between youngsters and officials

sariyer.bel.tr 

sariyerbld 

sariyerbelediye 

SariyerBelediye 

sariyerbelediyesi 



Implementation

This project looks to support youngsters with real life experience and familiarize them with the practical aspect of theoretical knowledges about policy implementation and active participation. This is achieved with the simulation of official councils with the participation of youngsters.

The facilitators take on the role of the president of the council. The participants are divided into the sub-groups, each representing a different interest group in the council. Looking at the example of a council debating the refugee influx, the city council can convene with the representatives from universities, municipalities, businesspeople, and relevant NGOs. They discuss all the considerations related to hosting refugees and the youngsters, advocating for their correspondent group, and they must come up with arguments to best deal with the situation at hand.

Outcomes

Usually, it is taken for granted that almost every problem has its unique nature and an optimal solution. However, there can be many solutions, depending on the various perspectives that a problem can be approached.

Through this activity, the participants became aware of this fact. They realize how a policy decision can be complex, and they became more aware of the efficient ways to demand something. They learned the language of the bureaucracy, which will help them be more involved and have a closer and more productive relationship with the councils in the future.

Also, this activity serves as a way to start formal and informal connections between youngsters, which will motivate them and give them the support to start and develop new projects in the future.

Insights and ideas

The facilitators should be very strict in terms of executing the initial rules of the council.

They should also be already familiarized with such processes so that they can conduct the training as similar to a real-life experience as possible.

More information

<https://www.facebook.com/yereyonetimuniversite/>



Group picture of the participants

LATSCHO DIWES

WELCOME IN HAUS BABYLON

Babel e.V, Germany



Topics

Anti-discrimination
Anti-right-wing extremism
Active Citizenship

Target Group

Youngsters with migratory and non-privileged background aged 13 – 25+
Roma community

Objectives

Empower youth through social engagement and committed participation
Create a safe space and sense of community for youngsters
Raise awareness and deconstruct stereotypes through positive representation among locals
Create consciousness about antidemocratic, racist, and fascist dynamics in society

haus-babylon.de 

hausbabylon 

Implementation

These events follow the principle of MSO (migrant self-organization) as way to reach integration and peaceful cohabitation.

The target group gets active and does something for the target group itself. The entire process – conceptualization and implementation – is up to the youngsters. The association meets them weekly, listens to their voice, and helps when needed (more human resources, materials, spaces, tools).

The youngsters are recognized for the success of the activities, but they also need to find practical solutions for the problems that arise. This way, they learn that their actions have an impact, and that they can reach any goal if they are willing to.

Rap-abende – Rap evenings

The Rap-Evenings take place twice a month in our event hall. A small group of young people oversees the organization of the event: they prepare the hall, invite the guests, verify all technicalities, write some guidelines (mostly socio-politically engaged or containing a statement) and start the battles. The lyrics revolve around the personal experience of the youngsters involved: daily discrimination and racism, stigma, social exclusion and lack of opportunities; However, they also sing about their dreams, goals, and their wish to change the life path that was assigned to them at the birth. In this regard, music is a great vector for the political message they want to convey.



Preparations for the Rap-abende

A couple of times per year, the events turn into a tournament and teams from different city neighbourhoods battle out at the sound of rap. They challenge each other, free style, and every guest can participate. At the end of the event the youngsters rearrange the room back to how it was before.

Fußballturnier – Football tournament

The football tournament takes place once a year (or according to request) in a local football pitch or sport hall. A group of young people commits in organizing the whole event: they advertise it in the whole city of Berlin, gather contacts, register teams, collect registration fees, and prepare the uniforms and a schedule.

The teams are composed by non-professional players, youngsters with and without migration background, aged from 14 to 25-year-old. The tournament lasts around 10 days.

The tournament is organized under the pretence of fighting against racism, discrimination, and right-wing-extremism, and all the people involved (players, guests, etc.) must embrace and share these values. The 2020 edition will stand in support of the Black Lives Matter movement.

Outcomes

Most of the youth involved in the activities shows a high sense of responsibility and accountability. The regular meetings around a common objective enhanced the sense of belonging to a community.

For many, it is easier to feel valued, visible, and self-

confident after taking part in the activities. This empowerment leads to many of the participants being able to express thoughts and critics in a constructive way and without fear. It also leads them to feel the importance of their actions, their consequences, and their beings, thus not accommodating to racist and/or discriminatory behaviours.

For the participants or guests without migration background, the rap-concerts and football tournament are an opportunity to dismantle the bias that roots in society. It is an occasion for everybody to have fun and get to know each other in the purest of the ways, through the loyalty and magic of music and sport.

Insights and ideas

The biggest problem for many young people belonging to socially discriminated groups is the lack of self-confidence and self-love. The discrimination undermines their personality in depth, and it is hard for them to also trust the environment they live in. This can lead in many cases to missing engagement and interest for social and political life.

These activities do not look to teach these youngsters something, but to give them a safe space that amplify their voices and where they can be themselves – meet, connect, be creative, and produce something fun whenever they wish. This process defeats all stereotypes that have been put on them by simply being themselves, empowering them to be fearless and making them more active and conscious citizens.

It is very important to give the youngsters all the practical

tools (speakers, cables, furnished places) and, of course, moral support, but leave room for autonomy and make them accountable for the good and the bad that comes with each activity. Meeting the young people regularly will help them have a support spot and a place to clarify their doubts.

It is also important to advertise the events well (fliers, social media work, etc.). This way, the youngsters' job will be given its importance and recognition. Additionally, the participants can act as multipliers for the events! Ask them to spread the word on their own social media and to their own social contacts.

Participants of the Fußballturnier



SOCIAL RETURN ACTIONS

TWINNING PROJECT BETWEEN SABADELL AND WESTERN SAHARA PEOPLE



Taller d'Art, Cultura i Creació, Spain

Topics

- Human Rights
- Awareness of refugees' situation
- Citizenship
- Youth

Target Group

Citizens from the municipality of Sabadell

Objectives

To make known the political cause and the living conditions of the Saharawi community.

To approach Sahrawi people's culture, from a socio-educational perspective.

To highlight the solidarity of the citizens of Sabadell and the municipal commitment to give voice to a population who sees violated all their rights day by day.

To engage citizens from all ages to fight for the Human Rights of their equals and brother nation.

taccbcn.com 

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taccbcn 

TACCbcn 

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Implementation

The social return that derives from the cooperation project within the twinning project between Sabadell and Western Sahara people has taken the form of a series of actions and activities. During 2019, the year of the 30th anniversary of the Twinning of Sabadell with Argub and the Sahrawi people, different activities and actions have been carried out, as follows:

- Social return of the socioeducational commission at the youth center of CAN RULL
- Premiere Documentary “YALAH”
- Visualization of the documentary YALAH and young debate
- 30th Anniversary Twinning Day
- Melfa: symbol of the identity of the Sahrawi woman (within the local event MESCLA’T)
- Participation of the Socio-Educational Commission in the final event of Youth in Action
- Opening of the “Cables Perduts” Exhibition

Bellow there are specified the three activities that better represent the project.

Social return of the Socio Educational Commission at the youth centre of CAN RULL

This activity had the objective of creating a catalogue of awareness and social return activities in order to make the Twinning project between Sabadell and the Sahrawi people known to other young people in the city.

This catalogue raised awareness about the situation of the people of Western Sahara, about the situation of people living in Tindouf refugee camps, and showed the culture and customs of the Saharawi people.

It was organized during the first half of 2019 by the young students of Social Integration and Sociocultural Animation of INS Ribot i Serra, who were part of the 2018-19 commission of the solidarity camps within the framework of the Twinning project with the Sahrawi people.

Photographic exhibition about the the identity of the Sahrawi woman within the local event MESCLA’T





Director of Culture of the refugee camp talking at the INS Ribot i Serra institute

The commission worked on different aspects, such as the creation of a catalogue of activities, which included not only raising awareness activities to lead at the different pre-school, primary and secondary educational centres of Sabadell, but also activities related to different international days, such as activities that foster the role of Sahrawi women (8th of March), activities around the living conditions of refugee people (21st of March), and activities to reflect on peace and disarmament (24th of May).

The commission also lead activities among high school students from different secondary education centres to raise awareness of the past and present of the Sahrawi conflict, the living conditions of the Sahrawi refugee people and about HHRR. It also contained a debate around the situation in the refugee camps, called “Èxodes”. This activity was divided in three parts:

- Brief explanation of what refugees are and the types of refugees, by using drawings of refugee children about moments they lived.
- Group dynamics in which they will have to put themselves in the shoes of a family that feels forced to flee and to make decisions at that moment, such as who should leave, how they should leave (by car or on foot), and which objects they would take with them.
- Reflection activity about the situation that many families live and that we are not aware of, which objects they would have taken with them, and how they can help.

Some activities were also organized between pre-school and primary school students in different primary education centers in the city, to raise awareness about the traditions

and customs of the Sahrawi people. “Fills i filles dels núvols” is a storytelling exercise that has two distinct phases:

1. Storytelling about the Sahrawi conflict, in which children had to find different sheets at the class that contains part of the storytelling. Once collected and read it, children had to explaining the storytelling with their own words.
2. Memory to get to know the Sahrawi culture, in which children had to link the pairs (melfs, daara, cups...)

30th Anniversary Twinning Day

On 15th of June, 2019, in Jardí de l’Espai Cultura, it was organized an anniversary to celebrate the 30 years of Sabadell’s solidarity with the Sahrawi people. It had different activities aimed at different audiences, both for youngsters and also open to all audiences.

The l’Espai Cultura. Fundació Sabadell 1859 (Culture Space of Sabadell Foundation) hosted the different activities from 5pm until the end of the event, after the concert of the Sahrawi artist Aziza Brahim. The activities carried out were:

- Storytelling of Sahrawi tales: some of the young participants in the Solidarity Camps 2018, sat in a corner of the garden and explained some Sahrawi tales to the children and families.
- Postcards for Sahara: there were two tables full of postcards of the Twinning project, in which children, youth and adults could write a message to Sahrawi people in the refugee camps; these cards were about to be brought to the refugee camps in the Socio-educational commission 2019.

- Paint children’s faces: a professional painted the faces of the children, as their wishes.
- Reflection activity ‘refugees from around the world’: it was led by the participants in the Training Course “CIRI: Cooperation on Improvement of Refugees’ Integration” hosted in Greece in May 2019. In this activity, people had to link words related to refugees and immigration with their meaning, as well as trying to find an image which could fit to the meaning.
- Circus and animation workshop: a professional led a workshop of juggling, and it was adapted to the different public (children, youth, adults).
- Live performance “Art by Sahara”: several artists painted in situ works inspired by the topic of “Sahara”.
- Acoustic guitar concert, with the collaboration of CEAR.
- Concert by Aziza Brahim: the Sahrawi artist and activist Aziza Brahim and the other members of her musical group, performed a concert at the space’s amphitheater. She ended the performance with a Sahrawi lullaby.
- Parliments by the Director of TACC, the new councillor of Sabadell’s City Council, and the subdelegate of Sahrawi Frente Polisario in Catalonia.

Participation of the Socio-Educational Commission in the final event of ‘Joves en Acció’ (Youth in Action)

The closing ceremony of the municipal project ‘Joves en Acció’ (Youth in Action) aimed to highlight youth



Aziza Brahim's concert at the 30th Anniversary Twinning Day

participation in local and international cooperation initiative projects. It was organized in 11th of December, 2019, in the Espai Emprius (maker space), Sabadell, and it counted with 270 young people participating in the 'Joves en Acció' (Youth in Action) project and the young people participating in the 2019 solidarity camps.

It had the goal to share the results of the work carried out in the camps, to introduce other young people to the Solidarity Camps with the Twinning project between Sabadell and Sahrawi people, and to share the experience of professional and personal growth of the participants.

The young people participating in the Solidarity Camps were able to explain their experience to other young people in Sabadell, making the Twinning project known and inviting them to take part in future editions. 'Joves en Acció' was a project of Sabadell City Council and managed by TACC dedicated to working on Human Rights through the arts and culture.

The project was structured around the whole year 2019 in two different phases:

1. From January to July, it focused on carrying out activities regarding different awareness-raising trainings in terms of masculinity or racism at Espai Emprius, included in the monthly program of this space.
2. From July to December, it was based on bringing the topics worked out in the activities carried out at Espai Emprius to the high schools in Sabadell, so that young people could work on them together in the classrooms.

The closing ceremony was entertained by the group

Trobaluchos, who held a musical improvisation show among the attendees in which different participants of the project were encouraged to give their opinion on cooperation and Human Rights, with good music and a good background atmosphere.

Among the young people who took part of the event, there were the students of the Intermediate Vocational Training in Aesthetics and Beauty of the Ribot i Serra Institute, who explained to the other attendees how they learned, through 'Joves en Acció' project, that large cosmetic companies do not manufacture specialized products for black people.

Also, at the event, some of the young people from the solidarity camps, who went to the Sahara refugee camps as part of the twinning project of Sabadell City Council with the Sahrawi people, shared with other young people their recent experience in the Sahrawi refugee camps and ended their speech with a song about Sahara.

Finally, the last part of the event offered participants a snack with quality and fair-trade products, while young people could write their thoughts about HHRR in a big poster with a tree, and enlivened by the African and electronic rhythms of DJ Douds.

Outcomes

These events helped their attendees to know the situation of Sahrawi people and the invisibility of racism actions, as well as all the solidarity actions that continue with their twinning people 30 years later.

They had also the change to get to know other vulnerability

of HHRR in other contexts through the activity led by the participants of CIRI; some artists could express, by drawing, their thoughts about Sahara; and citizens raised awareness of the power of solidarity and twinning through cultural and artistic activities, and that music makes people come together. They had also could express, by drawing and writing, their thoughts about Human Rights.

Insights and ideas

In order to be able to lead some activities at the different pre-schools, primary and secondary educational centres, collaborate with the municipality's Education Department, so that they include the proposal of activities on the

Educational guide of activities available.

Involve and give a leadership role to youngsters that participate in cooperation projects. Also, give the stage to young people to explain their experience and learnings, in an interactive way, so that it engages the attention of other young people attending the event. This way, the awareness message will be spread more easily and it will have a higher impact.

When organizing events, invite personally different agents with whom you have worked before within the project / topic, and also people involved with the entity in other activities. Moreover, try to engage the municipality institutions and its Communication Department, since the

HHRR poster in the final event "Joves en Acció"



promotion will be wider.

It is important to organise different activities that are address to different public (children, youth, adults), so that you reach as much people as possible. Also, try to combine different artistic disciplines within the activities (painting, circus, story-telling, concerts), so that people with different likes and preferences can participate at the same event. You can make an open call to local artist, inviting them to participate in the event.

Promote the event not only on the entities' website and social media, but also going to the local radio and sending press releases to the different city's media channels (newspapers, magazines, cultural media, local TC...).

Organising an event to celebrate a long term raising awareness project, while collaborating closely with the municipal institutions, has several positive impacts: people involved in the project felt their contribution has a visible result, it encourages citizens to feel part of the solidarity with the twinning people, and it serves as a raising awareness action of different HHRR situations by using different artistic disciplines that catch the attention of all citizens, does not matter their age, likes and preferences.

More information

30th Anniversary Twinning Day

https://www.facebook.com/pg/taccbcn/photos/?tab=album&album_id=2518653134825513&ref=page_internal

<https://twitter.com/TACCbcn/status/1139101475945287681>

<https://twitter.com/RadioSabadell/status/1139478620240601088>

<https://twitter.com/sbddretscivils/status/1135805082824560640>

<https://twitter.com/sbddretscivils/status/1136569253350522880>

Participation of the Socio-Educational Commission in the final event of 'Joves en Acció' (Youth in Action)

<http://www.taccbcn.com/project/joves-en-accio/>

https://www.facebook.com/pg/taccbcn/photos/?tab=album&album_id=2882105741813582&ref=page_internal

<https://twitter.com/TACCbcn/status/1205067291022577664>

<https://twitter.com/sbddretscivils/status/1204803017264025600>

SUPPORTING ACTIONS IN SOLIDARITY PROJECTS FOR LOCAL YOUNG PEOPLE WITH FEWER OPPORTUNITIES

Association Nationale Compagnons Bâtitseurs, France



Topics

Inclusion
Youth participation
Citizenship

Target Group

Young people aged 18 – 30 neither in education, employment, nor training
Mainly young people living in poor neighbourhoods

Objectives

Promote citizenship and volunteering
Support the development of young people's ability to act on their own environment (autonomy, confidence, initiative, and emancipation)

compagnonsbatisseurs.eu



[assnatcb](https://www.facebook.com/assnatcb)



[compagnons_batisseurs_france](https://www.instagram.com/compagnons_batisseurs_france)



[CompBatFr](https://twitter.com/CompBatFr)



[UCXd8PF4F5C7tX9rR5uESMGQ](https://www.youtube.com/channel/UCXd8PF4F5C7tX9rR5uESMGQ)



Implementation

This project originated because usually only young people with a certain kind of profile, such as students or activities, used to apply to the actions developed. As the projects mainly take place in poor neighbourhoods, some partners started asking why wouldn't the young people living in those places participate in the projects. There are several reasons, such as the fact that these people do not know much about volunteering and its potential impact on their path. This project was then organized to reinforce the participation of this population within their solidarity project.

The implementation is geared toward 3 steps. First, it was needed to search for funding (state, municipalities, local authorities). Originally, the hosting of youngsters with fewer opportunities was a new project for Compagnons Bâisseurs which implied some additional knowledge, skills, and working time. The first step was then to find some financial support to allow the correct conditions to think about the

process and to properly accompany these youngsters during a voluntary project.

Afterwards, some specific local partnerships were established with youth centres, mobility platforms, etc. One of the biggest challenges was to access the target audience. Since young people with fewer opportunities generally do not know much about volunteering and its benefits, they do not have access to the information and these opportunities easily. To inform them, our organization had to create a partnership with professionals that are in touch with them.

Since we did not have experience with volunteers with fewer opportunities, and we did not know exactly the difficulties we were supposed to face, it was important to reflect on these challenges and train some mentors to be able to properly support these youngsters. Therefore, the last step was the implementation of reinforced mentorship practices to achieve the objectives of the solidarity projects – local and international mobility, acquisition and development of skills, construction of a future project, etc.

Participants of the project in-site



Outcomes

This project resulted in good impacts both on the hosting organization and as well as on the young people. First of all, the volunteers obtained or reinforced some technical skills that can be useful for their future (painting, carpentry...). They also gained some social skills like teamwork, attentiveness, and capacity for adaptation. Moreover, most of these youngsters gained some confidence and reinforced their self-esteem. Some of them also did a short term EVS or have been recruited by the local organization junior technical leader.

The volunteering project influenced them to build part of their future in a good way. In the same way, this impact is a strong motivational point for the local team and the mentors, since they had the feeling that this volunteering could also be an inclusion tool.

This pilot project was a difficult, but strong experience, and our network decided to implement it in a different location in France, thanks to national funding that ran for 2 years. Now, our projects are adapted to always includes the hosting of youngsters with fewer opportunities. In 2019, for instance, our network hosted around 55% of undergraduate people through voluntary actions. Even if it is sometimes difficult to implement the necessary changes, the good results largely compensate!

Insights and ideas

It is important to be persistent to gather the support needed to implement these changes since we faced a lot of difficulties to obtain local funding or to train some mentors. Some professional are not open to manage new difficulties and, even if they like the idea to offer this opportunity to the youngsters, they did not feel able to do it properly.

The most important is to give the youngsters with fewer opportunities all the learning opportunities that the volunteering project is capable of. Since there may indeed exist some difficulties related to their hosting (general behaviour, absence, delays...), it is important to have the support of the entire team before deciding to implement this kind of project.

After some years of experience, Compagnons Bâisseurs is still happy about this transformation of our project since it brings a new dimension of solidarity with it. It is not always easy to accompany some of those youngsters through a voluntary project – some of them gave up before the end of it, and some mentors may be frustrated about it. Nevertheless, it makes sense!



Participants of the project rebuilding a house

I-PREPARE

Xena Centro Scambi e Dinamiche Interculturali, Italy



Topics

Pre-departure online preparation for long term volunteering projects

Target Group

Support organisations
Ongoing volunteers

Objectives

Provide an additional tool for ESC volunteers to reflect on the project they are about to embark in, the framework, the expectations, and how to be prepared for the experience

Support the work of sending organisations with ongoing volunteers addressing their individual needs differently

xena.it 

XenaIntercultura 

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Welcome to iPrepare!

Here you can get familiar with the tool, try the functions and learn about its purpose.

Implementation


The iPrepare tool was realized in the framework of the Erasmus+ KA2 project „iPrepare”. The project team was composed of three organisations: Egyesek Youth Association from Hungary, Xena Centro Scambi e Dinamiche Interculturali from Italy, and Cia Cekija from Czechia.

Volunteers are invited to check the iPrepare online platform ideally before the PDT with the supporting organization. This way, they can be prepared on what to focus and point out early fears, doubts, and expectations.

The iPrepare tool is an interactive web surface that offers volunteers the possibility to engage in an online learning process. It guides them in making sure that they get all the necessary information and a chance to reflect on relevant issues before their departure. It also provides supporting organizations with a wide range of materials to support the volunteers’ learning process, and to organize their preparation, making their work more effective and cost-efficient.

The tool is freely accessible online for all volunteers and supporting organizations and is available both on PC and mobile devices. It includes many different types of interactive activities (such as tests, quizzes, videos, drag and drop, etc.) and is, therefore, suitable to meet different types of learning needs and styles.

It treats a set of topics organized in nine modules which include the previously mentioned minimum general information indicated by the ESC Training and Evaluation Cycle, alongside other activities and resources based on



**Hello, my name is Anna,
welcome to iPrepare!**

European Solidarity Corps (ESC) is a European Union initiative which provides young people with volunteering placements, traineeships and jobs for 2-12 months, fostering solidarity in communities across Europe. The [ESC platform](#) collects the pool of young people who register their interest to take part in solidarity-related projects, and who agree with and will uphold the [Mission and Principles of the European Solidarity Corps](#).

Introduction to the first module

years of experience and best practices in this field. The modules tackle the ESC framework, the philosophy of volunteering, motivation and expectation, non-formal learning, roles and responsibilities of the actors involved, conflict management and problem-solving, general support on how to elaborate project-specific information, intercultural learning and practical tips and hints. The tool is divided into modules which are informative and interactive since it was important to create a tool which volunteers could explore at their own pace and focus on their specific needs.

Outcomes

The volunteers that use this tool can address their specific needs on an individual level and become more aware before the pre-departure training. This can give them the chance to anticipate and reflect on challenges that would appear later during the volunteering project. It helps them be better prepared, which results in a better and more rewarding volunteering experience.










Insights and ideas

The supplementary nature of this tool allows supporting organizations to better identify and work on the individual needs of the participants and to focus on aspects which cannot be tackled by any online tool, such as trust-building and emotional support, project-specific details, practical, task-oriented preparation, additional information based on the volunteers' needs and doubts which might arise while using the tool.

iPrepare can, therefore, be adapted to each specific context, and supporting organizations may suggest the volunteers use it autonomously and then discuss the learnings during offline preparation, or prepare an individualized program, selecting the most relevant topics and activities from the online tool. Some specific segments of the tool can also be used during the pre-departure training.

More information

Link to the online tool: <https://www.iprepare.eu/>

<p>1. What is the framework?</p> <p> In progress ●</p>	<p>2. How to be useful?</p> <p> In progress ●</p>	<p>3. What is my motivation?</p> <p> In progress ●</p>
<p>4. What can I learn?</p> <p> In progress ●</p>	<p>5. Who can support me?</p> <p> In progress ●</p>	<p>6. How to deal with conflicts?</p> <p> In progress ●</p>
<p>7. Where will I go?</p> <p> In progress ●</p>	<p>8. What is normal?</p> <p> In progress ●</p>	<p>9. Tips & Hints</p> <p> In progress ●</p>

Menu of all the modules of the training

UPAC – YOUNGSTERS FOR PEACE AND CITIZENSHIP

Amitié Plurielle, Luxembourg



Topics

Active citizenship
Cultural Diversity

Objectives

Sharing youngsters' idea of peace and citizenship through photo portraits

amitie.lu 

amitie.lu 

Target Group

Youngsters aged 12 – 26



Implementation

UPAC (Youngsters for Peace and Citizenship) is a project co-financed by OLAI and created with students from several high schools, associations, youth centres and unorganised young volunteers, as well as young applicants or beneficiaries of international protection living in Luxembourg.

The project organized a traveling exposition in emblematic places of the country with photo portraits of 24 young people living in Luxembourg. This way, youngsters from 18 different nationalities were given the mainstage to voice what peace and citizenship means to them.

The portraits were accompanied with quotations chosen by each participant. On one hand, the portraits show their passions – sports, culture, arts, etc. – while demonstrating how these passions and activities contribute to peace and citizenship. On the other hand, the selected quotes also highlight their individual thoughts on these subjects. This format allows a good balance representing the identity of the youngsters – both their personality traits and tastes, as

well as their appearance and diversity.

Outcomes

Throughout the project we were very pleased to see the active participation of so many young people of different ages and backgrounds. They showed themselves to be very positive and expressed a desire to participate.

These pictures highlighted how young people get involved and interact in a multilingual and multinational country. Even though we could identify a lot of diversity in the participating youngsters, there is always a connecting line among their personalities. Therefore, this exhibition helps everyone finding similarities with people that they usually perceive as “foreign”, which motivates tighter relations in the community.

More information

<https://www.facebook.com/-Les-jeunes-pour-la-paix-et-la-citoyennet%C3%A9--1296977780432425>



Yaseen
14 ans
afgan
Luxembourg depuis 2018

« La paix pour moi c'est la réconciliation. »



Sarolta
17 ans
hongroise
habite au
Luxembourg depuis 2006

« Devenez le changement que vous voulez voir dans le monde. »
Mahatma Gandhi

Pictures present in the exhibition



Narin
17 ans
syrienne
habite au
Luxembourg depuis 2015

« Always smile. »

« A smile doesn't necessarily mean that you are happy but that you are satisfied with your life. »



Nikela
16 ans
luxembourgeois

« J'aime la nature et les animaux.
Dans notre ferme bio je suis la tradition de ma famille. »

Pictures present in the exhibition

ACTIVEOPOLY BOARD GAME

Prisms, Malta



Topics

Active Citizenship

Target Group

Youngsters aged 13 – 25

Organizations that work with youngsters

Objectives

Reflect and discuss what active citizenship is

Learn about the EU and its different bodies

Come up with ideas for actions to be developed in the community

prismsmalta.com



[prismsmalta](https://www.facebook.com/prismsmalta)



[prisms.malta](https://www.instagram.com/prisms.malta)



[UCSqQuzIG3MfgcjNCHcXC6EQ](https://www.youtube.com/watch?v=UCSqQuzIG3MfgcjNCHcXC6EQ)



Implementation

The idea for this project started as we noticed that the youth that we work with lacked knowledge about what is active citizenship and about the EU as an important institution in our democracy. Thus, we decided to make a game to combine these two needs together to create a learning process while having fun together. Youth workers within the Prisms team gathered and discussed how the mechanics of the game and its questions should be.

The Activeopoly Board Game follows the style of the classic “Ladders and Snakes” board game, in which players have a piece that they must race through the board by rolling a dice. Each board space has different challenges for the participants to complete – they must answer different category questions regarding the place they end up on. The questions are related to Europe and EU reality, and active citizenship. There is also a category that has cards that may have both a positive as well as a negative outcome. By answering successfully to the questions, the player is able to move faster through the board. The one who reaches the end first is the winner.

The game is just the starting part of a non-formal education process. After the game, we continue with a discussion on the topic of active citizenship and the EU. Different sectors of active citizenship are addressed, and we discuss with the youth themselves how they can be active citizenships themselves.

There is a wide focus on what is a Citizen or what does the community need during this activity, so everyone can

contribute. We show them the different needs that exist, such as helping in collecting trash from nature. Doing this is an example how they can become active citizens!

Outcomes

The youth that takes part in this game discusses and develops a better idea of what is active citizenship.

Also, they learn some facts about what the European Union is and how it works.

Finally, during the debriefing, the youngsters reflect on how they can act as active citizens themselves.

Insights and ideas

Make sure to recheck the answers of the blue cards before using the game. Those might change every now and then.

This game can be used in local youth centres, local schools, trainings, youth exchanges. It should be paired with a discussion on the topic of active citizenship.

More information

Digital version of the game board and cards: <https://bit.ly/2G5KL7z>

KATZEN KABARET

Zavod Mladinski Center Kotlovnica Kamnik, Slovenia



Topics

Social Criticism
Culture

Target Group

Creative youngsters

Objectives

Explore social problems in a fun and creative way

Give the stage for youngsters to reflect individually or in group about their reality

Provide critical performers with a channel to contest silent censorship

kotlovnica.si/slo



[kotlovnica](#)



[mckotlovnica](#)



[UCOLvlelZOUdZdJcgqz0b0Lw](#)



Implementation

The Katzen Kabaret is a way to involve young creators and educate audiences. The youngsters involved do not recognize themselves in the media, and often feel manipulated, commercialized, and lack a platform that gives visibility to express their ideas. The project provides them with space where, through creativity, they can present their worldview, and with a multidisciplinary approach to the current events in society.

Katzen Kabaret started in the Kotlovnica youth centre in 2016 and enables youth to create and use their knowledge and skills – dancing, interpretation, poetry, drama play, playing on instruments, storytelling, scenography, make-up, etc. The project created already three cabarets under the original mentor – War (2016), Addiction (2016), Migrations (2017) – and one under new mentorship – Double D (2019).

With the help of a mentor, young participants share their creative and artistic skills among themselves. Although they come from different fields, with different levels of experience and ideas, they must understand how to better collaborate. This way, collaborations that would otherwise never happen are created. The group decides the focus on a specific socially critical topic (war, addiction, migrations, discrimination, charity, etc), one for each year.

A group of young performers begins the process of creating a show with brainstorming, where they come up with ideas for different performances. They develop these ideas individually or in a group, and when their ideas are roughly prepared, the young people together form a performance to



Artist during the performance. Photographer: Kaja Brezočnik

the end. This way, they check if the performance works at all. Obstacles that arise during creation are resolved through conversation and exchange of views and thus shape the final product.

The cabaret tries to create the impression of a club to an open audience. Its narrator addresses the audience all the time and thus makes contact with them. Additional contact with the audience, however, depends on the individual performance. The cabaret wants to acquaint the audience and the local community with modern performance practices and broaden their horizons.

Outcomes

These dynamics mean that different groups of youngsters that normally would not work together – professional dancers, firefighters, drama students – are put together at the same level and able to openly talk about their perspective regarding different topics. They create quality performances that are also presented outside the youth centre.

The project shows that it is possible to talk about critical topics, important to youngsters nowadays, in a creative way,

and share the results of that conversation as a form of art.

Some free tickets were given out for the shows, which helps extend the reach of the shows for people with fewer opportunities. Some performances were also organized at other locations, like youth centres and festivals, thus promoting the conversation around the chosen topics to a wider section of society.

Insights and ideas

This art form can connect different kinds of artists or individuals that share a common concern. To make things fresh and to make sure that this amateur cabaret is constantly developing, we suggest searching for and include new performers for each edition.

More information

Facebook project page: <https://www.facebook.com/katzenkabaret/>

Instagram project page: <https://www.instagram.com/katzen.kabaret/>



Artist during the performance

HEALTHCARE GROUP

Ung I Kungsbacka, Sweden



Topics

Health and inclusion

Target Group

Youth aged 5 – 20 with obesity and/or mental illnesses

Youngsters that choose to stay home from school turn around the sleep cycle and don't interact with people of their own age (or any people at all)

Youngsters without any sign of activities on their free time

Youngsters with suicidal and auto-mutilation behaviour

Objectives

Implement the joy of physical activity and motivate healthier eating routines into obese youth

kungsbacka.se/english



ungikungsbacka



Implementation

The process starts after the notification from the school healthcare or The Youth Reception of the Northern County of Halland. There is a meeting involving the youngster, the parents, and the responsible coordinator and health educator of our unit. Together, we discuss the interests of the youngster, and possible physical activities.

In general, there are activities all days of the week that the youngster can be involved with, for instance ball sports, swimming, and horseback riding. There are also holiday activities like cooking camps, and the possibility of trying other sports like golf, etc.

This project is also related to the Erasmus+ program, with the example of the participation on a youth exchange in Spain about inclusion and horseback riding. The main goal is to highlight the fun side of physical activities for the participants. The philosophy is that youngsters need to have fun. They need to be part of a group and feel that they are participating. At the same time, as you exercise, you are getting new friends. It is of great importance to be a part of a social context and increase your self-esteem. We would like to encourage the children, but also the adults around the children.

This process relates to the HAM health and action model, which aims to strengthen the confidence and the self-esteem of the youngsters before they advance to other behavioural changes. The main idea is empowerment: your life, your power. The youngsters decide what to do, what to eat, the activities they participate, and so on. The youngsters



Group picture of the participants during the activities

do not have to be someone they are not, which avoids stigmatization.

The project also relies on Antonovski's KASAM, which relates to the individual need to be within a context that is both understandable and meaningful to be healthy. This can be the joyfulness of physical activities or it can be having fun somewhere outside home and to do it with potential friends.

Another important side is the nutritional knowledge, not only for the participants, but also for the parents. This is also related to the parental education and support for the parents of our participants that happen whenever people ask for it or otherwise need it.

Outcomes

Overall, this project results in healthier youngsters, with better self-esteem, confidence, and lower weight.

However, since evaluating the project since 2008 to this day, we found that the most important aspect is the wellbeing achieved related to improving youngsters' social life by making new friends. Youngsters feel so much better and comfortable with themselves which makes them stop their auto-mutilation behaviour.

The project also helped and motivated the parents in the way they accompany and help with the youngsters' challenges and struggles. Finally, since the participating youngsters became generally happier and more confident, they also became more active in school, both in an academic and social perspective.

Insights and ideas

Do not be afraid to ask local sport associations, horseback riding clubs, etc to participate in this program. Everyone benefits from healthier practices. This support can be as wide as you can imagine – local stores and shopkeepers could assist by providing fruit and healthy food on a regular basis, or food during a holiday cooking camp.

There are many units within a municipality working with youngsters from different angles. Cooperate! Use the child convention and ask the youngsters what they want to do. Let them take part in the planning and motivate them to participate closely.

See the human being. The starting point for the different participants might be very distant, and it is important to keep that in mind. At the same time, be prepared to take some steps back if needed.

Think of working with quality, not quantity. There is always plenty of ideas but listen to what the participants most value. When the focus is the quality of the organized activities, you can perform any idea they come up with.

PICTURE YOUR STORY

Youth Association Info Front, North Macedonia



Topics

Conflict resolution
Building trust and connection

Target Group

Organizations that work with youngsters

Objectives

Develop workshops and a toolkit revolving around picture and storytelling exercises.

Help to connect youth with different backgrounds, identities, or ideas, and to build a foundation to solve conflicts arising from their differences (and similarities)

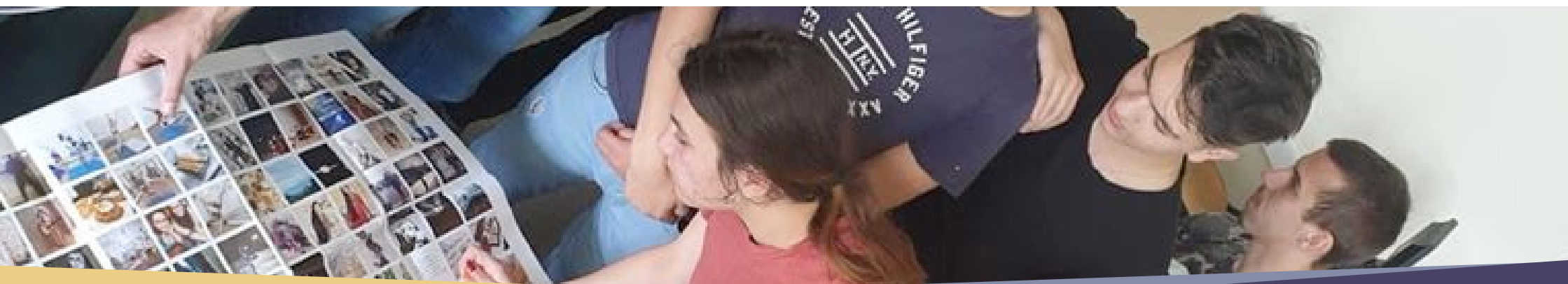
infofrontprilep.wordpress.com



[infofrontprilep](#)



[infofrontprilep](#)



Implementation

During its development, “Picture Your Story” methods and workshops were tested directly with young people. During the spring and summer of 2019, there were simultaneous testing sessions in North Macedonia, Lithuania, The Netherlands, Spain and Estonia. In Prilep, the local VET high school “R. R. - Richko” and its students coming from different backgrounds regarding nationality, religion, social and economic status provided a diverse group to test the methodologies.

Each class is divided into two groups, around 15 students each. Each group has a facilitator trained in the method and with experience in non-formal education. The group goes through a specific order for the workshops:

1. Team building
2. Triggering creativity
3. Triggering awareness
4. Finding common ground
5. Closing

Team building

In this exercise, we use flat pictures. We print them out like Instagram grids, so it looks like they opened someone’s Instagram profile. The pictures’ matrix is set on the table, and participants are asked to select the grid of photos they like the most or connect the most.

After each participant makes their choice, you ask who would like to share why they selected that particular set of photos, what they see, what they would usually follow on a

social network, etc.

The goal is to break the ice between the participants, get to know each other better, and listen actively.

Triggering creativity

This exercise has many variations. As an instance, for this exercise, we use POV (point of view) cards. We cut the cards and used them as badges. We ask each participant to take one and pin them on themselves. Then we ask the participants to get in a circle and create a story based and connected with the badge they selected.

The goal is to trigger creative thinking, learning to express themselves, to share and to put them in a story sharing mood.

Triggering awareness

For this exercise, we use the “pick and send” variation. We print out the postcards and place them on a table. We ask each participant to take a look and select one postcard they would like to send to someone else.

Then we ask them to write down a message for that person. After all of the participants are done, we ask them one by one to share why they choose that postcard and to whom they would like to send it. If they want, they can also share what they wrote.

This exercise triggers memories, active listening, and helps participants find common ground.

Finding common ground

This phase focuses on revealing emotions, empathy, and is stimulating dialogue about experienced similarities. Take the POV's and put them on a table. Let the participants look at them and ask them to pick one. Give them time and ask them to draw inspiration from that picture. The next process is asking them questions to inspire them to draw and make their own POV. After they are finished, ask them to put their POV's on the table or the ground. Then ask participants to pick one, but it can't be their own drawing. When they pick one, ask them to explain why they picked it. Then the creator of the drawing is explaining the story behind it. The process lasts until the last POV is picked and discussed.

Closing and reflection

For the last exercise, we use the postcards; however, other sets can also be used. We set the postcards on a table and ask each participant to take one that describes how they feel about the workshop. Then we ask everyone to sit in a circle to share and explain their feelings about the workshop. The dialog can be and is recommended to be followed up by different questions in order to get a better insight. This exercise focuses on sharing experiences and on what participants want to do with their experiences.

Outcomes

Each of these exercises stimulates creativity; they can be used as ice-breakers, energizers, team building, trust building exercises. They have the power to bring

participants together, teach them how to listen actively, how to collaborate, show empathy, and solve conflicts that arise from their differences and similarities.

The project also contemplated training of youth workers for facilitating the method.

The methodology and the workshops created to explore it can be used in other projects and situations, as well as the official set of diverse and up-to-date pictures.

Overall, this activity provides youngsters with a fun time. It motivates a change of attitudes and connects young people through the enhancing of their communication.

Insights and ideas

The methodology is very flexible when it needs to be adapted to different contexts, situations, and necessities. The workshops can be easily adapted regarding time, target group, space etc.

The workshops are variations of previously known ones, so an experienced facilitator will not have any issues during the implementation.

More information

The details and the workshops, including the picture sets are published on www.pictureyourstory.eu.



Youngsters debating ideas during the workshop

GERAÇÃO GLOBAL

Associação Mais Cidadania, Portugal



Topics

Global education
Citizenship and participation

Target Group

Youngsters
Youthworkers and teachers

Objectives

Contribute to the development of global education innovative tools, based on illustration and video animation

Encourage global education for youngsters and promote a democratic, active, just, and equal citizenship practice

maiscidadania.pt 

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Implementation

The *Geração Global* Toolkit was created in the frame of the *Geração Global* project that brought the topic of global education to youngsters, mainly in the school ages of 13 – 18 years old, but also youth workers. It promoted respect for Human Rights as the way to develop global citizenship awareness. It was organized into 3 main stages:

- Development of school workshops
- Organization of community initiatives with youngsters and volunteers
- Development of a toolkit with innovative material to reflect on global education

Here we will focus on the *Geração Global* Toolkit.

This toolkit is mainly directed at youth workers and other multiplier agents. It can be used in several pedagogical situations and different countries. It is an educational material based on artist techniques of illustration and animation that aims to facilitate the process of reflection and critical thinking in the topics of Human Rights, Invisible Discrimination and Freedom of Speech / Hate Speech.

Combining the language of illustration and animation, the toolkit is composed of three parts:

- Illustrated Declaration of Human Rights
- Invisible Discrimination manual
- Animated video *Liberdades* [Liberties]



Illustrations of the Article 4 and Article 8 of the Universal Declaration of Human Rights



Illustrations of the Article 4 and Article 8 of the Universal Declaration of Human Rights

The Illustrated Declaration of Human Rights is a collection of thirty cards available on a digital or printed format. They depict the fulfilment or violation of Human Rights, which helps youngsters visualize how the world would look without respect for Human Rights (or with “perfect” respect for the articles). This is a very valuable exercise because it helps youngsters see concrete examples and therefore help them start to reflect and talk about the situations more relatable to them.

The invisible discrimination manual is an illustration book that has the objective of presenting situations and thoughts that relate to most of us. How many times do we say “I’m not a racist” or “I don’t discriminate anyone”, but then think and act with discriminatory behaviours? These illustrations want to challenge and inspire a reflection and a reaction in ourselves and in the way we relate to others. Without any dialogue, only images, this book intends to turn the spotlight to several examples of silent discrimination.

Lastly, the animated video *Liberdades* explores how propitious digital media is to host acts of hate speech. Using sentences inspired by real Portuguese cases, it explores the impact of the things people say to each other.

Since this materials touch on sensitive topics and often use real situations that relate personally to people, they should be used in a constructed session of non-formal education complete with experimentation, reflection, and debriefing, and not only glanced over without further analysis.

Finally, a workshop was also organized to present and explore the toolkit to youth workers, youngsters, teachers, and other multipliers. In this workshop, we explained each

of the components to the participants and motivated them to imagine ways they could be used in their activity with youngsters to promote global education. We also stressed on the need to properly contextualize the material and solve any conflict that could arise with the most difficult situations presented.

Outcomes

The creation of the toolkit itself is one of the main achievements of this project and the reason why we consider this an innovative practice.

We approach illustration not only as a graphic representation of an idea but as a tool that facilitates the reflection and leads to a critical reflection about the world, a tool of social transformation and global education. The process of representation of ideas through images encourages connexions and insights. We look at illustration and animation as a tool of activist communication, joining text and image. The importance about illustration is what I understand, I think, and I feel in contact with the images, so it is not only about what the illustrator wants to communicate, but also what the person understands and interprets depending on his or her experience.

The workshop dedicated to experimenting with the toolkit *Geração Global* allowed exploring the potentialities of this material with youngsters as a facilitating methodology regarding the topics of Human Rights, Hate Speech, Freedom of Expression, and Invisible Discrimination. The participant’s feedback was very positive, which leads us to think that this is indeed a compelling material to dissect the



Scene from the Invisible Discrimination manual

topics in question with youth workers and youngsters.

Insights and ideas

At Mais Cidadania, our work experience with youngsters and youth workers shows that reflecting about topics that are related to personal values, beliefs, and histories, demands from the youth workers a constant and deep preparation about the methodologies and the topics, as well as the usage of diversified and innovative activities.

Therefore, for this project, we opted to combine the know-how of the participatory methodologies and adult education with illustration and animation. This was the main drive for the toolkit that ended up using illustration and animation tools to debate the topics of Human Rights, Hate Speech, Freedom of Expression, and Invisible Discrimination.

More information

- Illustrated Declaration of Human Rights: <https://bit.ly/33YH1gn>
- Invisible Discrimination manual: <https://bit.ly/305vhaz>
- Animated video *Liberdades* [Liberties]: <https://www.youtube.com/watch?v=n74JknnM2us>

FINAL WORDS

These projects and activities represent only a sample of the work developed by the members of the More Citizenship Network.

This international cooperation is of vital importance in the ever-evolving field of youth since it inspires us with different practices and ideas, and it enables more customized and more in-depth projects and activities.

Citizenship is a topic filled with challenges, and this partnership helps us find a better solution to them by sharing diverse realities, rewarding intercultural moments, and different expertise and experience.

We hope this booklet also inspires and motivates you to start acting and advocating for a more emphatic and peaceful future, one where youngsters are united and connected throughout this diverse Europe.

Feel free to contact any of the included organizations for more information.



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