

# **Youth M Power-Breaking the unemployment barrier**

## **About the organization**

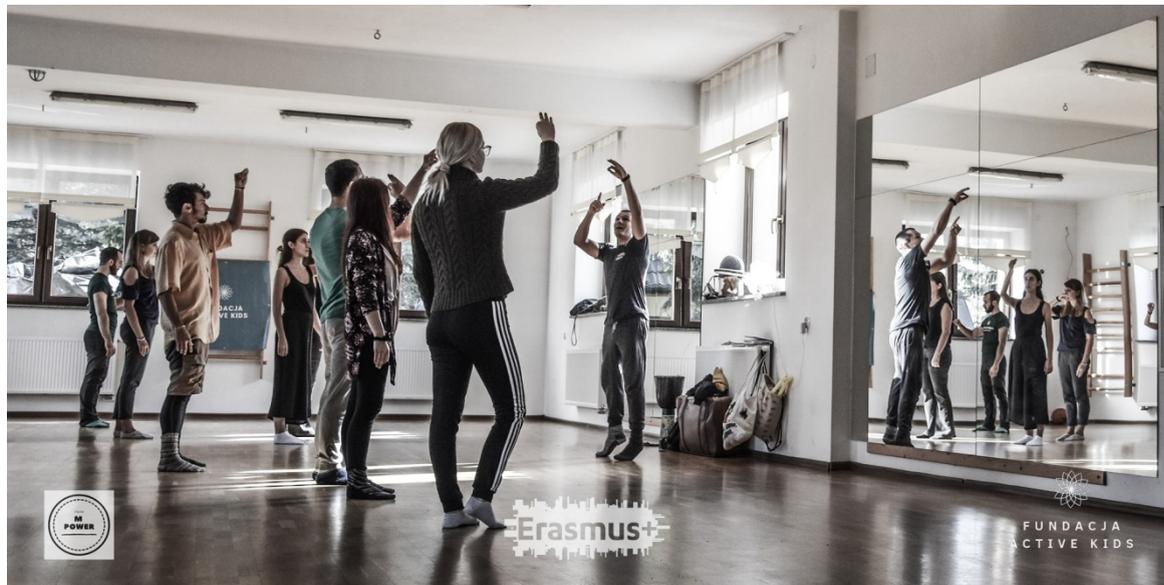
Project organization the Active Kids Foundation, was established in 2017 to involve children, adolescents, adults, the elderly and entire families in social activities. They are working on raising awareness of local communities, especially in the field of protection of human rights and discrimination against groups, such as ethnic and religious minorities, migrants, foreigners or socially excluded people. The Foundation also deals with the integration of society through participation in various activities of regional and international character and encourages young people to overcome intercultural barriers through international mobility.

## **About the project**

The aim of this project is to mobilize young refugees and immigrants, primarily in search of employment opportunities. Refugees, despite their skills and motivation to work, often face a number of challenges in gaining significant employment that often leads to deep disappointment, hopelessness and loss of self-esteem. The main goal of the project is to help immigrants and refugees keep their jobs and find new employment opportunities by connecting them with trained mentors who understand their needs.

The six-day activity was creating a safe international environment in which best practices related to the topic were exchanged, combining formal and non-formal education and drama techniques, improvisation and non-verbal communication. During the course, we gained knowledge and skills offered by drama, improvisational tools and techniques on how to adapt educational programs and activities in accordance with the needs of immigrants and refugees. This course deeply awakened our youthful enthusiasm, strength and desire to participate in

group discussions about the topic and motivated us to try to make our own workshop in the end.



## Example of the final workshop

The following is one of the three final workshops made by participants during this project. The aim of the workshop is to increase the participants' sense of trust. The duration of the workshop is 50-55 minutes and the optimal number of participants is 4-20.

The workshop should begin with getting to know each other and warming up, following with the first game "**Do you have a cake?**". The coach starts the game by choosing one of the participants and formulates the question "\_\_\_ (Name of the participant) do you have a cake?", And that participant answers "No \_\_\_ (name of the coach), I don't have a cake". After that, the same participant chooses another participant and asks him the same question with his name. The game ends after all participants participate at least once. This game lasts 5-10 minutes, depending on the number of participants.

After the introduction, another warm-up follows, but this time more focused on relaxation and concentration. This game is called "**Breathing from the heart**".

Participants should sit on the floor and form a circle. Each participant should place the right hand on the area of their heart and the left hand on the other participant's abdomen who is on the left. The trainer guides the breathing with the aim of aligning the whole group using the terms inhale / exhale. Estimated duration of this game is 5 minutes.

The third part of this workshop is the game "**Ella**". The workshop begins with the coach's instructions. The first participant fixes one's gaze on the participant. The chosen participant needs to understand that this participant needs to be "saved" and he spreads his arms and utters the word Ella. Having done so, he now needs to fix his gaze on the third participant and seek "salvation". The third participant spreads his arms towards the second participant and utters the word Ella and then fixates his gaze on the fourth participant. It is important to note that there is no conversation between participants, except of course when the participant needs to save someone and utter the word Ella. Estimated duration of this game is 17 minutes.



The fourth part of this workshop is the game "**I am free**". For this game, participants should be divided into pairs where it is recommended that partners

have similar physical constructions (height and weight). This game consists of three games. The first part of the game is called "Infrastructure". One of the participants slowly begins to rely on his partner. The goal of this game is for the partners to relax and become comfortable by touching each other. The estimated duration of this game is 1:30 minutes, or 3 minutes, because the partners have to change roles at some point. The second game is called "Catch Me". For this game it is desirable to do it on the soft surface, to reduce the risk of injury. One of the participants in pairs, turns his back to his partner standing behind him and is ready to wait for him as a support. At a close distance from the partner, the participant with his back slowly starts to fall backwards and his partner with his hands gives him support not to fall. Every other attempt should be at a slightly greater distance to the comfort limit of the person relaxing. The goal of this subplay is to gain complete confidence in the partner that he will not allow the other to fall on the floor. The estimated duration of this game is 1:30 minutes, or 3 minutes, because the partners have to change roles at some point. The third game is called "No Obstacles". The game begins with participants having to imagine one thing that is holding them back from achieving their goals / dreams. When they come to the answer, they need to imagine that obstacle, surrender and fall back into the hands of the partner. The goal of this game is for the participants to understand that the obstacle is only in their head and that there is always someone to help them overcome that obstacle. The duration of this game is 2 minutes; a minute to think and a minute to "fall". The total duration of the game „I am free“ with the coach's explanation is 11 minutes.

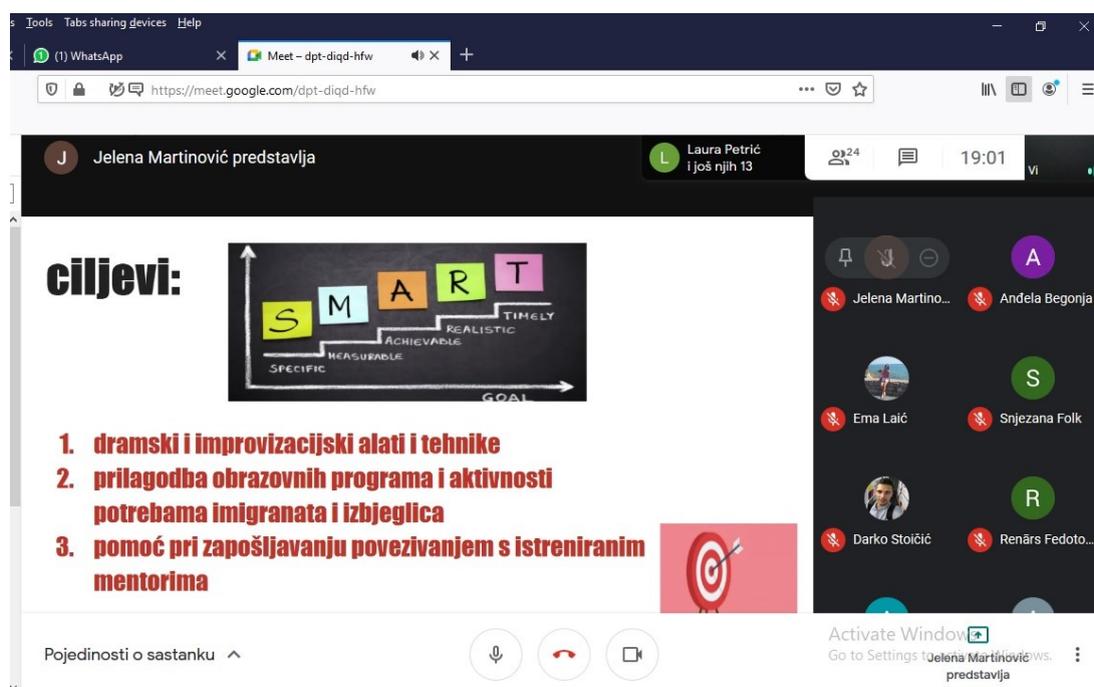
The fifth part of the workshop is a game called "**Simass**". The aim of this game is to relax the participants and slowly prepare them for the end of the workshop, but of course with an emphasis on trust. All participants should form a circle and gently turn the torso towards the back of the right participant. The game begins by gently massaging the back of the partner who is on the right. This part should last one and a half minutes. After that, while the massage is still going on, the participants should simultaneously sit on the knees of the partner from the left. This part should last one minute. After that, the participants return to the starting position and continue the massage. After a minute of massaging, a proper circle is formed again and the trainer asks the participants to close their eyes. When the participants close their eyes, the

trainer begins a monologue: "Try to focus on the part of the body that holds the most tension and imagine that part starting to turn into a piece of ice". After 20 seconds of silence, the coach continues "Imagine the sun above you starting to melt that piece of ice." After 20 seconds, the coach tells the group to take a deep breath and exhale and open their eyes. The total duration of the Simass game with the coach's explanation is 6 minutes.

The workshop ends with the participants forming a circle on the floor. The trainer asks the participants to try to describe this workshop or what they felt in one word. After exchanging views on the workshop participants, the trainer thanks everyone and wishes them luck in what they want to achieve. The last part of the workshop is scheduled for 5 minutes.

## Dissemination after project

We planned to make our own workshop in Zagreb about the project and knowledge we gained in these workshops, but due to coronavirus restrictions that kind of dissemination was not possible so we decided to do an online presentation and meeting with some of our friends and colleagues who were interested in the topic.



The screenshot shows a Google Meet window with a presentation slide. The slide is titled "ciljevi:" and features a SMART goal diagram. The diagram consists of a staircase with five steps, each labeled with a letter: S (Specific), M (Measurable), A (Achievable), R (Realistic), and T (Timely). Below the diagram, the goals are listed in red text:

- 1. dramski i improvizacijski alati i tehnike**
- 2. prilagodba obrazovnih programa i aktivnosti potrebama imigranata i izbjeglica**
- 3. pomoć pri zapošljavanju povezivanjem s istreniranim mentorima**

To the right of the slide is a vertical list of participant avatars, including Jelena Martinović, Andela Begonja, Erna Laić, Snjezana Folk, Darko Stoičić, and Renars Fedoto... The bottom of the window shows the meeting controls and a system notification for "Activate Windows".

In the beginning of the presentation we explained what was the topic of the project, told them more about the host organization and the place the workshops were held. Furthermore, we introduced them to organizations from where other participants are from. After that, we explained what was the aim and goal of the project. Then we were leading them through the workshop explained earlier. We also mentioned and explained some games lead by our trainer during the project that had the biggest impact on us. In the final part of the presentation, participants had time to ask us different questions about the project, Erasmus + in general and future plans in field of project management and organization of similar events. Presentation was held in Croatian and it lasted for 40 minutes.

Andrea Brezović, Jelena Martinović, Petra Matković and Lucija Kozjan