

---

# EUROPEAN YOUTH GOALS

---

## 5 METHODOLOGIES

**TO REACH THEM IN ACTIVITIES WITH YOUNG PEOPLE**

2ND INTEGRATION, 2024



Co-funded by  
the European Union



Agenzia Italiana  
per la Gioventù



Joint

# TABLE OF CONTENTS

<b><u>ABOUT THE COLLECTION</u></b> .....	<b>3</b>
<b><u>GOAL 3: INCLUSIVE SOCIETIES</u></b> .....	<b>4</b>
• <b>RECIPE OF SAFETY</b> .....	<b>5</b>
<b><u>GOAL 5: MENTAL HEALTH &amp; WELLBEING</u></b> .....	<b>7</b>
• <b>WHAT'S UP, INNER CHILD?</b> .....	<b>8</b>
• <b>JOURNALING FOR EMOTIONAL WELLBEING AND INTRO TO BASIC EMOTIONS</b> .....	<b>9</b>
<b><u>GOAL 8: QUALITY LEARNING</u></b> .....	<b>11</b>
• <b>THE STAR OF YOUR OWN CONSTELLATION</b> .....	<b>12</b>
<b><u>GOAL 9: SPACE AND PARTICIPATION FOR ALL</u></b> .....	<b>13</b>
• <b><u>RULES' AGREEMENT - GUIDED QUESTIONS</u></b> .....	<b>14</b>
<b><u>CONTACTS</u></b> .....	<b>15</b>

**THIS TOOLKIT IS DESIGNED AS A SUPPLEMENT TO THE COLLECTION OF 30 NON-FORMAL EDUCATION METHODOLOGIES PUBLISHED IN 2022 AND THE COLLECTION OF 10 METHODOLOGIES PUBLISHED IN 2023.**

**WE DECIDED TO MAKE PUBLIC 5 METHODOLOGIES THAT WE DEVELOPED AND TESTED BETWEEN 2023 AND 2024. THESE ARE METHODOLOGIES WHICH, ACCORDING TO OUR EXPERIENCE, CAN HELP YOUTH WORKERS AND ORGANISATIONS TO ADDRESS AND TO REACH THE EUROPEAN YOUTH GOALS DURING THEIR LOCAL AND INTERNATIONAL ACTIVITIES WITH YOUNG PEOPLE. THEREFORE, IN THIS COLLECTION IT IS POSSIBLE TO FIND ORIGINAL METHODOLOGIES DEVELOPED BY ASSOCIAZIONE JOINT AND BY ORGANISATIONS OF OUR NATIONAL AND INTERNATIONAL NETWORKS.**

**THE AIM OF THE COLLECTION, INDEED, IS TO PROVIDE ORGANISATIONS WORKING WITH YOUNG PEOPLE WITH A READY-MADE AND EASILY ACCESSIBLE GUIDE, WHERE THEY CAN FIND IDEAS AND HINTS ON HOW TO DEVELOP A WORKSHOP ADDRESSING A SPECIFIC YOUTH GOAL.**

**THE COLLECTION HAS BEEN STRUCTURED ACCORDING TO THE 11 YOUTH GOALS.**

**GOAL 3:**  
**INCLUSIVE  
SOCIETIES**

Name	The recipe of safety
Specific Objectives	<ul style="list-style-type: none"> <li>• Discuss what makes every member feel safer, in order to adapt behaviours and activities</li> <li>• Set a group agreement, to create a safer and more inclusive environment</li> <li>• Introduce the concept of safeguarding and the safeguarding policy (if any)</li> </ul>
Duration	90 minutes
Space	Indoor or outdoor. In case of outdoor, the activity could be integrated with a Walk and talk, at least in the first phase
Group size	minimum 10, maximum 25. It can be done with bigger groups, but the last stage could take very long and, therefore, needs to be adapted
Resources & Preparation	Printed papers with the model for the recipe, pens, markers, a flipchart with a bigger copy of the recipe model
Description of the method step by step	<p><b>Introduction (15 minutes)</b> The group is divided in smaller groups (4-5 people). The suggestion is to make it through an energizer, since the rest of the activity will be static. The facilitator introduces the activity, explaining the groups that their task is to create a recipe. As in normal recipes, they will need to think about the ingredients and about the cooking procedures, step by step. In case, they also have a space for special notes or suggestions. But the aim of their recipe is to create a safer and more inclusive environment.</p> <p><b>Creation of the recipes in small groups (30 minutes)</b> According to the level of experience of the participants, you can decide if to better frame the time (e.g. <i>you have 10 minutes for brainstorming, 10 minutes to agree and 10 minutes to write down</i>) or to leave them space to self-manage the time. In case you have the possibility to do it outdoor, our suggestion is to structure it as a walk and talk, since it will also give participants the possibility to better know each other. In general, participants should share their needs to feel safer and more included and, as a group, they have to agree on basic elements and general practices to make it happen.</p> <p><b>Definition of the general recipe (45 minutes)</b> Participants get back in plenary. In a round, they first share the ingredients. If nobody is against the proposed elements, they are written by the facilitator (or a participant) on the bigger flipchart. The same is done with the procedures and with the suggestions.</p>

# RECIPE OF SAFETY

## Ingredients:

- 
- 
- 
- 
- 
- 
- 
- 



## Instructions:

## Remarks or other suggestions:

**GOAL 5:**  
**MENTAL**  
**HEALTH &**  
**WELLBEING**

Name	What's up, inner child?
Specific Objectives	Team-building, personal reflection, stress-management
Duration	90-120 minutes
Space	Indoor or outdoor
Group size	10 to 30 participants
Needed material and preparation	<ul style="list-style-type: none"> <li>• Sheets of paper, pens, pencils for journaling, materials may vary depending on the game chosen (ex. balls, ropes etc...)</li> </ul>
Description of the method step by step	<p>1- Invite the participants, preferably during the pre-departure meeting, to think about childhood games they haven't played in a long time and would like to play with others (ex. green light and red light, hide and seek etc...). The games should involve a large number of participants and should not require a lot of preparation.</p> <p>2- The facilitator takes notes of the game and prepares at least two games to be played by the whole group (the group can also be split in a half and can participate in more games).</p> <p>3- After one hour of playing together, the facilitator gathers the whole group for a moment of debriefing, asking the participants:</p> <ul style="list-style-type: none"> <li>• How did you feel regarding the activity?</li> <li>• How does playing childhood games as an adult feel?</li> <li>• Do you think you need to play more in you life?</li> <li>• Did you feel more connected to your inner child? What would you tell yourself as a kid about this day and this experience?</li> <li>• The facilitator then asks the participants to find a quiet, isolate place and to reflect on those questions while writing a letter to their inner-child, telling them about the experience they are living in the youth exchange.</li> </ul>



<b>Name</b>	<b>Journaling for emotional wellbeing and intro to basic emotions</b>
<b>Specific Objectives</b>	To create a common understanding of what emotions are, how humans feel them in their body and how the emotions influence our behaviour.
<b>Duration</b>	90 minutes
<b>Space</b>	Indoor or Outdoor
<b>Group size</b>	10 to 36
<b>Resources &amp; Preparation</b>	Flipchart and different colored markers or previously prepared visual aid on separate papers/ digitally
<b>Description of the method step by step</b>	<p>Inputs based on conclusions of <u>various psychological theories</u>.</p> <p>1) A graphic introduction of emotions being an automatic physiological response to a stimulus (real or imagined) which then leads to a reaction/behaviour. Stimulus -&gt; emotion -&gt; behaviour (~20min)</p> <p>2) Brainstorm - invite participants to name different emotions that they know and write them all down on a flipchart.</p> <p>3) In a discussion with participants distinguish which of the emotions are complex and which are the basic (by different theories 6-8 emotions) and also some which are pleasant and which are unpleasant.</p> <p>4) invite participants while either seated with closed eyes or walking around the space, to imagine a moment when they felt the basic emotions one by one (anger, fear, happiness, disgust etc.) and to try to distinguish which parts of their body they feel this emotion in.</p> <p>5) debrief - where did they feel the emotions? Was it easy or difficult to feel each emotion just thinking about it? What other insights did they have?</p> <p>o</p>

### **Description of the method step by step**

6) returning to the first input with a message: if you can feel and recognize the emotion in your body and understand it, you can self-regulate and manage your response/behaviour better.

7) Introduction to journaling as a tool for practising to recognise, name and understand emotions experienced throughout the days. The journal can be used in the next days of the program for other reflection methodologies.

For journaling participants can either use notebooks, digital tools or create their own journals by folding and stapling together A4 pages, decorating the front page (for this plan extra at least 30min).

**GOAL 8:**  
**QUALITY**  
**LEARNING**

<b>Name</b>	<b>The star of your own constellation</b>
<b>Specific Objectives</b>	Target creative writing, team-building through the creation of a common story/background.
<b>Duration</b>	150-180 minutes divided into 2 sessions
<b>Space</b>	Outdoor, but the first part can be planned indoor
<b>Group size</b>	minimum 6, maximum 35
<b>Resources &amp; Preparation</b>	Torches, a printed map of the sky of the specific night in which the activity takes place per group, sheet of papers, pens. If possible, it's recommended to use a red light-torch or a red plastic sheet to put on top.
<b>Description of the method step by step</b>	<p>1- Divide participants in small, international groups and invite them to observe the star map for the evening in the location of the exchange. Advise participants to use the brightest stars in their constellation to make identification easier. Use this website to print the map of the sky: <a href="https://www.stelvision.com/astro/sky-map/">https://www.stelvision.com/astro/sky-map/</a> If they wish, they can also download the app stellarium to help them to recognize the stars in the sky.</p> <p>2- Encourage each group to create their own constellation based on the visible stars, by uniting the stars together in a drawing, and to imagine a legend for it, using Greek legends as inspiration. Optional: Make Red Flashlights: Ask participants to construct flashlights with red plastic covers to enhance visibility in the dark.</p> <p>3- Take participants and leaders, equipped with red flashlights, to a clearing in the forest.</p> <p>4- Have everyone sit in a circle and give time to each group to narrate their legend in turn while passing around the constellation map for others to see.</p> <p>5- After all the legends have been shared, the participants can now use their red flashlights to view the drawings and attempt to recognize them in the night sky.</p>

**GOAL 9:  
SPACE AND  
PARTICIPATION  
FOR ALL**

Name	Rules' Agreement - Guiding questions
<b>Specific Objectives</b>	<ul style="list-style-type: none"> <li>• Agreeing on the norms and rules of the group</li> <li>• Discovering what are the actions each individual can take in the group to respect the personal boundaries and fears</li> </ul>
<b>Duration</b>	60 to 90 minutes, depending on the group
<b>Space</b>	Indoor/Outdoor, just make sure that there is enough space for smaller groups to be able to work without being interrupted by the discussions of another group
<b>Group size</b>	15 to 40 participants
<b>Resources &amp; Preparation</b>	One document printed for each group created. <b><u>HERE</u></b> , you can download and print the needed document.
<b>Description of the method step by step</b>	<ol style="list-style-type: none"> <li>1. Divide the participants in smaller groups of 4-5 people, preferably one from each participating country. In case of linguistic barriers, you can make groups of 2 couples of different nationalities.</li> <li>2. Present the task: from the guided questions we expect each group to come up with maximum 2 proposals for each in the categories (time, venue, communication etc). Therefore, each team should present not more than 12 proposals for the final common agreement.</li> <li>3. Give a printed document to each small group.</li> <li>4. Give 30-40 minutes for the groups to create the proposals.</li> <li>5. After time is up, each group presents their work through an open conversation &amp; the rules become agreements, if agreed upon by all the participants.</li> </ol>

# CONTACTS



## ASSOCIAZIONE DI PROMOZIONE SOCIALE JOINT

### VENUE:

VIA ANTONIO GIOVANOLA, 25/C  
MILAN, ITALY

TEL: +39 02 56 56 87 79

EMAIL: [INFO@ASSOCIAZIONEJOINT.ORG](mailto:INFO@ASSOCIAZIONEJOINT.ORG)

[WWW.ASSOCIAZIONEJOINT.ORG](http://WWW.ASSOCIAZIONEJOINT.ORG)

[WWW.SCAMBIINTERNAZIONALI.IT](http://WWW.SCAMBIINTERNAZIONALI.IT)

[WWW.YOUTHFOREUROPE.EU](http://WWW.YOUTHFOREUROPE.EU)

[WWW.VOLONTARIATOINTERNAZIONALE.ORG](http://WWW.VOLONTARIATOINTERNAZIONALE.ORG)