NON-FORMAL EDUCATION MANUAL

ESC PROJECT: Healthy environment, healthy human!

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SPAGHETTI AND MARSHMALLOW TOWER

The team will practice the design process that includes thinking, doing, prototyping, and iteration. The basic idea is that a team is given a handful of supplies to work with — spaghetti, tape, and string — and they should built the highest possible tower that can support a marshmallow, through collaborating with each other.

Duration

10 minutes are required in order to give explanations and make the groups. Afterwards, 18 minutes are given to build the tallest possible tower that can support a marshmallow. Finally, 15 minutes are required in order to measure the towers, find out the winning group and make an evaluation about the technics and mostly about the collaboration.

Preparation

According to the number of the groups that we have we should prepare a big space optionally with tables (one for each group) and chairs. If it is not possible, we can run the activity on the floor, given that the floor is smooth and not a ground (e.g. outside)

Participants

12+ (each group should have equal number of participants)

Materials

10 Spaghettis, 1 meter of tape, 1 meter of string, one marshmallow

TUBES AND BALLS GAME

The basic idea is to collaborate with your team in order to carry the ball in a specific place. The ball should slide through the paper half tubes. Every two or three participants hold one tube. If the ball falls down, the group should start from the beginning! The participants practice their collaboration skills, their patience and fair play idea in order to elaborate a technic all together.

Duration

10 minutes are required to separate the participants into two groups, give them the instructions and the materials about the game. Afterwards, 5 minutes are given to the teams in order to elaborate and discuss their technics. Finally, 10 minutes (or more if the distance is longer) are given to the groups in order to achieve their goal.

Preparation

We need to prepare a big outside or inside space with marked lines (with tape) that can show the rout that the groups should follow and at the end of the rout a bowl or a hole that the ball should be placed

Participants

20+ separated into two or more groups. The number of the participants should be equal in each group. Each group should have 8+ participants.

Materials

Paper half tubes (long as you need, for two or three people), ping pong balls, tape for the ground, a bowl for the final destination of the balls.

ZOMBIE GAME

The basic idea is to collaborate in order to find a technic. More specifically, all participants are sitting on chairs except for one which is the "zombie". In the room there is one chair empty and the "zombie" is trying to sit on the empty chair. The participants try to sit on the empty chair in order not to let the "zombie" to do it. The basic rule is that if a participant stand up from her/his chair she/he is not allowed to sit back again to the chair she/he stand up from while the "zombie" should walk normally without running.

Duration

10 minutes will be needed in order to give the instructions to the participants. Before every round is given to the participants 3 minutes to discuss their technic and each round lasts maximum 15 minutes. We can make in total 5 rounds. At the end 10-15 minutes are needed for evaluation and discussion about collaboration and team-working.

Preparation

We need a big closed space and as many chairs as the participants plus one empty for the "zombie" who usually is the coordinator. The chairs should be spared in the space randomly and some of them should in a circle position. However, the circle should not be apparent to the participants.

Participants

15+

Materials

chairs

"THE ODD ONE DOT" GAME

The basic idea is the participants to create groups according to the spot that they have on their heads. The rules are that they cannot see their own spot, they cannot touch each other and they cannot talk. There are groups of spots with the same color, but there is also a spot which is unique. The purpose is to talk about exclusion and why people tend to separate everything according to the differences (colors) and not according to the similarities (spots).

Duration

5 minutes or giving instructions. 10 minutes for the game and 15+ minutes for evaluation and discussion

Preparation

We need a big empty space indoors or outdoors. Stick one spot on each player's forehead. Players should not know what colour spot they have. Tell the players to get into a group with others who have the same colour spot without talking or touching each other. Be aware of who gets the unique spot.

Participants

10+

Materials

Colored sticky paper spots. For example, for a group of 16 people you will need 4 blue, 4 red, 4 yellow, 3 green and one white spot.

FORUM THEATER

A play or scene, usually indicating some kind of oppression, is shown twice. During the replay, any member of the audience ('spect-actor') is allowed to shout 'Stop!', step forward and take the place of one of the oppressed characters or to give indications about changing the story, showing how they could change the situation to enable a different outcome. The "oppressor" can never be changed. The other actors remain in character, improvising their responses. A facilitator (Joker) is necessary to enable communication between the players and the audience. The strategy breaks through the barrier between performers and audience, putting them on an equal footing. It enables participants to try out courses of action which could be applicable to their everyday lives.

Duration

10 minutes are needed for the instructions. The play can last from 10-15 minutes according to the topic. The replay with the interventions can last from 20-30 minutes according to the topic and the participants' involvement. After the end of the second play 15-20 minutes are needed for discussion about the topic and the solutions that were given to the problem.

Preparation

Be in a comfortable place with chairs for the audience. We present a story of conflict and ask some participants to act it out. The rest of the group are spect-actors: they assist to the performance and will be called to intervene when the scene will be played out. The role of the coordinator is to act as the 'joker', and your task in the play is to mediate between the actors on the stage and the audience. The joker must be impartial and should never judge the intervention.

Participants

Up to 10 for the playing and as many as we can host for the audience.

Materials

No special materials are needed. According to the topic that you choose you should provide the necessary materials.

DRAWING FIGHT

The basic idea of this activity is to draw as a couple holding the same marker, a different and controversial picture each. The couples do not know what the other person in their couple wants to draw– the one a sunny day at the beach, the other a night in the big city– and during the process they are not allowed to talk. The purpose of this activity is the participants to discover their personal limits and their imagination in order to collaborate and create something in common.

Duration

5 minutes are needed for giving the instructions. The process lasts for 10 minutes and the evaluation and discussion 10-15 minutes.

Preparation

We need to separate the participants into two groups firstly in two different rooms. To the first group we say that they should draw a sunny day at the beach and to the second group a night in the big city. We bring the two groups together, we ask them not to talk and we ask them to be a couple with someone from the other team. We provide to them one paper sheet and one pen for both. We ask them to hold the pen together at the same time. We count down and the game starts.

Participants

8+ the number of the participants should be even in order to make couples.

Materials

A4 Papers, pens and optionally tables and chairs

THE CITY GROWS IN NEW COLOR

This actvity consists in a photo reportage of the city in which the participants are asked to go around the city and take pictures and make their own reportage according to their view. Participants are invited to record the colors and the features of the place which is looked in a differet way from their cultural aspect.

Duration

The activity has different phases, and its duration can vary according to the size of the group of participants and the extension of the city where the photo reportage will take place.
As general indication, the activity has three phases, with the following duration: Explanation of activity: approximately one hour. Photo reportage: The participants should then have enough time to accurately explore the, so two hours is recommended but this phase can last up to half day. Debriefing after the photo reportage itself that can last up to 1,5 hours.

Preparation

The first phase is dedicated to the explanation of the activity, division of the group of participants in subgroups and assignation of one area of the city to each group. Afterwards the photo reportage starts. The participants should then accurately explore the city (namely entering in shops, interacting with people...). Finally the debriefing after the photo reportage itself starts and closes the activity where the groups gather again into one, to collect and show the pictures taken, in order to reflect on the results of the activity and their meaning. The best pictures taken can be printed out on panels and shown in separated activity, a public exhibition where the results of the activity can reach a wider audience.

Participants

10+ including local people

Materials

Maps of the city (paper), maps of the world to project on the wall, computer, projector, cables for transferring data from cameras/mobiles to the computer or alternatively a universal SD card reader. cameras, where available, but also mobiles are good to take decent pictures, cardboard as background of the printed pictures, clasps or hooks to hang them on the wall or, if the exhibition takes place outside, tripod to hold the panels.