



AYOY ARE YOU OUT YET?!
Method Book



Globala Kronoberg

Globala Kronoberg is an international center in Kronoberg, Sweden.

Our goal is to create international opportunities in the region so that youth and youth leaders can develop skills through informal and non-formal learning, get to know other countries and cultures and also become more involved with local projects and initiatives.

We coordinate different projects within the ERASMUS+ programme and

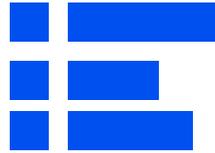
we support the participation of young people, youth workers and organisations in EVS, youth exchanges and meetings across Europe and in Sweden.

In 2015 we arranged the first Erasmus+ training course for youth leaders in Kronoberg and this method book is the result of their ideas, methods and work tools.



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For the last three years, Globala Kronoberg has been organizing a youth exchange called Go out Be in with youngsters from different countries. In these exchanges we promote activities outside and motivate youngsters to leave the private space of their homes and enjoy funny activities in the nature or in the urban public spaces.

After 3 years of organizing this exchange, we thought it would be interesting to have the opportunity to share our experience with other organisations and also to get inspiration and more knowledge in the fields of leadership and outdoor activities.

To achieve this goal, we organized an Erasmus+ training course called Are you out yet (AYOY), in Moheda, Sweden, in the summer of 2015. During 10 days, youth leaders from Sweden, Spain, Malta, Cyprus, Hungary, Armenia and Austria tested different methods and tools for working with youngsters in an outdoor environ-

ment. The training resulted in this method book, which gathers some of the activities that we arranged and tested.

We hope that you find in AYOY method book, an inspiration for your work as a youth leader, as well as practical advices and tips for activities outdoors.

Here you can find full description of each activity and information about the place, the environment and the number of participants. You can also read advices for leadership, comments from participants and ideas for adapting the activities to different target groups.

We hope the AYOY method book will be usefull in your work and will inspire your youngsters to use the outdoors in a funny and dynamic away!

Enjoy!

Globala Kronoberg's team

TO PLAY IN
FOREST



Tree Orientation

General description:

The game is an exercise that is done in pairs, one person leads the other person who is blindfolded through a forest or other tree populated area.

The objective is for the blindfolded participant to remove the blindfold after he is led back and then go and identify his or her initial tree.

Rules:

There are two rounds. In the first one the blindfolded participant is led by another person to a random tree. The tree is selected by the person who is leading the participant. The leader

should communicate with the participant continually. He or she is also responsible for the blindfolded person's safety.

The participant is led back to the starting point and is then allowed to take off the blindfold.

In the second round the participant that was previously blindfolded is asked to find her or his initial tree.

Learning outcomes:

This activity builds trust between partners and requires reliance on other senses than eyesight. It also promotes connection with nature.



TARGET



6+

PLAYERS



2+

MATERIALS

Good shoes
Blindfold



What I have learnt

Costas Katsantonis, Cyprus, 27

I think it's a good activity! I learned how a blind person feels, rely on your other senses and enhance them



Loved it

Linda Winkler, Austria, 23

Good for self-development! Finding the tree is the challenge but in addition, you have to trust your other senses as well as the person leading you. I just LOVE it.

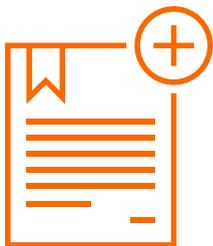


Being Alert

Nelli Mkrtychyan, Armenia, 30

I love nature so for me it was about feeling the tree with your senses. You have to be alert, feeling is seeing. You should also follow your instincts to find your tree. It's the best way to find nature in you

EXTRA RULES



To feel closer to nature, participants may play barefoot.

To make the activity more challenging, the leader of the blind participant would not be able to speak or make sounds. Leaders could also spin the

blind or tie the hands or feet of the participant.

In Christmas time, participants may wish to decorate the trees.

If large groups are present and time limited, the blind could be set out all at once.

TARGET ADJUSTMENTS



Every age group could be potentially included in this activity, however supervision would be required for younger children. If participants have special needs in terms of mobility and access, other version listed below could be useful. Other senses could be used such as taste, smell, touch and hearing.

In terms of taste, participants could identify flavours such as fruits, vegetables etc.. Smell could also be used as an alternative. Examples include flowers and plants. For immobile participants, items could be brought to them and examined by touch. Listening to sounds in nature could also be of use.

USING OTHER ENVIRONMENTS



In an urban environment, people could be used instead of trees. Participants could identify persons by feeling hands, faces or other body parts. On a beach, participants could use large boulders instead of trees. Gardens could

provide a fertile playground for younger players (3-7). Kids could use vegetables, fruits and plants.

The main activity may also be performed at night. Blindfolds might come in handy from those scary nights!



DID YOU KNOW ?

Additional tips



It's an exercise about trust, so it can be used in any group, even for beginner groups.

If you want to make the game more challenging try adding some obstacles or set a time limit for the people to find their tree.

Think carefully when you are choosing the environment for the activity. It shouldn't be close to strong traffic and dangerous areas.

As far the leading person is concerned he or she should:

- Establish good communication with the blindfolded person

- Be aware of the dangers around

- Make the blindfolded person feel safe by giving clear instructions

- Try to be the blindfolded person as well!

It is always good to know how the person that you are leading might feel by doing the exercise your self. Plus, it's fun! This is of course applicable in almost every other activity too.

DID YOU KNOW ?

How to Leadership for Derps...



If your team is looking sleepy and out of energy, perhaps its time for a quick energizer activity!

Clear instructions go a long way :)

Imagination is more powerful than knowledge - Albert Einstein

When big groups are present, a whistle or a bell will help you rally up the troops!

Leaders are the ones who empower others.

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves. - Lao Tzu



EGGersize

General description:

The participants are divided into equal groups and they are all given the same materials and instructions. Each group needs to create a "cushion like" construction from given materials, in order to catch the egg once it is dropped from a specific height to protect it from breaking.

Rules:

All the groups have the same time and they all throw the eggs from the same height.

They are allowed to use only given materials and natural items (E.g. wood or grass). Each group has the opportunity to throw the egg twice.

Learning outcomes:

This activity helps to build team spirit in groups, where participants are working together, collaborating and creating.



TARGET



12+

PLAYERS



15+

MATERIALS

- Eggs
- Baloons
- String
- Straws
- Scissors
- Tape
- Paper



There is no bad ending

András Csóvári, Hungary, 18

The team really has to work together. It's not really good for unexperienced team. In our team all of us had ideas, than we started then changed. It's more better for older. You need

experiences. You need a mature team.

There is no bad ending, even the eggs brake, because the team had fun.



Teamwork!

Cristina Pulido Vázquez, Spain, 18

It was good, because we worked together, each one did something, collect things, built it, give ideas how to do it. You had limited time to work on it.

ge, so it's hard to tell what we are thinking. We had different ideas, but in the same time we end up doing the same thing, improve it.

In every team there is someone who is not working. We don't have the same langua-



There is a lot of room for expansion

Kyle Ferrigi, Malta, 18

You can use recycled material. It's not very active, it's important to have energizes breaks.

There is lots of room of expansion. It could fill up your whole day.

EXTRA RULES



Have a time frame for example 30 minutes, Don't use pillows, blankets or shoes.

TARGET ADJUSTMENTS



If the activity is going to be used with young children, they could paint the egg with different smily faces, animals or heroes figures to make it more fun for them.

For teenagers they could make a rocket or a parachute and then drop the egg in the nest so it lands peacefully.

For children with disabilities, they could drop the egg from a window in the first or second floor instead of climbing on a ladder. Another option is to

build something that could be used to hold the egg and drop it from an elevated position aka, the reacher.

To make this activity a bit harder, you could let the children/youth hold a spoon in their mouth which they try to balance an egg on before the drop it from a height.

Another idea is to build something that works as a house/box for the egg and then drop/throw the egg and then see whether it will break or not.

USING OTHER ENVIRONMENTS



Park, school yard, forest, beach etc

You can use a water filled balloon instead of the egg if you

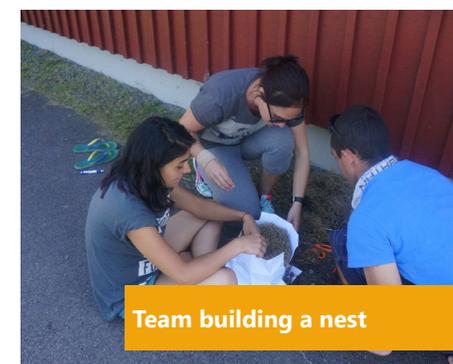
are in an environment that you don't it to be too messy.



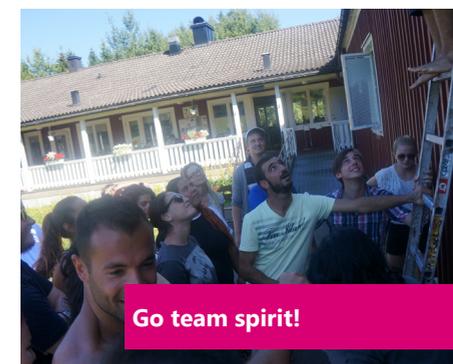
Creative egg catcher



Moment of truth



Team building a nest



Go team spirit!



Boat Race

In this activity, players must get from one point to another without touching the ground.

In order to achieve this, players must use two wooden planks which act as 'boats'. Other pieces of wood (roughly about the size of a foot) are placed around the course and could be used as 'islands'; immovable land which could be stepped on.

Once the team is ready, they should stand at one side of the course on one plank. In order to navigate this course, teams must use the planks and islands to reach the end point.

Additionally, the player

in the front of the plank must be the last player to leave that said plank. This player should help the other players across to the other island or plank.

If at any point a player touches the ground, the whole team must start again from the beginning. To add competitive spirit, teams should be timed and encouraged to complete the course in the fastest time possible.

This game could be played anywhere, ideally in an area with flat ground.



TARGET



6+

PLAYERS



5-12

MATERIALS

Planks of wood
Wood pieces



All about team work

Martina Borg, Malta, 18

This game is all about team work and a good strategy. I played this game with a group of adults, so I found it quite challenging, because the wood pieces were quite small. But our group still did a good job and we succeeded. I'll definitely

recommend to play this game with children too as it is very fun, and brings all types of teams together.



It's the people

Kristof Szerencses, Hungary, 23

First I had my doubts, but then I realised that it's not bad at all. After the instructions were clear, we managed to do it with a

lot of laughter. It all depends on the people you are with.



Communication is the key

Eman Khalif, Sweden, 28

I really liked the game. It would be good if it's played with children, and having people with different weights will make the

game more fun and difficult. The boat race will help your teams to work better together.

EXTRA RULES



For this activity you can add some extra rules, e.g. the participants can wear a "chain" on their wrist or legs.

The activity could also be a treasure hunt where one of the islands or stationary stepping stones hides a secret message or item.

There can also be modifications done in order to adjust difficulty level in relation to the order of which the participants are required to move as well as the distance between stepping stones.

TARGET ADJUSTMENTS



To make the game more interesting for both children and adults you can attach a theme to the activity.

Also the participants can create individual roles for themselves which they will play throughout the activity.

The boat-race also can change to be a treasure hunt with "stops" where the participants move from island to island to look for an item that has been hidden in one of the "stops".

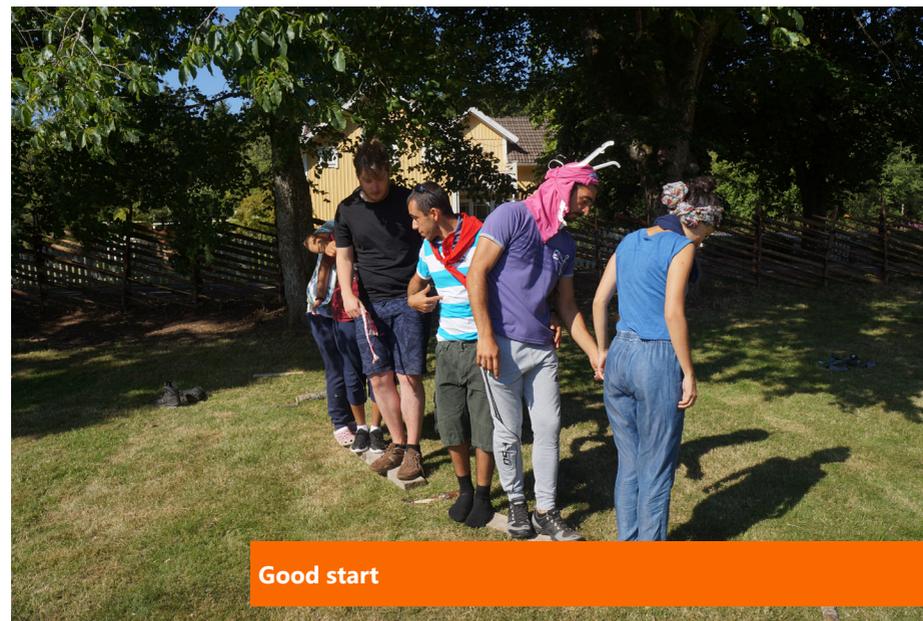
USING OTHER ENVIRONMENTS



The boat-race is perfect for both indoor and outdoor activities.

Depending on the weather you can either play it in a garden or in a room.

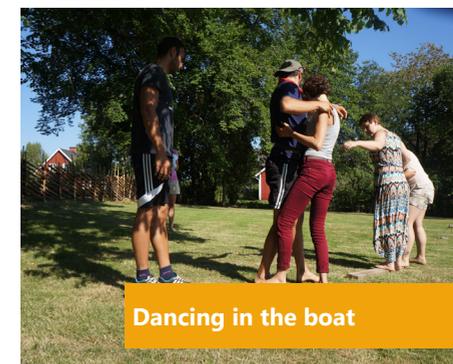
If you want to play it indoors, you can use pillows or papers for steps or planks while outside you can use actual wood.



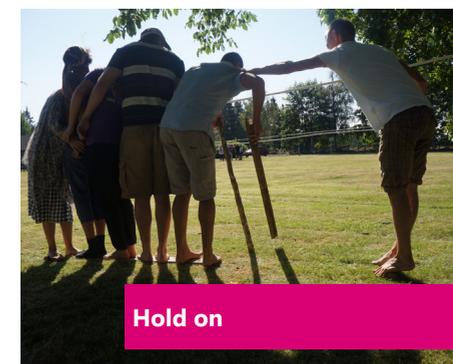
Good start



Almost falling down



Dancing in the boat



Hold on



Land Art

The goals of this activity is to get people in touch with the nature, to be creative, and to use what someone may think is "rubbish" to create art.

Rules

You should not break a branch or destory anything in the nature in order to create your piece of art. you may collect and use anything that you find in the nature, e.g: stones, branches, leaves, flowers and fruits.

Outcomes

You find that nature is a part of us, work as a team and you get amazed how create you can get.

You learn to use whatever you find to create a piece of art, you learn to look at things with fresh eyes.



TARGET



6+

PLAYERS



2-6

MATERIALS

whatever you could find on the ground, (stones, branches, leaves, flowers and fruits)



Creative... Really brings people to nature

Tatev Hovhannisyan, Armenia, 24

In my opinion, this activity perfectly brings the ideas of creativity, teamwork and connection with nature. In our experience team members where thinking outside the box and using materials in nature which I would have never

thought about using. What i liked especially is that the art does not disturbe nature and only brings together materials already present in the outdoor enviornment.



Creates awareness for the environment...

Desirée Velasco, Spain, 27

Interesting activity, I really enjoyed this day and wish it could have been longer. The fact that it was just us and the enviornment first looked like an impossible challenge, however once we go the ball rolling it was hard to stop.

Our team used this activity in order to spread awareness on enviornmental and social issues. Back home we use this game to help children get in touch with their feelings and help express them.



Uses nature to relax you....

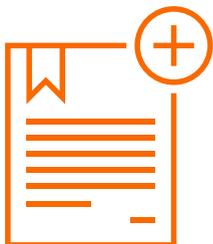
Joana Pinheiro, Portugal, 32

The strong points in this activity are creativity and relaxation in a natural enviornment. The focus of this activity is the nature and bringing people outdoors. Most people think of outdoor games as very active activities but this is a good

alternative.

However the biggest lesson I learnt is that art could be bio-degradable and not damage the enviornment while looking impressive and expressive.

EXTRA RULES



To give a topic to your groups will make the land arts more interesting. For example, if you choose seasons, and you have four groups, they can have one season each.

Set a time limit for your teams to collect their items and another time limit for them to construct their land art

TARGET ADJUSTMENTS



This activity can - and will - be fun for any age group.

It works well with children, teens, adults and elderly. Give the young ones a simpler topic and maybe more time to create their art.

It works well with big groups as they will work more as a team, but you'll be amazed by the art created if you present the task to individuals.

USING OTHER ENVIRONMENTS



This activity can be adjusted to be created in different places. The would look nice in forests, on the beach, inside or outside.

You can also try to make your city look better and more vibrant by creating your art there.



DID YOU KNOW ?

Additional tips



As a leader it is important to make sure that the art is created with parts found in the nature and not parts that are being "harvested".

The art can also easily be attached to a theme. For instance ask the participants to create art relating to animals or pirates.

It is good to allow the participants to have adequate time for reflection and execution of their art project.

If the activity goes on for too long, be sure to have small breaks were you engage in some sort of physical activity

since energy tend to go down if participants stay immobile for too long.

It can be a good way to engage people to make sure that the land art is interactive.

You can combine the land art with the activity called "Egg Catcher" for example. The land art can be produced as a tool to catch the egg.

DID YOU KNOW ?

Traditional Games



Traditional games are a great way to bring youth outside and to make them share their own culture? Here we gathered some ideas of traditional games from Cyprus, Spain, Malta and Hungary.

1- Μαντήλι and Pañuelo

This game is plaid Cyprus & Spain

To play this game you need to have a piece of clothing that one person will hold, standing in the middle of two groups who are standing in line facing each other. The two groups should of equal numbers and then give every

person a number according to how many they are, for example from 1 -10. After that give them one minute to think and change their numbers, then you start the game the leader (cloth holder) yells a number and then the persons who has that number from both teams run to grab the clothing and run back to their team.

https://es.m.wikipedia.org/wiki/El_pañueloPolice and thieves -

2- Policía y ladrón

This game is played in Spain and Malta

<http://adigital.pntic.mec.es/~aramo/juegos/juego53b.htm>

3- il borza

This game is played in Malta

To play this game you need to have a bag attached to a rope, the bag must be filled with some soft things. Next, you need to form the group in a circle, and one person with the bag in the centre who circulate the rope on the floor can get hit with and eliminated until there will be one winner .

4 - Fire, water, plane

This game is played in Hungary

To play this game you will need three words, fire, water and plane. When you yell FIRE the group has to run to the closest pole or tree. When you yell water the group has to run to the closest bench and stand on it. When you yell plane, the groups has to stand in a pose forming a plane. The last one to get there goes out until there is only one left.

<http://blog.mindennapraegyjatek.hu/index.php/2009/06/tuz-viz-repu-lo/>



We, the team in Globala Kronoberg and the participants of Are you out yet?! hope that this method book is useful for you who work with young people and promote activities outdoors. We see this method book as a work in process and we plan to extend it with more activities, advices and tips every year during the Training course in Sweden. You, as a user, are more

than welcome to send us new material that could be included in the book such as description of fun and interesting activities performed outdoors, advices about leadership and also curiosities about being a leader in international exchanges!

In the meanwhile, enjoy and be outdoors!

Would you like to take part in the development of the next version of this Method Book or to be informed about the next releases?
Please join our facebook group:

www.facebook.com/groups/1678806239007398/