Training

report

30.04.2024

Introduction

Background

The EUtopia training took place from April 8th to April 12th, 2024, in Budapest, with the participation of 17 young people aged 18 to 25, who were selected and prepared by the partner organizations of the project. Each of the young people came to the training with an idea for a utopian project that aligned with the project's theme, and during the days spent together, they worked on developing and refining their ideas. The activities, coordinated by the GYIÖT and based on material prepared by project partners, consisted primarily of non-formal learning exercises, utilising tools and exercises developed within the framework of the EUtopia project. In this sense, the training also served as a testing ground for the project's outcome products and provided the partner organisations with greater insight into the needs, expectations, and potential barriers faced by the age group.

Organisational background

The organisation of the young people's travel, the provision of accompanying persons if needed, and the booking of accommodation were handled by the partner organisations. GYIÖT collected background information and suggestions in an infopack for this purpose.

The workshops took place in the training room of GYIÖT, which typically accommodates groups of 20-25 people for non-formal learning. The training room is air-conditioned and equipped with a projector, whiteboard, and flipchart. Lunches were provided by the coordinating organisation at the training venue, ensuring that all dietary requirements were met. We have enlisted Zita Szalai, who has experience working with GYIÖT in similar situations in recent years, to work as the trainer.

Participants

The training was attended by 4 young people each from the Polish and Italian organisations, 3 from the French and Hungarian organisations, and 2 from the Belgian partner organisation. The Italian group was accompanied by one chaperone (teacher) as the group, while the French and Belgian participants were accompanied by the project coordinators. The Hungarian host organisation also had the project coordinator, their official representative, and the assigned trainer present throughout the training. Logistics were facilitated by additional staff.
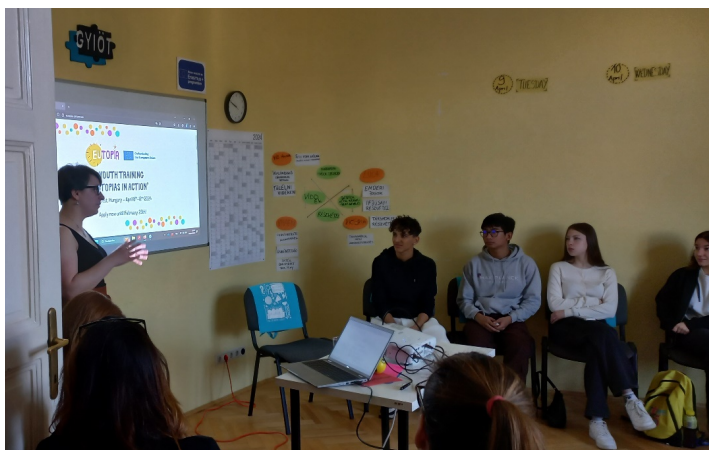
Program

Day 1. – 08.04.2024

19:00 – 22:00   Common dinner and optional walking in Budapest city centre

Day 2. – 09.04.2024

9.30–10.00   Introduction, what is the project and training about, what is GYIÖT and useful info about the office
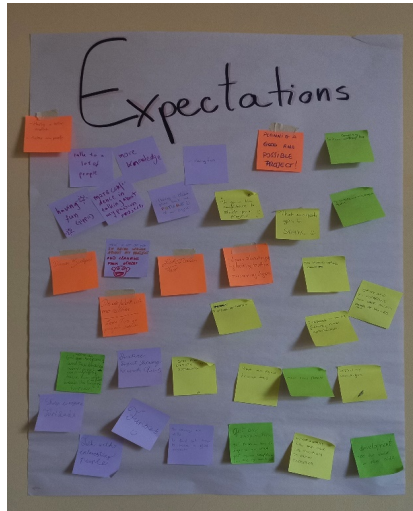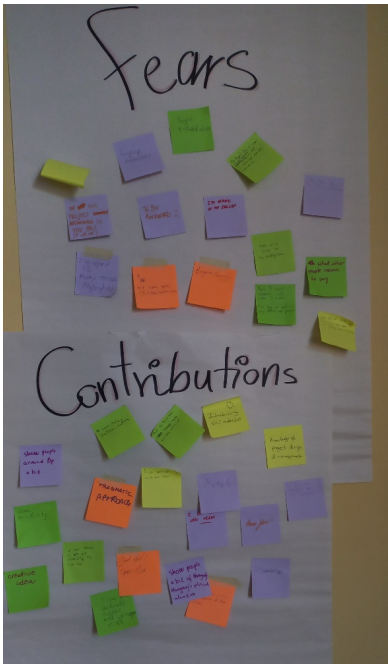Introduction about the project, the project partners, the facilitators and the oganisers.

10.00–11.00   **Icebreakers, getting to know each other, programme flow, expectations**

Getting to know each other's activities. Introduction to the training programme and flow also sets the expectations, fears and contributions.

Intro circle: Participants share their name, age, field of study or areas of interest, and a unique personal strength or "superpower." The aim is not only to getting to know each other but the icebreaking as well. In this activity it is always good when the facilitators ask some extraordinary topics (like the superpower in this case).

Blanket game: The group is divided into two parts, seated on the floor and separated by a blanket. When the blanket is pulled down by the facilitators, the two people in the front have to quickly say the other's name. whoever was faster is joined by a person from the other group. The aim of the game is to learn names and to be first to identify the other person behind the blanket. It ends when one side runs out of people.

Clap circle: Short energiser to boost the energy and prepare participants to engagement. One by one, going around the circle, participants need to say their name on the fourth beat of the rhythm (so clap, clap, name). This time going around the circle get everyone to say „My name is…" to the rhythm. Once everyone in the circle has said their name, go around the circle again.

Name game with a ball: This exercise facilitates memorisation of names and fosters group interaction. After everyone has stated his/her name, call someone's name and toss the ball to that person. The recipient must then call someone else's name and toss the ball to that person. Repeat until everyone in the circle has been tossed the ball once. Instruct them to remember to whom they throw the ball. In the next round, they need to toss the ball in the same order, the only extra instruction is to be as fast as possible.

11.00-11.30	**Coffee break**

11.30-13.00   **Group building activities, name learning**

Silent line-up: Challenge the group to line up in order of their birthdays, height, or any other sequence without speaking. It's a fun way to get people moving and cooperating without the need for personal conversation. Also helps participants to get information about each other and they can detect similarities and differences as well.

Speed dating: In this version of speed dating, each participant receives a question card. Individually, they find someone from the other party and ask them the question, and after answering, the other party asks the question. At the end, they exchange question cards. They don't talk about anything else, they just answer each other's questions. The activity continues until everyone has met everyone else.

Mission impossible: As a team, participants are given a list of tasks to complete in a set time. During the preparation, the facilitator gives far more tasks than can be completed but does not share this information with the participants. The aim is to set the group's moral and the base of good cooperation in the group and to complete as much as possible in a team, and an important part of the exercise is the joint evaluation and sharing of experiences.

Two Truths and a Lie: Each person will take a turn to state three things about themselves - two truths and one lie. The order doesn't matter. The rest of the group then has to guess which statement is the lie. It is suggested to use this activity at the end of the get-to-know-each-other section when the participants has already more information about each other.

13.00-14.00   Lunch break

14.00-15.30   Project ideas, the concept of utopia-dystopia, brainstorming

Brainstorming: in this introductory exercise, the aim was to enable the participants to be as free and creative as possible in their thinking about the meaning of utopia and dystopia. The instructions included that the explicit aim was now to move away from reality in order to generate the most diverse and varied responses possible. The aim was now to free the participants' thinking and to create new perspectives, thinking outside the box.

Getting to know what utopia/dystopia means in a youth project setting.
National groups introduce their project ideas - create a poster to share the main characteristics: Idea, target group, and main outcome they want to see.

15.30-16.00   Coffee break

16.00-17.00   Energiser: the participants went around the room and appreciated themselves and others about the project presentation. They gave positive feedback and acknowledgements to feel the importance of their work in the previous session.

European opportunities for youth

A short presentation, and conversation in small groups about the relevant EU opportunities.

(After the training we can send the pax the whole content link)
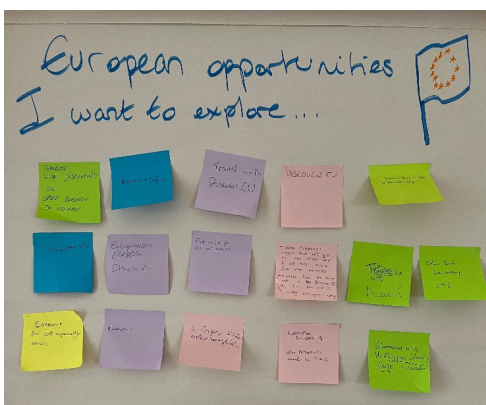
17.00-20.00   Evaluation of the day, information about the city hunt activity

Everyone shares in one sentence how was the day for them. This session didn't need extra methods, because it was an intense day for all the participants. – Introduction to city challenge game. Short introduction of SEPPIO gamification platform and the program. City game visiting points: Parliament building , River Bank, Chainbridge, Buda castle, Fisherman's Bastion. Activity is done in 3 small groups. Dinner place: Langos as the final destination of the city game.

20.00–21.30   Common dinner

At the end of the city hunt activity participants met in the centre of Budapest and had a traditional Hungarian dish (Lángos) alltogether.

Day 3. – 10.04.2024

**10.00–11.00**

Energiser: this is my chair game

The members of the group sit in a circle on equally spaced chairs. There is also an empty (extra) chair in the circle. The person sitting next to the empty chair knocks on the chair saying "This is my chair!" and then sits on it. The row continues (as there will always be an empty chair) - but every third player bats on the chair and announces the name of another player by shouting "This is X's

chair!", who must take his/her seat. The game continues at the empty chair. The aim was to energise the participants with a name–learning activity.

Project Thinking game

XOXO for project thinking: game–based learning experience to understand the project planning process: setting aims, discussing actions and important steps, measuring aims, success factors and evaluation. The game is XOXO - a knots and crosses game, played with themselves.
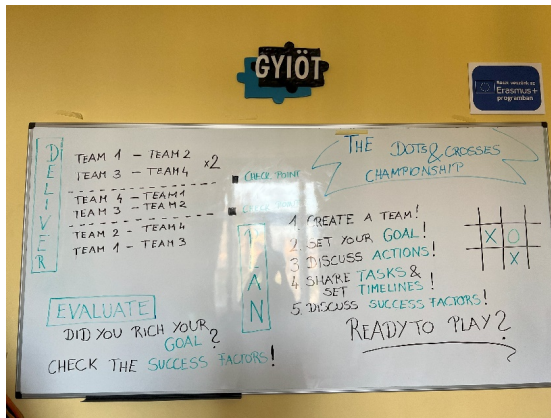
| 11.00–11.30 | **Coffee break** |

| 11.30–13.00 | **Understanding what a project is and project planning** |

Introduction to the Project cycle and its elements (Initiation, Planning, Implementation, Evaluation, Closing) – introduction to what the project is. National groups are getting back to their own plans and analyse their idea connected to their target groups and their needs. An empathy map was used as a tool.

13.00–14.00   Lunch break

14.00–15.30   Project planning: setting SMART AIMS

Tool to set up SMART goals (Specific, Measurable, Achievable, Relevant, Time-based) is presented and then national groups worked together on their own project ideas to set SMART goals and discuss the impact (success factors). During the session, the worldcafé method was used, where each smart target was assigned its own project idea. At the end of the session, each group presented their results.

15.30–16.00   Coffee break

16.00–17.30   Action plan design

Presented the tool created under the EUtopia project and the national groups

worked on their own project ideas. – visits and interviews to support the process.

17.30–18.00   Evaluation of the day

Participants gave summaries and feedback of the day in a plenary circle with

some cards supporting to express their experiences.

18.00–20.00   Preparation of the intercultural night

Every national group prepared something typical or traditional food for the whole group. They could use the training venue's kitchen for the preparation.

20.00–22.00   Intercultural night

After the preparation, they could have a common dinner with some introduction. The Italian group did an activity on typical Italian gestures. They showed a gesture and the others had to figure out the meaning of it. Later the participants showed typical kinds of music of their own countries.

Day 4. – 11.04.2024

10.00-11.00   **Energiser: evolutionary rock-paper-scissors**

All participant started as „Eggs"- walked around with hands on hips, when they won they evolved and became a „Chicken"- walked around, flapping wings, won again they became „Dinosaurs"- standing tall arms above their heads, and finally when they won again they became „Eagles"- spread its „wings" as it were flying. The participant could only challenge their own species.

Project presentation and feedback

Participants have final preparation and discussion before presenting their project ideas with the action plan sheet.. Way to give good feedback is introduced. Each national group is presenting their project plan going through all the aspects of their action plans and feedback is given to each group by the participants and leaders.

11.00-11.30   **Coffee break**

11.30-13.00   **Energiser: grab the finger**

Get everyone to stand in the circle with their arms out on either side. Tell people to put their left palm up, and right finger pointing down (touching the

outstretched palm of the person next to them). When the trainer says „GO", the participants need to do two things at the same time: grab the person's finger in his/her left hand and prevent your left finger from being grabbed.

Project presentation continues

Project presentations and feedback continue – after the detailed presentations, the national groups could have questions and feedback both from the other groups and from the trainers. The detailed project ideas can be found in separate document.

13.00–14.00   Lunch break

Boundaries, project management, skills, challenges

The ideal project manager:

There was a silhouette on the wall (Bob). In a small group brainstorming session, the participants gathered what he knows, what he does, what he feels, what his difficulties are, so they came up with a complex summary of what a good project manager is. At the end of the exercise, they summarised their views in plenary.
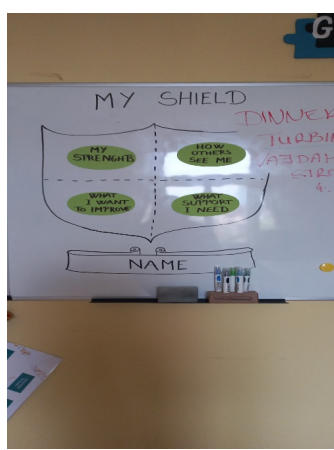
Self-assessment shield

In this part of the session, participants drew a shield where they could put their answers on the previous topic. The shield had four parts, and they could collect what they had from themselves already as strengths, what skills do others see, in what areas do they need support and what the areas that need to be improved.

14.00–15.30   **Training takeaways, evaluation**

Evaluation is done in four different ways:

Leave your mark – 5 fingers feedback technique:

For each finger of the hand, a specific question needs to be addressed. Many of the fingers are easy to remember if you imagine gestures that would include that finger, and/or the meaning that that finger carries in our culture.

1) The thumb. What went well?

2) The index finger. What could be improved?

3) The middle finger. What went wrong? Negative feedback.

4) The ring finger. What would we like to keep?

5) The pinkie finger. What did not get enough attention?

Scoreboard

On the whiteboard, there were six different areas drawn(expectations met, your contributions, logistics and venue, programme, learning outcomes, cultural aspects) like a landing page. The participants could mark their experiences with dots on the board.
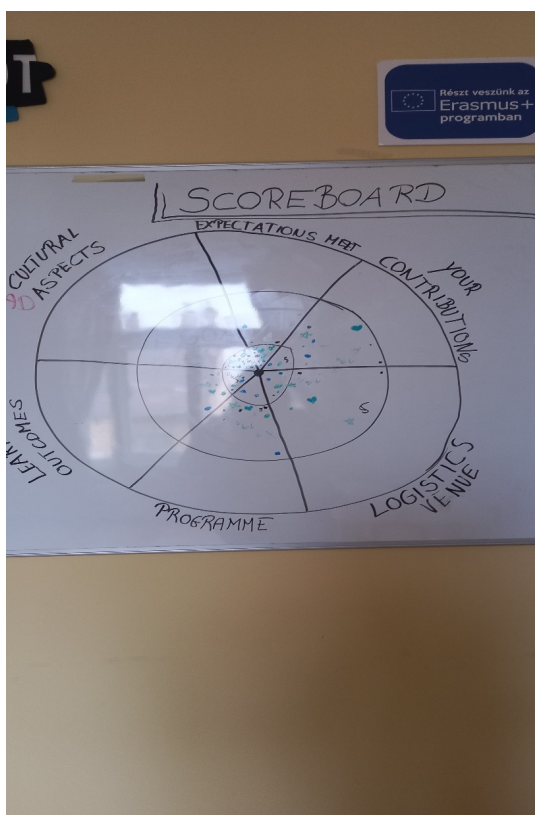
Written evaluation

In a separate document, you can find the results of the evaluation questionnaire and at the end of this document, we've collected some of the answers as well.

Disney cards

On the floor were cards with drawings of different fairy tale characters, from which each participant drew one to answer a question about their overall experience of the programme. Then, in plenary, each participant showed the card of their choice and gave their answer to the question.

15.30-16.00   **Coffee break**

16.00-17.00   **Youthpass celebration**

17.00-18.00   **Closing**

Closing sentences and Youthpass Celebrations (taking group pictures)

The host organisation's president and the coordinator of the EUtopia project gave the certificates to each participant.

20.00-22.00   **Common dinner and free night**

Day 5. – 12.04.2024

Departure day

Evaluation with participants

Participant evaluation was conducted using multiple methods. Each training day concluded with an evaluation and reflection session using non-formal exercises. This allowed participants to actively monitor their own learning process and provided valuable feedback to the facilitators and organisers. On the final full day, participants evaluated the program through non-formal exercises and provided feedback via an online questionnaire.

Overall, the participants expressed satisfaction with the content and delivery of the training, while also offering suggestions and feedback to help the partner organisations improve the implementation of similar activities in the future, tailored to the target group's needs. Below, we highlight some typical feedback and data from the participant evaluations.
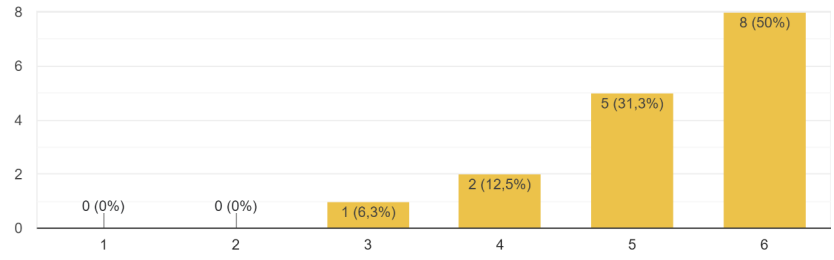
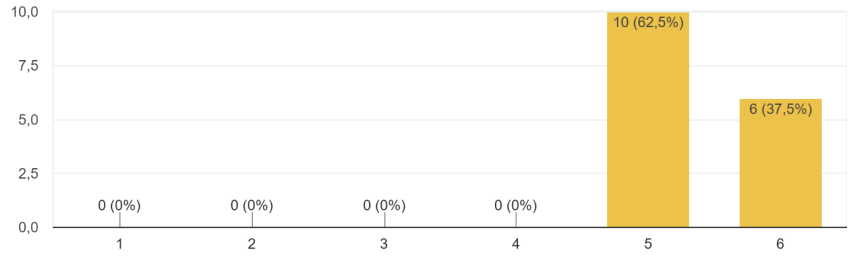## How satisfied with the program of the training?
16 válasz
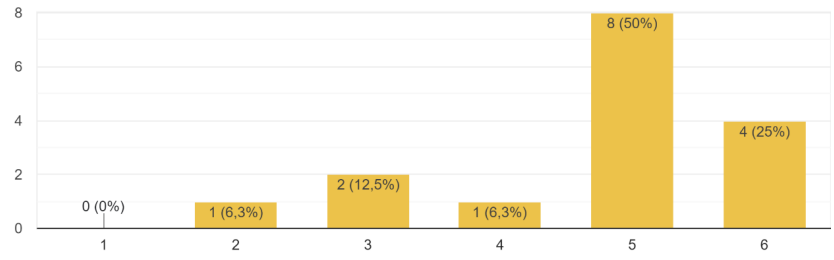
How easy was to understand the contents of the training?
16 válasz

Are you satisfied with your project after the training?
16 válasz

Comments from participants:

- "The best part was talking with other people and doing activities together :)"
- "The personal feedback that we gave each other, including what the organizers gave us."
- "I didn't really feel integrated and I should have waited another year until my level of communication was better"
- "You all did a great job with this project I really had fun... People were so kind, I loved every minute of it. I hope to meet those people again in the future! And obviously with the things we did here, we are 10 times more motivated to achieve our goal and make our project real :)"