

Technical booklet from the youth exchange

"Coop'Action"

Team work and living together

from the 20th to the 30th of June 2018
BEDEILLE - France

Addressed to Youth workers, facilitators, trainers, and everyone who would like to change their lives.



Erasmus+

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Statement of intent

Coop'Action

The main goal of this Youth Exchange was to lead the youth to collaborate and live together and therefore create a better world. To achieve this goal we had several objectives:

- 1- Leading the youth to live together and create a group dynamic
- 2- Using cooperation instead of competition in our daily relationships
- 3- Meeting local examples of "doing together"
- 4- Discovering the local heritage.

We also promoted a simple, healthy and organic daily life applying the Zero waste concept as much as we could to experience this change of life and the benefits of it.

We allowed the participants to create together our daily life (common rules etc.) and to propose workshops by themselves in order for them to have an active role in their youth exchange. It also allowed to rise their critical thinking with several debates and discussions.

Activities

The 10 days went as follows:

- Discovering how to make bread and cheese.
- Cooperative games (the broken squares, the NASA game, the cooperative knot, cooperative chairs).
- Visiting a self reliant community (growing their veggies, raising their animals, producing their bread etc.), and an occupied church transformed into a communal place.
- A two days hike in the country side.
- Participants workshops with:
 - Batiks and mandalas
 - Family game
 - Who am I?
 - yoga session
 - Accrobatic exercices

Sharing know how

During the youth exchange the participants have been sharing their knowledge with us and proposing workshops.

The booklet

The booklet that you have in your hands is written by the participants of the youth exchange with some help of Solafrika's team.

Every workshop we did is described in this booklet

One or two supervisor(s) was chosen for each activity, and was responsible for the writing and the pictures of the technical booklet.

This booklet was sent to each participant, for them to use as a tool to reproduce and improve the knowledge acquired in the development of their projects and daily life.

The partners

Coop'Action has been implemented by four European organizations through the Erasmus+ program:

EYCB - Czech republic

GEYC - Romania

RCM - Poland

Solafrika - France

How to work together?

The NASA challenge

The aim of this workshop is to show and compare different ways of working together and making decisions. Here are all the tools that you can reuse.

INSTRUCTIONS

You are part of a spatial ship' team. You aimed to go to a ship which is on the lighted moon's face. Facing mechanical issues you had to land on the moon 320km far from your meeting point. While landing most of the accessories had been damaged except 15 objects below. It is vital for your crew to meet the rocket and you must choose the essential material for this long trip. You must think with a logical mind for your biological survival and to reach the mother ship. For this exercise you have to classify in order of importance the 15 objects. Put a number from 1 in front of the one which seems the most important for you, 2 in front of the second, and so on until the 15th which is the most useless.

While giving this paper to the participants you tell them that they have 10 minutes to classify in order of importance the 15 objects that they have and put them in the individual order.

After the 10 minutes you will divide the group in 3 groups. Each team will have to compare their order and give a common one.

In each group you ask for an observer. This person has to be out of the group and observe it to define their ability to work together, to listen to each other and to take into account each idea.

OBJECTS	Individual order	Point of disparity	Collectif order	Point of disparity	N A S A order
Box of matches					
Food concentrate					
50 meters of nylon's rope					
A silk parachute					
A portable heating system working with solar energy					
Two 45 calibre pistols					
One case of dehydrated milk					
Two 50 kg tank of oxygene for each					
Stellar map					
Selt inflating life raft					
A magnetic compass					
25 litres of water					
First aid kit, including injection needles					
Signal flare s					
TSolar powered FM receiver- transmitter (middle frequency)					
		Total :		Total :	

Crucial rules to work as a group

1. Avoid to violently impose your point of view. Introduce it as a logical and clear as possible. Listen carefully others opinions and to reformulate it before insisting on your own position.
2. If the discussion is looking like going in the wrong direction, avoid to promote the majority point of view but take care of finding solutions which seems acceptable for all.
3. Don't mask a difference of opinion because you want to avoid a conflict and keep a harmonious atmosphere. Be wary of superficial agreement done too quickly and too easily. Carry the weight of each argument and be sure that the decision has been accepted by for similar or complementary reasons. Promote only the position that are based on logical and objectives bases.
4. Avoid to resolve the conflicts by the common way like : the law of the majority, the chance, the concession dealing. If a rival member end by being agree on a point, don't consider that it's necessary to reward them with giving them the next point.
5. The differences of opinion are normal and unavoidable. You have to promote them and take care that everyone is participating in the discussion.

You give to each group the crucial rules to work together and give them the way they must find a solution. One group will have to find a consensus, the other one will have to vote to the decisions and the third one do as they want. They have one hour to find their final order.

At the end of the hour you gather everyone and give them the Nasa order. They have to compare their personal order with the nasa one and the collective one as well. See which one has less points. (The less points they have the closer from the real order they are).

Then observe how they have been working together. Was it easy? Was everyone able to express themselves? etc.

To debrief:

- 1- Which instructions did you give just before the discussion ?
- 2- Did every participant get the opportunity to express themselves ?
- 3- Did every participant listen to the proposal of others or did they just want to impose their list ?
- 4- Is there some leadership phenomenons , or conflict of under group effect in the several groups ?
- 5- How much time did all the decisions take ?
- 6- Were some groups creative regarding the first idea I gave them ?

What can we conclude from this experience, especially comparing the results of collective and personal scores ?

RESULTATS ET EXPLICATIONS FOURNIS PAR LA N.A.S.A

(A écrire sur un tableau à la vue de chacun)

To make their priority order the N.A.S.A experts were based on the use of 2 criterias :

- ↳ What is insuring biologic life
- ↳ What is insuring the possibility to reach the mother ship.

Those two criterias which together are meaning surviving.

OBJECTS	EXPLANATION	N.A.S.A. ORDER
Box of matches	Without oxygene you can not light them.	15
Food concentrate	Efficient way to fix the energy loss.	4
50 meters of nylon rope.	Useful in scaling cliffs and tying injured together	6
Parachut silk	Protection from the sun's rays	8
Portable heating unit working with solar energy	Not needed unless on the dark side	13
2 45 calibre pistols	Possible means of self-propulsion or ended your days	11
One case of dehydrated milk	Bulkier duplication of food concentrate	12
2 50 kg tank of oxygene for each	Most pressing survival need (weight is not a factor since gravity is one-sixth of the Earth's -- each tank would weigh only about 17 lbs. on the moon)	1
Stellar map	Primary means of navigation - star patterns appear essentially identical on the moon as on Earth	3
Selt inflating life raft	CO2 bottle in military raft may be used for propulsion	9
A magnetic compass	The magnetic field on the moon is not polarized, so it's worthless for navigation	14
25 litres of water	Needed for replacement of tremendous liquid loss on the light side	2
First aid kit, including injection needles	Needles connected to vials of vitamins, medicines, etc. will fit special aperture in NASA space suit	7
Signal flares	Use as distress signal when the mother ship is sighted	10
Solar powered FM receiver-transmitter	For communication with mother ship (but FM requires line-of-sight transmission and can only be used over short range)	5 7

The collective life



We visited a collective farm in the village of Cazeres. We met Diego who lives there and works as a local baker and permaculture farmer. He presented the idea that stands behind the collective living he chose to share with a group of people as well as the way of setting the rules of functioning. That was an inspiration for setting the rules for collective living of our group. After that we worked in smaller groups to create proposals and agree on them with the whole group. The rules could be modified in the next days after implementation, if needed. We also discussed our needs and worked collectively on the tasks that we could help to fulfill then together, from basic cleaning duties to the important values such as mutual respect and consideration.



Game box

To start a good day a good energizer is needed.

Ice breakers, energizers, are good ways to create a group dynamic, get to know each other and break the barriers on the first meetings. The aim of the activity is to wake us up and get us ready to start the activity in a good mood and energy.

The penguins

Facilitators prepare a sheet on the floor that represents an iceberg.

The aim : no penguin should be excluded of the game. Give your best in order that every penguin can survive. It is a cooperative game.

Story: We are all penguins swimming in the water in this limited space. There are icebergs aroud us and apparently no danger. But... there are predators roaming. Everytime I clap my hands it means that a danger is coming for you, penguins. You will have to climb the icebergs to take refuge (stand on the sheet). But...rounds after rounds the icebergs will become smaller (melting of the ice caps because of global warming). The sheets become very small by being folded again and again. The participants should help each other in order to all be on the sheet. The game ends when the participants can't stand all together anymore on the sheet.



The cooperative knot

Participants should stand in a circle. Everyone has to rise the left hand and take the hand of someone else in the circle but not their neighbour's, then rise the right hand and again take the hand of someone else in the circle but not the same person. It should shape a really complex knot.

When everyone has a hand in each hand, the aim is to unknot the group.

The aim of this game is to make people work together, observe the position of everyone in the group, learn to listen, communicate and observe.

The collaborative pole

Material: a stick as long as the line of participants. (You can use a peg from camping)

Put the participants on a line all facing the facilitator. They must all carry the pole on top of their index together. The aim is to all put the pole down without anyone losing the contact with the pole.

Testimony: This was one of the most difficult and emotional energizers we did. At the beginning, the task seemed very simple – we just needed to put down a pole using our point fingers. Our fingers had to be in contact with the pole all the time. But after a few unsuccessful trials we found out that it is not as easy as it seems. But finally, we discovered how to make it – one of us led the others and helped them to cooperate. This task taught us to calm down and not let our emotions influence and control us. We learned not to give up after failure.

Ninja game

To start everybody puts their right hand in the middle of the circle and while shouting "NIIIIINJA" lift their hands up and do one step backward.

The aim is to kill the other by touching their hand with your hand doing one movement at a time. Each in turn, the participant will do one movement which will allow them to touch their neighbour hands.

When someone attacks you you can defend yourself doing one move as well. It must go fast to make the game fun.

Testimony: This game came out randomly, just because we felt bored while waiting for the train. We played the Ninja game. The most funny thing of this energizer was to watch the expressions of other people who were passing by or also waiting for their train. They were surprised and astonished by our positive energy. That was one of the most unforgettable moments of our exchange.

The family game

At first we divide people into small groups of five, then each group thinks of the name of their group (family).

After that they cover their eyes with a piece of cloth and someone spreads the family members randomly all around the place.

The goal of this game is to find your family with your eyes covered, the different members of family can not talk to each other.

The blind game

First all the players make a circle. Then you turn to the your right and left and take a look at the person in front of you. Then you cover your eyes and touch the person (hair,cheeks and shoulders), then someone spreads the players randomly all around the place. The players must find the person that was standing in front of them without talking



Who am I?

Each participant writes the name of a famous person on a post-it paper. Then the papers are mixed and each person chooses one and sticks it on their forehead without looking. The aim is to guess who is the famous person you have on your face. But you can only ask one question per round and the other players can answer only yes or no.



Practical tools

Making your own bread



We started making the bread under the Diego the baker's supervision. First, we started making the dough, which consisted of:

1 kg of flour
600 ml of warm water with salt
200 g of leaven.

Leaven can be made out of water and flour; you put 25g of water and 25g of flour in a cup, and then each day you throw away half of the mix and add 25g more of water and flour until you see the mixture making bubbles. The leaven needs to be kept either in the fridge or outside in room temperature. The leaven is good for use for 1-2 weeks.



The ingredients were mixed in a small bucket and we managed to make the dough, which we kneaded until it had the right texture. After this, we let the dough sit for 1 hour, before we kneaded it again and then we let it rest for 2 more hours.

After the 2 hours had passed, we took the dough out of the bucket and we shaped the bread, put it in trays and let it grow for 2 more hours.

Next, we put the bread in the oven and the bread making process was coming close to an end.

Finally, the bread was done and we tasted the product and enjoyed the result of our work. Everyone was excited and interested all throughout the process and the bread was a real success. It was a very pleasant activity and we got to learn a lot during that day.

We will leave SolAfrika a little bit wiser and with new bread making skills.



Making your own cheese



On June 23rd we visited Bert Jan's farm near Bedeille. He has a big herd of cows and produces his own dairy products. He works most of the time alone and he goes once a week to the market to sell his cheese and milk. He is from The Netherlands and moved to France to have his own farm and a big herd. He showed us the barn and told us the basic info about his life and work.

Then we bought 15 litres of milk which just came out of the teat to produce our cheese. That means that the milk was still warm. We came back to SolAfrika and prepared the ingredients. For 5 litres of warm milk we need 5 drops of ferment (enzyme) and 1,1 grams of rennet.

We mix it and we wait about 24 hours. After that, part of the milk thickens and then we put it with the whey (little milk) in the special bowl with holes, so the little milk can drain out. After some time (around 12 hours) we turn the cheese on the other side and we put some salt and wait again about 12 hours.

After that the cheese is ready, bon appetit!



Other collective experiences

A two days hike

1st day



The night before the activity, we gathered all together and discussed what things we should prepare for the days to come.

Everybody had to prepare their own backpack filled with all the necessary stuff for the journey. In these backpacks we had personal items, clothes and food for picnics. The essential were: at least 1L of water, a map, good shoes to walk, a hat, a knife and solar cream.

The larger objects that we needed such as wood for fire, tents, sleeping bags and mattresses were brought to us by the van, making the trip longer.

After almost four hours hiking we arrived to a refreshing lake where we took a well-deserved rest.

Then, we walked a few more minutes to the camping where the van was waiting with our stuff.

We all unloaded the van, making a human chain to carry our belongings and by carefully listening to instructions, we started to put up the tents.

While food was being prepared on the fire, we played some outdoor games nearby.

After dinner we ate marshmallows and told stories around the fire.



2nd day

We packed our things, cleaned the camping area and prepared for departure. The journey back was a little different, we did not stay together as we did the previous day, because everybody had their own rhythm.

We arrived during the afternoon tired, but having seen beautiful landscapes and having experienced collective life at a different level.



Batics



What we need ;

- large pot
- bowl
- spoon
- dye powder
- fabric
- rubber gloves
- tape

We prepare dye powder and textile.

We tie tape tightly around the fabric to make the patterns.

We boil water in a pot. We put in the water dye powder and we mix.

We dunk the fabric in water. We cook everything on low heat for 30 minutes.

After 30 minutes, we can add salt. Mix intensively and cook for another 30 minutes.

After 30 minutes we stop cooking. We wait for the water to cool down.

We take out the fabric and we pad it in cold water.

We untie the knots and wait for the material to dry.

yoga, planting trees



Solafrika thanks

All the participants



Catalin
Marketa
Lucka
Sona
Clémentine
Kacia
Eva

Roxi
Mateuzs
Marta
Sylwia
Lazslo
Patcy
Andra

Iulia
Jena
Anzize
Vitek
Enya

Our partners

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GEYC - Romania

RCM - Poland

EYCB - Czech Republic

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Diego Milly for the bread making session

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Erasmus+

Cheers to Ophélie,
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Organisers, trainers
and facilitators from
Solafrika.



And please if you use one of these tools don't
hesitate to tell us at solafrika@yahoo.fr