



LOCAL ACTIVITIES/WORKSHOPS

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Name of the activity: *PG SUMMER DAYS #3 - "Gita in Montagna, percorsi di outdoor education"*

Responsible person(s) of the workshop: *Marianna Colonello*

Venue of the activitie(s): *San Francesco - Val D'Arzino (Pordenone)*

Brief summary of the activities

The 23rd of June I organized my local activity: one daily hiking trip with some outdoor activities in Val D'Arzino, an uncontaminated mountain area in the north-eastern of Italy popular for its river and nice hiking routes.

The group was composed by 3 youth workers and 7 youths. The full length of the experience was 9 hours: from 9.30 to 18.30.

After we reach the place we chosen, we started with a knowledge activity: separated in couples we described our self to each other (name, age, family, what we love, what we do, what we would like to became, ..) and after we represented it on a sheet of paper, at the end we presented our partner to the group.

After that I divided the group in 3 small teams: food, materials and surprise, every single team with specific aims.

We started to hiking and we did it for 2 hours. When we reach the top, every team started to do its job. We ate and we did 2 team building activities:

- to pass true the ropes
- the egg

After every activity we had a reflection moment.

Finished the last reflection, we climbed down to reach the river and have some rest there.

Before to take the way to go home, we had the final evaluation.

Possible partnerships with other organizations/persons): *I organized the workshop during the summer activities of the municipal youth center where I work for with 2 colleagues.*

Target group of the activity: *Both Italian and second generation students, all living in the same town and attending middle school (11-14 years old). Many of them often go to the local youth center where I work. The group is made by both male and female, with a male prevalence.*

Number of participants reached: *7 guys + 3 youth workers*

Age range of participants: *11-14 years old*

Aims and objectives of the workshop

NEEDS OF THE GROUP

- ability to be in a group of peers and to relate with adults (i.e. youth workers, teachers, ...)
- ability to listen and to concentrate
- focus on things and goals
- respect of rules
- problem solving
- team work

Methodologies used

All the day was based on this aim: learning through experience. I shared the day in three parts:

1) We started with an introduction of the team, the activities and the general aim. This was useful to focus the guys' attention on the desired outcomes and set the appropriate tone necessary for the final success.

Safety was a priority, to gain this we gave them a clear set of the rules and the boundaries (schedule, time & space limits, youths & staff positioning, etc.)

2) The largest part of the workshop was taken through the activities

- beginning examination of skills and values of the participants
- creation of the group and group decision-making
- team working
- reflection moments

3) Closure to reinforce the the learning from the activities with the final group evaluation.

Achievements reached

- effective and positive team work

- commitment and dedication in order to achieve the team goals
- ability to find together a common solution

Evaluation was done by the following methodologies

After every activity we took a moment to discuss and reflect with all the group about the dynamics that they noted and how they felt.

For the final evaluation we used the circle with the rope (the centre is equivalent to 10 and the rope to 0) with only me outside making questions. In this way we left the group discover by them self the opinions and the feelings.

Some comments by participants of local workshop

- It has been funny

- It has been interesting to stay together, providing by our selfs to the food and some activities

- I loved to stay in the nature with the others

- I discovered another way to be part of a group

- When we started we weren't a group, at the end of the day we became it

Some pictures of the local workshop



