



## LOCAL ACTIVITIES/WORKSHOPS

Saartje Vanhentenryk and Arktos colleagues

**Name(s):** *Saartje Vanhentenryk and Arktos colleagues*

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**Country:** *Belgium*

**Name of the activity:** *'A small step for wo(lf)man, but a big step for wo(lf)menkind'*

**Responsible person(s) of the workshop:** *Heleen Debaenst and Naoual Tahzrini*

**Venue of the activitie(s):** *De Hoge Rielen, Belgium*

### **Brief summary of the activities**

- *Slackline hung between three trees, an open triangle is created*
- *Two participants of same posture make a duo.*
- *Both climb on slackline and hold hands*
- *As they move sideways, distance gets bigger between them*
- *They are forced to find a solution to be able to move on*
  - o *What helps to move forwards?*
  - o *What doesn't?*

**Possible partnerships with other organizations/persons):** *Arktos*

**Target group of the activity:** *Elke, Jolien, Alexandra, Lemya, Laura, Rani. vulnerable background who dropped out of school for some reason.*

There are all participating in some way in Arktos. Some are doing a student job, some are developing themselves to go back to school

**Number of participants reached:** *6*

## **Age range of participants:** (15-23y)

### **Aims and objectives of the workshop**

• *Give girls a break from stressful period in life. Find rest. Get distance from their daily life. Therefore:*

- o Disconnect from internet and telephone
- o No time
- o No electricity (that was not strict enough for me, since there was a gasfire to cook and hot water to do dishes. And hot showers)
- o No special food but the food that is offered (that was not strict enough for me)
- Find comfort in sharing with each other
- Feel the connectivity between women: stories from the book 'Women Who Run With the Wolves' by Clarissa Pinkola Estés were read every day. The topics were discussed by the group

### **Methodologies used**

*Methodologie.*

Slackline hung between three trees, an open triangle is created

- Two participants of same posture make a duo.
- Both climb on slackline and hold hands
- As they move sideways, distance gets bigger between them
- They are forced to find a solution to be able to move on
- o What helps to move forwards?
- o What doesn't?
- where and when?
- In the afternoon, in the campbase Hoge Rielen, Tielen, Belgium
- Preparation together with Heleen
- o Help to hang slackline
- o Sharing objectives and introduction
- o Explanation of grounding exercise from Heleen
- I explain the exercise.
- I make sure there are three spotters (safety)
- Participants choose partners, considering weight and posture
- Participants share experiences after round one: my questions: what works well? What doesn't?
- Heleen explains grounding exercise
- I encourage during round two
- Evaluation: see below

### **Achievements reached**

• *An increased awareness of the impact on focusing on yourself:*

- o Focusing makes you more steady/strong to deal with difficulties in life
- Increase awareness of learning process:
- o by doing the exercise for first time,
- o then evaluation by sharing what was observed with others or with themselves,

o than round two to apply what they have learned. And feel the learning process

- get in to a more centered state of mind:

o slower and deeper breathing

o more steady position on the ground and afterwards on the slackline too.

- in the afternoon to increase the level of energy in the group. Took 45 minutes (time-based)

- Participants should get as far as possible as possible on the slackline (measurable)

### **Evaluation was done by the following methodologies**

*Attention span was not so big, so doing the exercise and reflecting by talking between the two trials was the evaluation method.*

Later on the stay sometimes we referred to the exercise ("eg.: if you want to focus, keep your attention close to you, not with things that happen outside of you. remember the slackline-exercise")

### **Some comments by participants of local workshop**

*- they felt giggling, paying attention to others around, wasn't helping*

-focusing, communicating, not giving up helped

About my guiding style:

-motivating

-good question

-sincerley wants to share knowledge

-enthusiastic

-dynamic

-doesn't give up

-finds solutions for problems

## **Some pictures of the local workshop**



