

STORYTELLING

DISCOVERING THE INNER SUPERHERO



YOUTH WORKERS EXCHANGE
5th- 11th of June 2024

How do you say “welcome” in your language

Bine ai venit

Kalos irthate

Witaj

Bienvenue

Ketili ikos tkreni

mobrdzaneba





Write a word
in your
language that
can't be
translated into
other
language

Shemomechama

Fucha

Bien

Saudade

Cafune

How do you say “beautiful” in your own language?



Bello

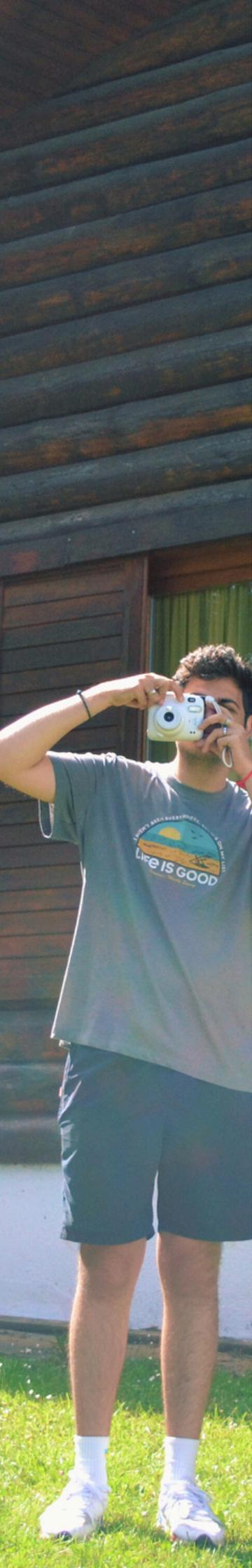
Piękna

Frumos

Sultsarmtatsi

Omorfa

Beau



The potential of storytelling as a tool to empower young people

- develop
- empathy
- improve creativity
- to raise awareness
- to aim social problems
- social environment
- tolerance and inclusion
- therapeutic tool
- self knowledge
- boost self confidence
- develop self regulation
- building bonds
- encourage dialogue
- create identity
- breaking stereotypes
- freedom of expressing yourself
- fight against social injustice
- get inspiration

Difficulties in engaging and motivating young people

- Less partnership between organizations
- Financial issues
- Stereotypes
- Political situations
- Addiction in social media
- Difficulties in face to face communication
- Disconnecting from nature
- Lack of information
- Social pressure
- Mental health issues
- Social background
- Paradox of choice
- Lack of autonomy
- Lack of long term thinking

Saturday schedule

SATURDAY 8/06

7:30 - 8:30 BREAKFAST

08:45 **OUTSIDE**

BUS TO TRENTO

10:20 - 12:30 BEST PRACTICE EXCHANGE
@ PARCO DELLE ALBERE

- * **PI DIDAC** with IOANA & NORBERT
- * **BOARD GAME: AUTOBIOGRAPHY** with Maria M.

13:00 - 14:15 LUNCH @ IBRIS

14:30 - 15:00 EXHIBITION "ALLEGORIA DELLA FELICITÀ PUBBLICA"

16:00 - 17:15 APERITIVO @ LE PETITE JARDIN

18:00 **BUS LEAVES FROM TRENTO**

19:30 - 20:30 ECO FRIENDLY DINNER

Sunday schedule

SUNDAY 9/06

8:00- 9:00 BREAKFAST

9:30 - 12:30

HUMAN LIBRARY

with local youth as guest

13:00 - 14:00 LUNCH

14:30

15:30

HERO JOURNEY

with Ana
&
Konstantine

15:40

16:25

The Abigail's STORY

with Mania I.

16:35

17:35

CLimate Change Geopolitics

with Ilie

17:45

18:30

SPY CANE with Anna & Yuliia

19:30-20:30 DINNER

Telling yourself with nature

Objective

To share an activity that helps young people develop reflection skills and artistic skills

Methodology

The participants went for a walk in the mountains and once they arrived at the place of the activity, they divided into groups. In turns, one of the people was a camera and the other the photographer. The photographer brought the camera (with eyes closed) in front of the detail that he wanted to photograph (show the other person), a detail that was connected to a personal story. The camera opened its eyes and concentrated on analyzing what it saw. The roles then changed. At the end of the photo session, each camera had to draw what they saw and then give the photograph to the photographer. The session was followed by a debriefing on how to organize the activity and on the skills that can be acquired



Telling yourself with nature





INNER SUPERHERO

Objective

To share an activity that helps young people develop self-esteem and writing/reflection/interpretation skills

Methodology

Participants wrote a short personal episode with a particular personal situation and how they managed to overcome the challenges and difficulties. The stories were collected and then all participants randomly picked a story written by someone else. Participants silently read the story and then took turns sharing the strengths that they thought the main character of the story has. The session was followed by a debriefing on how to organize the activity and the skills that can be acquired



Stories with a ball of yarn

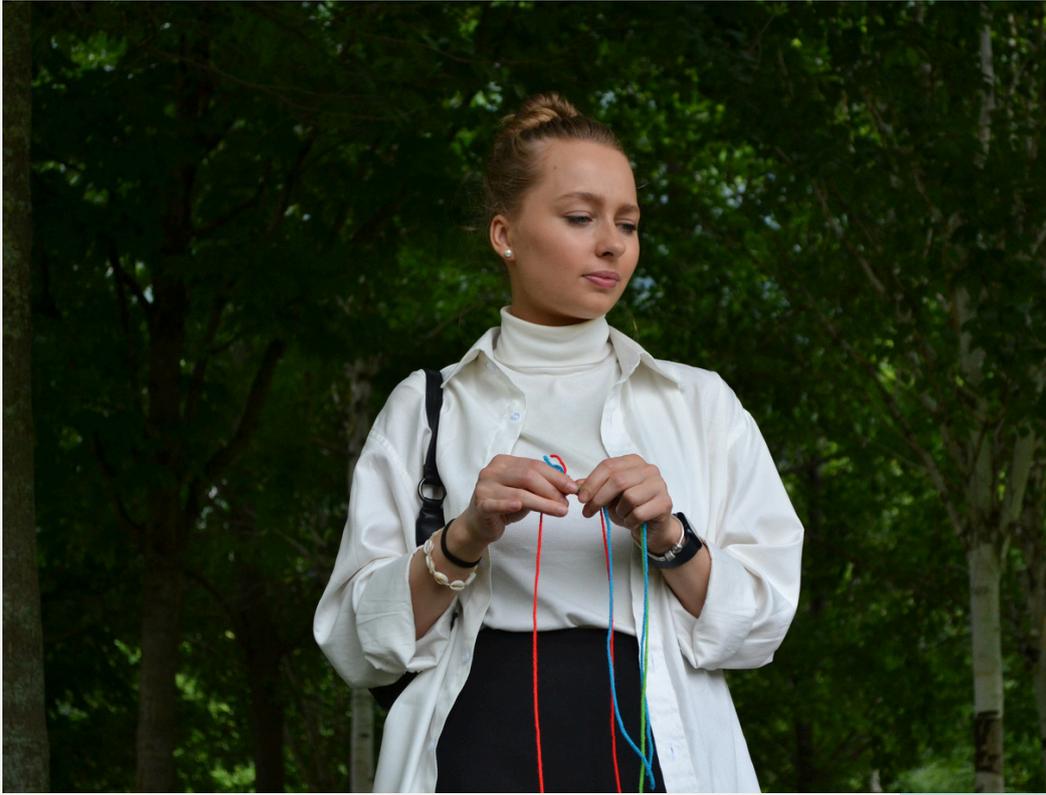
Objective:

To share a storytelling activity through coloured threads

Methodology

Participants received 3 different colours of threads that they used to create bracelets. A story was started with the first colour. When the colour was changed, the story was changed. When the colour used before was used again, the story was resumed. The session was followed by a debriefing on how to organise the activity and on the skills that can be acquired





The story of your life

Objective

To share an activity of mutual and self-knowledge

Methodology

The participants were divided into groups and through a game of the goose where each box corresponded to a question, they shared in turn moments and details of their lives, learning reflections shared with their group. The session was followed by a debriefing on how to organize the activity and on the skills that can be acquired





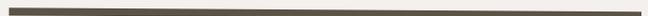
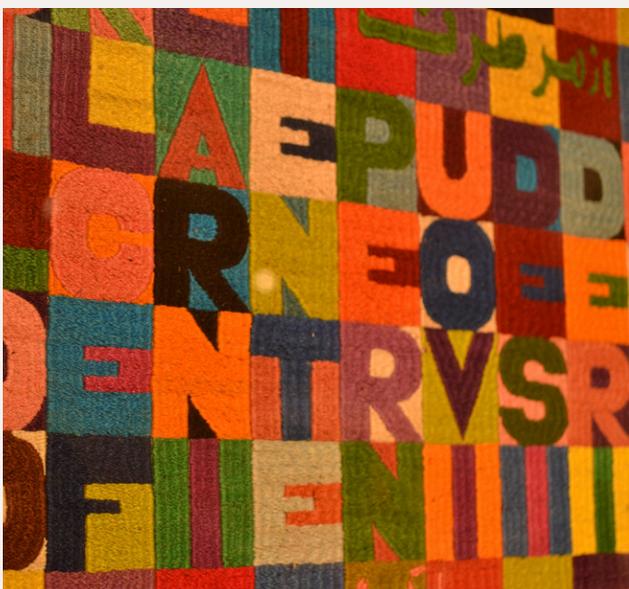
Visit shows happiness as a public good

Objective

To introduce participants to local artists and new ways of creatively narrating emotions

Methodology

Participants visited the exhibition Allegory of Happiness where emotion was interpreted through various senses and in various ways. At the end of the exhibition, participants gathered together and shared their impressions.



Human library

Objective

To share the methodology of the Human Library as a tool for storytelling and active listening

Methodology

After an initial presentation on the concept of the Human Library and its general structure, participants chose a personal story they wanted to tell. Participants were both books and readers in turn. The session was followed by a debriefing on how to organize the activity and the skills that can be acquired



Hero journey

Objective

To share the Hero Journey methodology as a tool for reflecting on personal challenges and how each experience has brought us to the present

Methodology

After an initial presentation on the concept of Hero Journey, participants made an individual reflection on a personal episode, starting from a key event that brought them questions and challenges, the people they met, the support they received and how they came out of difficult situations. The session was followed by a debriefing on how to organize the activity and the skills that can be acquired



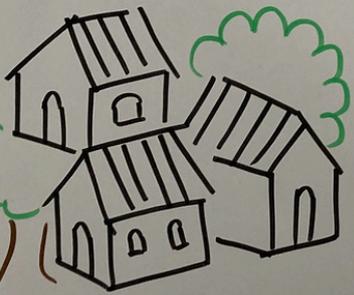
STARTING ADVENTURE

meeting the
mentor

refusal
X

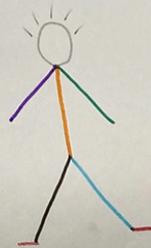
CALL FOR
ADVENTURE

? ? ? ? ?
Questioning
life ?



Breakout
event

Present



| Hero journey

RESURRECTION

SECOND BATTLE

~~achieving GOAL~~

MEETING MENTOR / FRIEND

SOLITUDE

FIRST BATTLE

uncertainty

| Hero journey

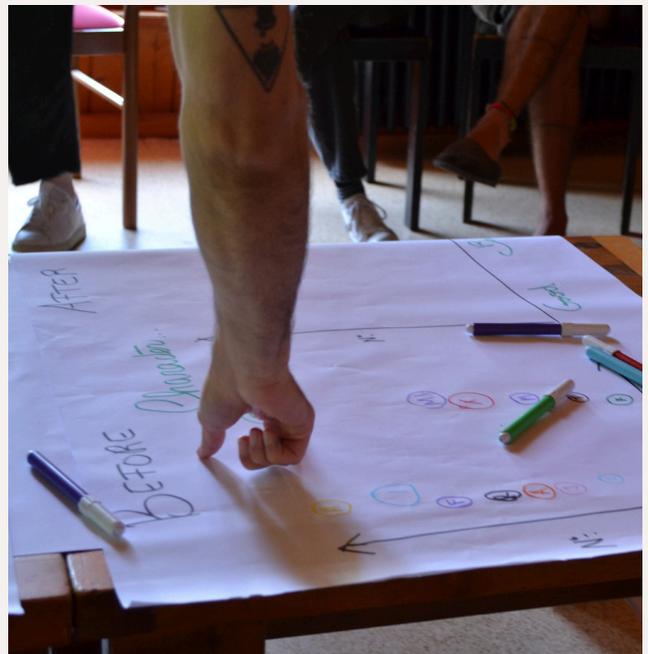
The gruffalo

Objective

To share how people often form impressions based only on part of the details of a situation

Methodology

The facilitator read a part of the story The Gruffalo and asked participants to draw the character and rate how beautiful/ugly, good/bad he is. After the second part of the story, participants drew the character again and rated whether their first impressions matched the full description of the story and the character. The session was followed by a debriefing on how to organize the activity and the skills that can be acquired



Portraits

Share or answer the questions

- 01 Something you are proud of
- 02 Something your parents don't know
- 03 What is your superpower?
- 04 What you want to be when you grow up?



Sercet power of storytelling - individuality

DEVELOPMENT

empathy
critical thinking
therapy
for teachers

WORD

society
medicine
results
manipulation
connection
meaningful
conversations

TOOL

enterteiment
create
memories
education
buisness

Storytelling - sharing methodologist

ORAL STORYTELLING

stand up
singing
debate
talking
group therapy
music

WRITTEN STORYTELLING

case studies
biography
journalling
poetry
diary

VISUAL STORYTELLING

kamishibai
theatre of the opressed
drawing from
imagination
posters
fashion
crafting

DIGITAL STORYTELLING

cartoons
films
vlogs
photo
social media
games

BEST PRACTICE EXCHANGE

WHAT	TIME	WHERE	MATERIALS
Storytelling strategy "The Grufallo"	30 min	Training room	Paper sheets, coloured pencils, big paper sheet, projector,
Board game "Autobiography"	20 min	Training room	Pawns, dice, print of game
Spy game	15+30 min	Training room + outside	Paper, markers
Climate change geopolitics workshop	1h	Training room	Videoprojector, printer
Hero journey	1h	Training room	Papers, markers, projector
PiDiDac activity	45 min - 1h	Outside	Threads balls 3 colours, scotch tape, scissors
The Abigail's story	45 min	Training room	Papers, pens, tape

