

A person wearing a blue cap and a dark blue jacket with a teal lining is seen from behind, looking into a dense, green forest. The background is filled with out-of-focus trees and foliage, creating a sense of being deep in the woods.

Into The Wild

2020 Jonglirium e.V.

Into the Wild



introduction

We organized this training to help strengthen the connection and awareness to nature among young people at risk. We shared experiences and introduced them to a wide variety of approaches from outdoor and adventure pedagogics & explored games in an outdoor context. We created a group with a strong awareness for each others' needs, engaged in problem solving and exploring the intercultural setting. The group was sharing daily tasks, as well as knowledge, skills and experience.

The training was designed for youth workers, volunteers, activists and other people who work with people.

There were 26 participants from the following countries: Germany, France, Spain, Slovenia, Italy and Poland.



The training course was divided into two topics which were explored by the whole group – climbing and outdoor games.

The game section was led by Richard Kimberley & Felix Fischer who explored the possibilities of leading games in an outdoor environment. The participants were invited to explore the connection between the outdoor spaces and specific games and how the connection between them can influence the personal experiences of the players. The group was invited to reflect on each game and the possibility to apply it in their daily work as well as exchange on their own experiences.

The climbing part was led by Leonie Henz, Justus Eggers and a local climber August, our experienced climbing teachers and outdoor pedagogs who shared their knowledge and skills about climbing (incl. safety, techniques, respect to nature) in the beautiful and special environment of the National Park and its surroundings.



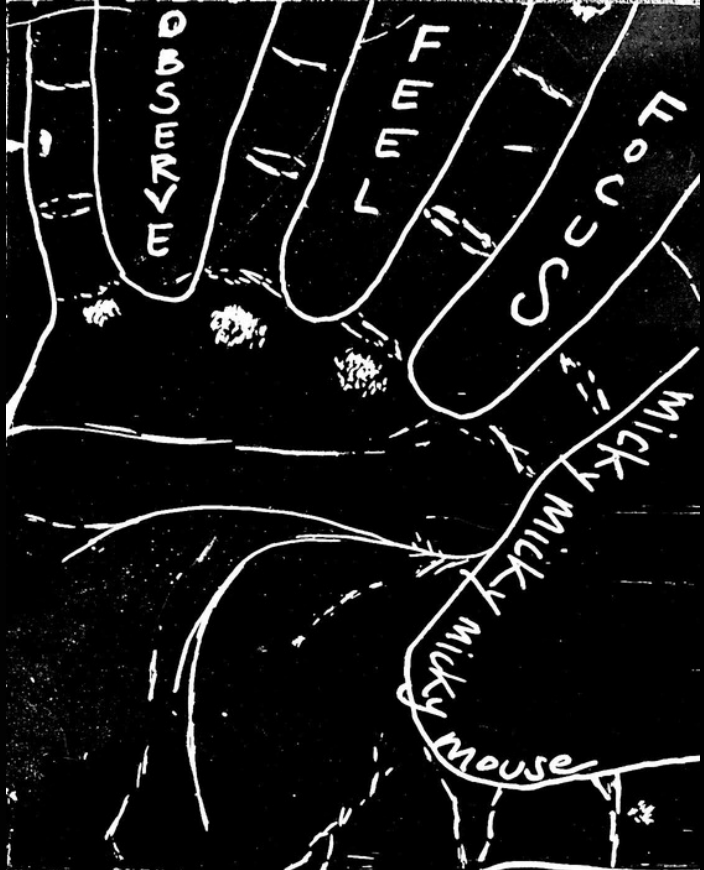
about this booklet

This e-book was created by participants and the Jonglirium team to collect tools, methods and impressions of this project. We hope it gives you inspiration to apply some of them in your work. You might notice that we've included lots of creative expressions by the participants in this booklet that were inspired by our surroundings and activities in the wild.



"being in the nature is game changing"

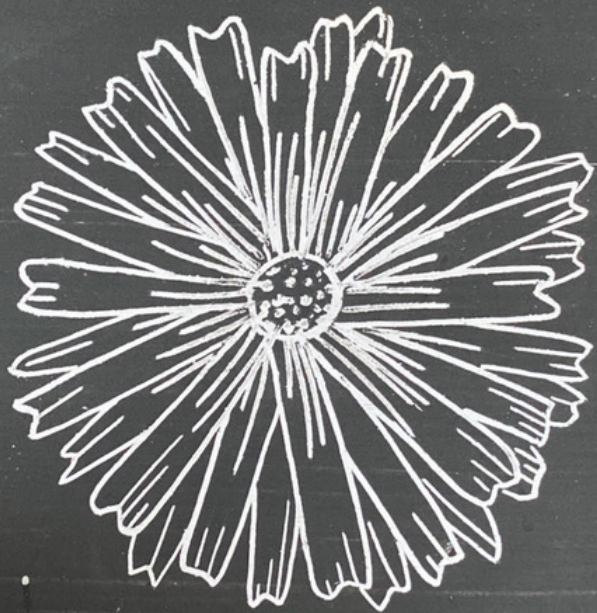




get to know each other games

warm up, name games, ice breakers

Aim: Start to feel comfortable inside the group, promote the active participation in the activities and start to learn each other's names



energizer games

Body warmup – rub yourself with your warm palms, from head to toes, try to get every body part warm and energized

Ice breaker: “Walking int the space” jellyfish

Everybody is walking in the space:

- choose secretly 2 people and on Command constantly try to keep a perfect triangle between you and them
- choose secretly an enemy and a friend. On a signal you position yourself so that the friend is always between you and the enemy.
- In a circle: you choose secretly one person and make 3 circles around that person and when you finish you come back to your place and jump 3 times saying: **jellyfish**



energizer games

Name games – passing the names:

Zombie name game: In a circle. One zombie chooses a person to walk towards. The chosen person needs to say someone else's name before the zombie arrives. If the person doesn't manage she/he becomes a new zombie. If he/she manages the zombie needs to walk slowly towards the person with that name.

Name game in a circle, evolving in difficulty:

Level 1: Throwing a ball to someone and remember to whom you threw it until the ball has passed through everyone in the circle. Check it out several times. Waiting that the person you throw to is seeing you.

Level 2: You call out someone's name and remember who you call then the person you called calls a name a.s.o. until everybody went. (you can lift up all hands in the circle, taking it down when you finish your turn to visualize who hasn't gone) Check a few times if it works smoothly. Shout loud and clear. If the person doesn't react, repeat the name - then do level 1 and level 2 at the same time.

level 3: Add in a second ball passing to the same persons as in levels 1.

Level 4: Give a high five to someone and take his place - the person that you gave the high five then has to high five another person. Repeat and keep the same order Add the levels 1-3

Level 5: passing a shoe to your neighbour in one direction. In the circle

Level 6: Pass another shoe between your knees in the other direction.



the walk

instead of doing a normal "get to know each other" round in the room we went for a walk together and did a few stops on the way, in beautiful places, to play games and meet each other





first stop

Aim: To share more information about each other and about the training course.

- Brief **presentation of the TC** program and aims.
- Brief introduction to **living together rules**
- **World map**, imagine a confined space as the world, define North & South a.so. and position yourself where you: 1. were born, 2. live, 3. would like to live
- **The line** – position yourself on a line (ends of the line mark extremes) climbing experience (no \ professional), age (old \ young), first aid skills, gender identity





second stop

Energizer: What's the schizzle?!?

Walk around the space. Meet someone - Either say HELLO or WHAT'S THE SHIZZLE? If you say the same you high five with a lot of enthusiasm, if not you bump your asses against each other.

Ice breaker: Evolution game There are ameba, rabbits, monkeys & humans. Everyone starts as an ameba and needs to find another one to do a battle: *rock paper sizzors*. The winner evolves to the second stage of evolution (ameba-> rabbit->monkey->human). Only the same stage of evolution can meet.

Self-presentation in a circle

Find a nice spot for sitting in nature and pass a talking object giving everyone a possibility to present him\her

third stop

Bear, mosquito, fish - Ice breaker, team building:

In two groups participants make two opposing lines. Before, they secretly choose one animal - bear, mosquito or fish. On the count of 3 both groups mimic and sound the animal and like in rock, paper, scissors there is a winner team, that can chase the looser team, and try to catch them to become part of their group. *The fish eat mosquitoes, the bears eat the fish and mosquitoes eat the bears.*

Tree battle - Ice breaker:

In couples the participants become tress, fixed in the ground and just with the palms try that the other person loses balance and moves one foot.

Sharing the expectations in couples:

Each participant shares with another person why he/she is part of the project. Later all can share briefly in the circle, introducing the expectations of the other person.







fourth stop

The car driver - Trust game.

In couples participants take turns to close the eyes or get blindfolded. One of them - the driver - guides the blind person & touches *on the shoulders to turn*, touches *on the head to stop*, presses *on the belly for the horn sound*, and *pressing in the back to move forward*. Take care of the other cars!



fifth stop

The photo game:

A person leads another blindfolded person and chooses a spot to fix their head for a nice viewpoint. On a gentle touch on the top of the head the blind person open their eyes. A second touch to close the eyes again. Just like picture taken. Repeat 3x.

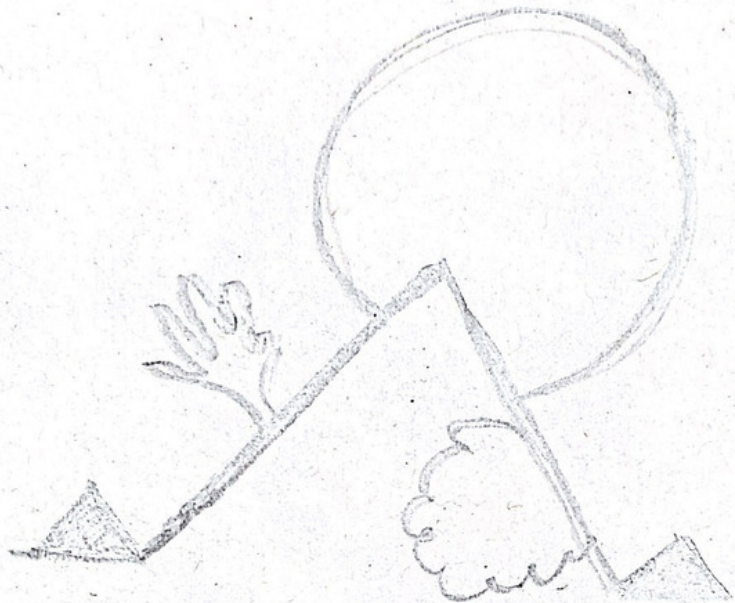
Portrait drawing - dividing into groups:

In pairs - draw a portrait of another person while not looking at the paper

Create sharing and caring groups:

In the new groups create a logo & name for each "caring & sharing group".





BOONACCIA

how to structure a set of games or exercises:

1. **NAME**

2. **Type of activity** (energizer, ice breaking, name game, team building, trust game...)

3. **Why/how** the games were good for the moment?

4. **Full description** – for example describing the game in the shortest way possible?

5. **Materials/space/number of participants needed.** (maybe also the circumstances we're in?)

6. **Observations, recommendation, feelings** of participants.

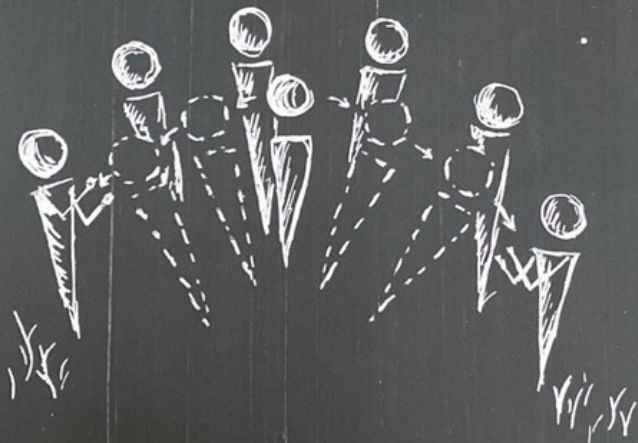
7. **Picture of the activity**



trust games

TRUST GAME

- Just close your eyes ... and fall
- Trust the others, they will be there to catch you
- The gravity disappears for a second ~~and~~ and you flow...



TRUST GAMES



DRIVE THE BLIND

LIFE STARTS
AT THE END
OF THE
COMFORT
ZONE

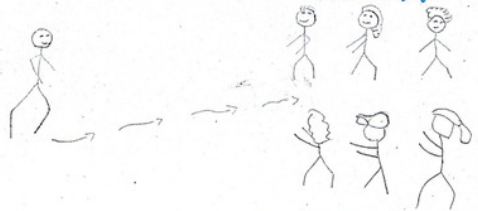


run through the wall:

One person closes the eyes or gets blindfolded and runs into the open space (where other group members are waiting, ready to catch him/her). The others catch their friend after *a few meters*, making sure he/she doesn't run into anything and doesn't get hurt.

RUN THROUGH THE WALL

READY!



full game day #1

human chess

Silence game. 2 equal teams in two lines separate 10 meters away from each other. Taking turns. One person, the judge, shows turns, takes people out who don't follow the rules. One team starts, only one person of that team can jump. If two or more persons jump at the same time they all are out. You jump with both feet together and land with both feet together. If you lose the balance or move a foot you are out. You can jump forward or sideways but not back. If you reach the other side or eliminate all other team members your team wins. You can eliminate members of the other team after jumping by touching (as many as you can reach without losing balance and with your feet on the ground – if you lose balance you are out and people you eliminated are back in. Only the team whose turn it is can eliminate people.

alternative rule:

There is a secret queen or king that has to be eliminated by the other team to win. Reaching the other side does not result in victory anymore.



blind samurai

All the group in a circle, 4-5 blindfolded samurais in the middle. The samurais are spun around and put in random positions in the circle. A sword (something soft) is put in the middle and the samurais have to look for the sword. If the sword is found by one blindfolded samurai the group forming the circle makes a dramatic noise that was agreed before. Then the one samurai with the sword has 3 tries to hit other samurai. After the 3rd try he throws his sword away. If he hits someone with the sword these people are out. The samurai with the sword cannot search for the others with the hands. If he or she bumps into someone the samurai cannot hit them. The people in the circle protect the samurais from going away from the circle. If the samurai with the sword takes too long there are 3 claps and he or she has to throw away the sword.





bidibidibob

People in a tight circle, one person in the middle. The person in the middle looks at someone clearly and says BidiBidiBOB.

The person looked at has to say BOB before the person in the center finishes the phrase. The person in the center can also just say BOB and the person looked at has to say nothing. If the person looked at fails he or she becomes the person in the center and the other one goes back to the circle.

Additional rules:

You can add commands like: Toaster, Elephant, Pirates, James Bond ect.. and play around with them.

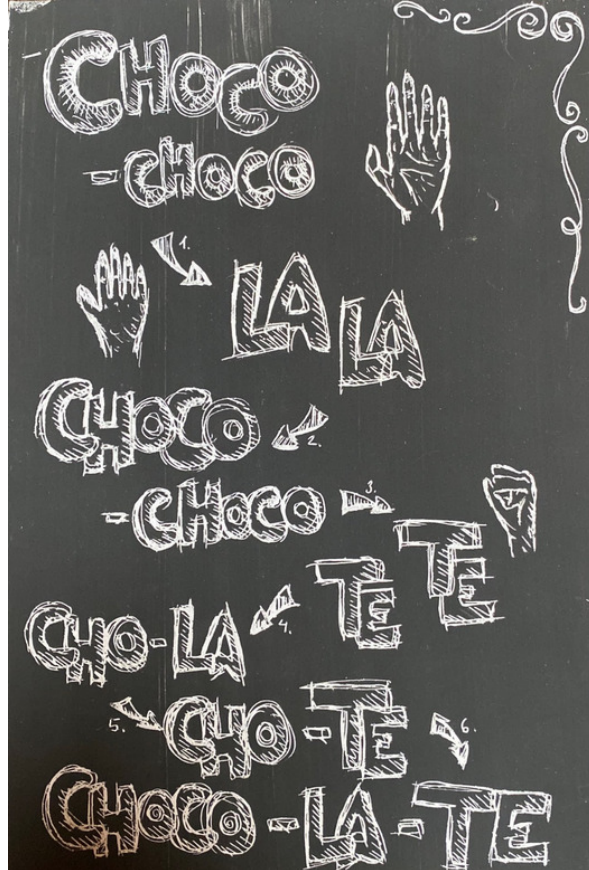
e.g. *Toaster*: the person looked at has to jump, to either side of this person the people have to put their arms up parallel to the ground facing the person jumping. Be creative!



remembering childhood games

Split in groups by nationalities (more or less) and find games that kids in your culture play or that you've played as a kid. Try them and show one of them to the other groups.

Task: Reflect on what types of games there are, and what is the consequence of playing them, what happens to you when you play them, how does it feel while you play and after ect...



pony energizer

Song: *"Here she comes on a pony - riding on a big fat pony - here she comes on a pony - this is what she told me. Front, Front, Front my baby - Back, Back, Back my baby - side side, side my baby - this is what she told me."*

In a circle one person comes in the middle and starts the dancing along the circle, following the melody of the song, pretending riding on a pony. At the end of the first round of the song (when she sings "...she told me.") the person dancing around the circle stops and they start singing & dancing together in one spot ("front... (...) side..."). When they finish they both come in the middle and ride a pony along the whole circle and both stop in front of two random people when the song comes to "...she told me:". Then each of them dances with their dancing couples like in the previous round and then all 4 people continue the ride along the circle... and so on. This game was suggested to end the hiking day but could be also available as an energizer to start the day or after lunch.





game day #2

alien game

needed: a Ball, a narrator

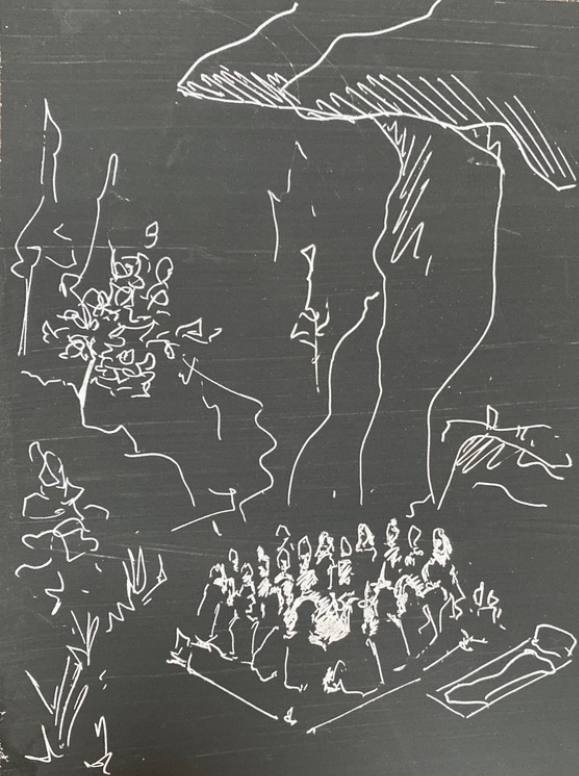
The group assembles in a circle, eyes closed - the narrator outside.

Narrator: The group is in a spaceship somewhere.... in the space.... for years! One person is a captain. The Captain is in possession of an alien egg. The narrator places the ball into the hands of the captain. Among the ship crew there is one person that is infected and has an alien inside. This person will be touched on the shoulder. The captain can allow people of the crew to touch the alien egg. If the Alien touches the egg it reveals itself and everybody dies. If the captain & crew manage to have everybody but the alien touch the egg the crew wins and humanity survives.

Note: The ball only can be touched if the captain invites to do it.







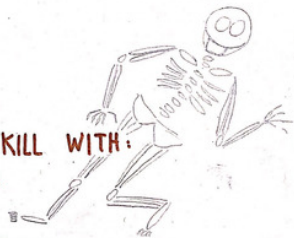
Tales of death

- We were standing in circle and every participant took a random paper from the hat. On the paper was written a name and a thing/action, with which you have to kill that person.

The game started when we arrived "INTO THE WILD!" You can "kill" the person on your paper only when you are alone with them and noone can see/hear you. And if you're killed you have to pass your paper/task to person that killed you, and you're out of the game.

YOU HAVE TO KILL WITH:

- apple core
- high five
- chocolate dance
- Richards hat
- leaf
- cup of tea
- green combiuser



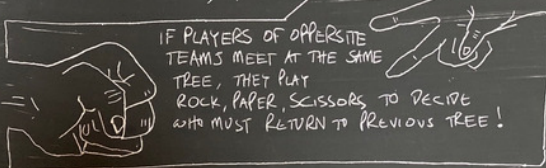
PINEAPPLE

2 TEAMS 1 Pine Forrest 1 Goal

TEAM BUILDING / COMPETITIVE / ENERGISER GAME



TO MOVE, ONLY PLAYER WITH BALL CAN THROW A PINE CONE TO TRY AND HIT A TREE. IF THEY SUCCEED THEY MOVE TO THAT TREE.



1ST TEAM TO GOAL WINS! 3, 2, 1 ... Go!!!



CAPTURE THE FLAG

OBJECTIVE: BRING OTHER TEAMS
FLAG TO YOUR FLAG!

PLAY AREA DIVIDED IN 2 ZONES

YOU CAN ONLY BE TAGGED IN OTHER TEAMS ZONE



CAN SAVE PRISONER BY TOUCHING THEM. BOTH PLAYERS ARE SAFE TO RETURN TO THEIR ZONE

TEAM A REFENCE

TEAM A

PATH/RIVER/MARKED

TEAM A ATTACK

TEAM B

DEFENDING PLAYERS CAN TAG ATTACKING PLAYERS AND PUT THEM IN SAIL

PLAY BORDER



WARNING

WARM UP ANKLES BEFORE!

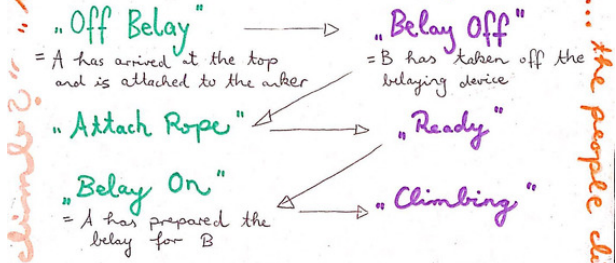
GIVE TIME TO SET UP FLAG/SAIL ZONE + TACTIC TALKS



climbing days



do... climbing commands Saxony



Why do the people climb?

Why do the people climb?

"Tension!"

= B wants A to belay more tight

"Rope / Slack"

= B wants more slack rope for climbing

"Take"

= B wants to sit in the rope

"ROCK"

= Attention, rocks falling!

"Berg frei / Berg heil"

= greeting for people who arrive on top of the rock

"Rope free"

= you finished rappelling and took off your device

"Rope!"

= you take off the rope off the rappel-station, rope will fall!

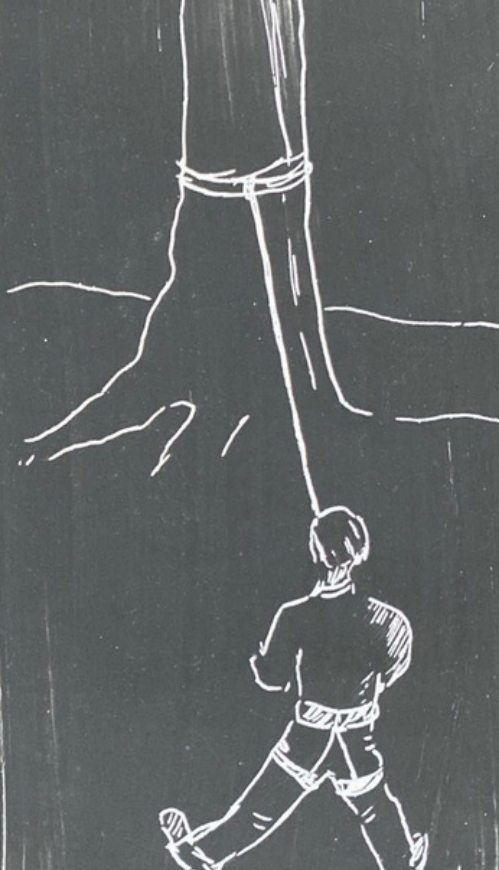
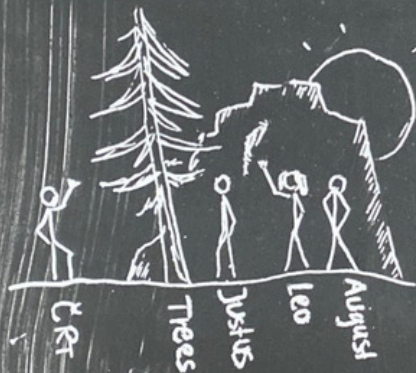
Why do the people climb?



Learning upsailing

with a little help

from our FRIENDS.



RANDOM CLIMBING RULES:

Use your feet!



Breathe
in & out
2 in & out...



Keep your equipment
in order. Don't be
a messy climber!

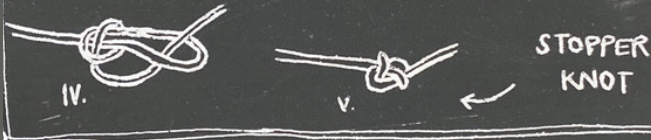
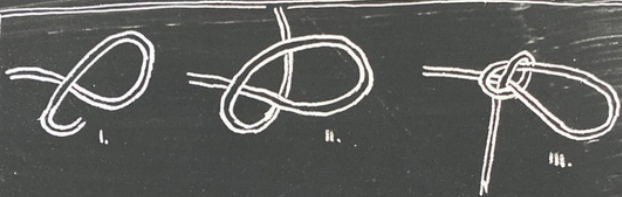
Always double check.
Better safe than
sorry!







CLOVE HITCH KNOT



STOPPER KNOT

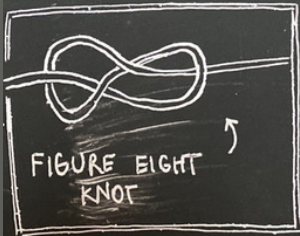
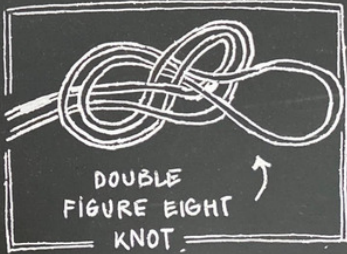
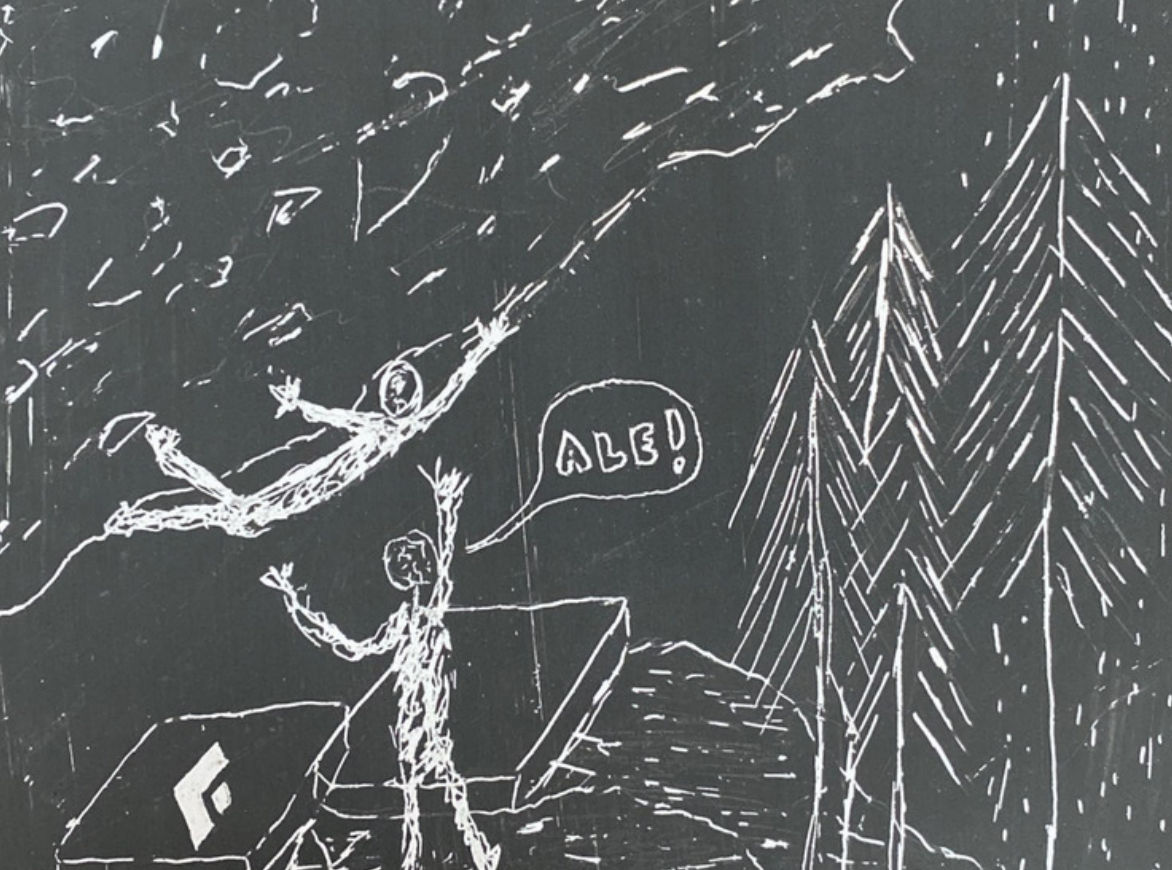


FIGURE EIGHT KNOT



DOUBLE FIGURE EIGHT KNOT

KNOTS



ALE!

pedagogical topics in climbing with special regards to the Saxonian - Bohemian National park.

entering the uncertain

- leaving the ground and sitting together on the summit means taking on a new perspective
- dealing with the height
- ambivalence of climbing: every step means getting closer to a goal but also a growing subjective 'threat'
- dramatical moment in climbing: in dealing with gravity one has to be courageous and can be rewarded or fail

dealing with fear

- many participants of experiential education programs using climbing encounter fears
- these can be fear of height, fear of giving up control in sitting down in the harness, or fear about the fear
- climbing can open up the possibility for participants to deal and 'play' with the fear, in a setting of high physical safety
- climbing can be a strategy laboratory in dealing with fear
- climbing means dealing with resistances



feeling of the own body

Climbing is training the coordination of body movements and orientation in the room it promotes attention and rewards perseverance and persistence.

trust in oneself and others

- the nature of climbing carries a certain seriousness
- learning to handle security equipment and how to belay other people lays in the interest of all people involved and is a good foundation for cooperative, goal-oriented and conscientious action; these actions heightens the trust in oneself's care and the trust in the climbing partners/other people

setting goals

- a summit or a climbing path is a strong metaphor for reaching goals: what seems to be steep and unreachable from the ground at first sight, becomes closer, more structured and doable
- the big aim is achieved by little steps; participants have to develop sub-goals (i.e. reaching the next ledge) to reach the summit
- participants can learn not to be discouraged from drawbacks and realistically evaluate their skills



What kind of competencies and experiences can be acquired in experiential education climbing programs?

Socially

Responsibility for others, trust in others, experience that different people have different limits and different fears, being aware and dealing with this, patience in waiting for group members in the endeavour to reach the summit together and coming down again, setting goals together, group decision making processes, cooperation and listening, accurate communication and communication under difficult circumstances, accurate appointments, care for others in the outdoors, balancing own needs and group's process...

Personally

Perseverance and persistence, responsibility for self, trust in yourself, risk management, experiencing own limit, setting goals, dealing with uncertainty, experiencing new perspectives, learning about staying focused, dealing with fear, care for yourself dealing with the elements/outdoors, self-efficiency experiences, self-confidence, experiencing own strength, expectation of the group influences own performance (can motivate but also can take away concentration/put pressure).

Physical/Outdoor specific

Coordination, balance, handling of equipment/technical knowledge and understanding, shouting, weather/rock properties and dependence, respecting nature protection and limits of outdoor activities, regional climbing tradition



living together

caring & sharing groups

during the training we divided our group into small, 5-6 persons groups. We have also divided tasks into: cleaning, kitchen help, dishwashing, group care, self care, documentation. Each morning, each small group was taking care of a different task - this way we could get to know each other better and at the same time our living together was smooth and well organized.





no konforma
LOS QUE VAN A MORIRTE

YAMBA
ROCK

daily sharing

every day, after our outdoor activities, before dinner, we were meeting for a sharing in our "caring & sharing groups". Each of us had space to tell how we feel, our experiences and whatever else that wanted to be expressed. This was a time to make suggestions for schedule, express concerns as well as bonding together and better understanding of one another. Each group had its facilitator, one of the trainers, supporting the process and reflecting in a trainer group after dinner.



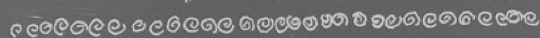
03.09.20

The day started with our characteristic routine of breakfast and lunch preparation. This buzzing routine then turned into a space for casework, preparing for the adventure ahead. It took us some time, but eventually we managed to arrive at our departure point into the wild. While some got immediately sucked into the consumption temples on the way, RT raced the whole group twice to make sure the group was quickly reassembled. A short but very steep hike ensured a pretty sweaty start into our two days with ~~the~~ heavily reduced water supply. While some brave hordes hiked straight back down for more food, water and camp infrastructure, others prepared ~~the~~ the camp to get out their full potential of protection covers. Afterwards, everybody took time to and cooress. Afternoons, everybody took time to connect to the place by their chosen means: hiking, observing, sitting, reading, sleeping, drawing, writing, playing music, acrobatics. At some point, many ended up ^{ing} the "plains climbing" and imagining the sunset behind the shesbath clouds. We ended the day by sharing a beautiful vegetable-risotto over the fire of non-intrusive candles and reflecting on our shared time together so far.



how you can create your own scratch paper:

SCRATCH—PAPER RECIPE



1. Materials

- ⓐ Glossy paper (eg. calendar paper)
 - ⓑ Black paint (tempera, ink, acrylics)
 - ⓒ Dish soap
 - ⓓ Brush
 - ⓔ Skinny sticks
- (Optional: crayons/
oil pastels)

2. Instructions

- (If you are using crayons, you will need regular paper; colour it with crayons - make sure you press really hard - there should be a thick, waxy layer)
- ⓐ Add some black paint to a small bowl and pour a tiny amount of dish soap (to help the paint to stick to the paper/crayons)
 - ⓑ Mix it together with a brush
 - ⓒ Paint it over the paper until the whole "picture" is covered.
 - ⓓ Let it dry.

ⓔ SCRATCH!

& RELAX 😊

why we created this booklet?

this booklet was created for everyone who is interested in creative way of getting to know each other and working with groups in the surrounding of nature. Please share it with everyone who might benefit from it and let us know what are your reflections on it!



**“I go to nature every day for
inspiration in the day’s work.”**

- Frank Lloyd Wright

Trainers: Felix Fischer, Justus Eggers, Leonie Henz, Richard Kimberley, August

Created by: Marta Witecka

Drawings, text, photos: All of us together

Into The Wild, 2020 Jonglirium e.V.



Funded by the
Erasmus+ Programme
of the European Union