

# WILD PATH



Co-funded by  
the European Union

# BOOKLET







We're the Wild Path! This a project with 40 young people from 8 countries ready to step out of their comfort zones and jump into the unknown, conquer their fear, and work together to build a community that works together as a well-oiled engine only in 11 days!

The project consisted of many activities that were made by the participants themselves, group leaders, and of course the organizers. Many times, we took the initiative to make our time here memorable.

Here are the activity outlines for future project participants to recreate and enjoy!





# TABLE OF CONTENTS:



|   |    |
|---|----|
| Emotional Circles.....                                | 3  |
| Choreographed Expressions.....                        | 4  |
| Guided meditation & self – reflection.....            | 5  |
| Minefield.....  | 6  |
| Bargna.....   | 7  |
| Self–development through spontaneous<br>movement..... | 8  |
| Dodgeball.....  | 9  |
| Curiosity.....  | 10 |
| Do you feel me?.....                                  | 11 |
| Raft.....   | 12 |





## **EMOTIONAL CIRCLES**

- Participants begin by walking in circles to familiarize themselves with the space and become more self-aware.
- They are prompted to embody a range of emotions such as happiness, sadness, confidence, fear, love, anger...
- When two participants lock eyes, they are given a relationship prompt for non-verbal communication, enhancing connection and empathy.





# CHOREOGRAPHED EXPRESSIONS

- Participants are divided into groups and assigned a specific emotion.
- Each group has 15 minutes to craft a choreography that vividly expresses their assigned emotion within a one-minute performance.
- After the choreographies are completed, other groups attempt to guess the emotion portrayed by each group's performance, fostering observation and interpretation skills.

Join us on a journey through the depths of human emotion, where creativity, expression, and connection intertwine.





# **GUIDED MEDITATION & SELF – REFLECTION**

**Target group:** unspecified, for everyone  
**Number of people – unlimited**

**Time:** 2h

**Description:** guided meditation read out loud, followed by reflecting on what community means to each participant.





## MINEFIELD

**Target group:** Teams Number of people 5–7

**Time:** 10min

**Description:** Reach from A to B while blindfolded, through obstacles by the guidance of your teammate.

Don't step on mines or you respawn to checkpoint. Reach the end for completion in the designated time.





# **BARGNA**

**Target group:** For youngsters from different backgrounds and cultures

**Time and N° of participants:** 1h/ 10pp

**Description:** A card game that simulates real-world situations like lack of communication and learning how to deal with feelings like frustration, uncertainty, and suspicion.







# **SELF-DEVELOPMENT THROUGH SPONTANEOUS MOVEMENT**



**Target group:** wild path participants (age 18–30)

**Time and N° of participants:** 1h / 35 pp

**Description:** Create a safe space for free expression and comfortable dancing, promoting unity and mindfulness. Participants focus on feelings, breathing, and body awareness.

Start with blindfolded movement to music, then energetic dancing with open eyes, followed by paired dancing with changing partners.

End with a calming meditation. Reflect on experiences individually and share in a group circle.





## **DODGEBALL**

**Target group:** wild path participants (age 18–30)

**Description:**

The goal of the game is to hit the players of the other team with the ball until one team is eliminated. Each capture of the ball can revive 1 of the teammates. When a player gets hit by the ball, they get out of the field. If the ball hits the floor first and then a player, it does not count as elimination. Sharpshooters are persons who are eliminated and go to the other side of the court to shoot players of the opposite team.

To not hurt each other, a player who shoots at someone's head is eliminated. We have mixed groups of men and women and to be balanced.





## **CURIOSITY**

Participants find a partner and define A and B players between themselves. Player A asks Player B questions about what they are genuinely curious about. While player B is answering the questions player A has the right to raise their hand and stop player A from getting off topic and can ask a different question.

After 10 minutes player B gives feedback about the questions given and says what questions they would like to be asked. That happens for 1 minute. After receiving feedback player A asks the questions B wanted to talk about. This happens for 5 minutes. Player A closes their eyes, meanwhile, B moves to a different partner and now changes their role to the one who asks the questions.





## DO YOU FEEL ME?

The following is required: 1 or 2 papers for each participant and at least as many markers and other painting supplies (in different colors) as there are participants in the workshop.

**Description:** Facilitators put the papers and markers into the middle of the side of the room.

A song chosen by the facilitators will be played twice. Before the song is played for the first time, the participants will be told that they are invited to listen to the song and make a drawing/painting of how they feel while or after listening to it. They can start creating during the first playing of the song or during the second hearing.

Afterwards, the participants present their paintings and explain them to the group.





## RAFT

Participants sit behind each other in 1 line with blindfolds on.

The last player in the line sees a picture of an object they will need to draw as a group.

They draw with their fingers the shape of the object on the back of the player in front of them and so on until the first player in line, who has to draw the object on a piece of paper.

They are not allowed to talk to each other.







## CONTRIBUTORS:

Lora Yordanova

Evelina Zinovieva

Mihaela Zaharieva

Violetta Baevsky

Vanessa Angelova

Mala Rothacker

Emre Yüzüncüoğlu

Elza Garokalna

Isurika Hetti Arachchige

Jānis Norvelis

Egīls Eglītis

Irene Serban

Bianca Ilca

Mihail Toncu

Levente Kosa

Aleksandra Pastusiak

Maria Louka

Santiago Andrés Barreto García

Filia Kyritsi

Rafaella Piniataro

Milana Jovanović

Nikola Vlaović

Sara Tomić

Dusan Kostov

Ana Timotijevic

Alicia Romero Alvendin

Abril Lluch Martinez

Mariana Silva

Diogo Amaral

Tiago Santos

André Braneanu

Lara Silva







**Co-funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**WILD  
PATH**