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# UNITED

## **Youth Workers United: Defeat Digital Addiction – Reconnect, Engage & Support Youth through the Power of Physical Activity**

*Erasmus+ Programme — KA153 Training for Youth Workers  
Project Brochure*

Partner Countries: Romania · Bulgaria · Turkey · Portugal · Spain · Cyprus  
Craiova, Romania — 28 August – 3 September 2026

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## About the Project

The UNITED project — "Youth Workers United: Defeat Digital Addiction – Reconnect, Engage & Support Youth through the Power of Physical Activity" — is an Erasmus+ KA153 Training for Youth Workers, coordinated by Asociația Culturală Branart (Romania) together with partner organisations from Bulgaria, Turkey, Portugal, Spain and Cyprus.

|                            |                                                        |
|----------------------------|--------------------------------------------------------|
| <b>Project duration</b>    | 1 June – 31 December 2026                              |
| <b>Grant Agreement No.</b> | 2026-1-RO01-KA153-YOU-000391290                        |
| <b>Budget</b>              | 36,917 EUR (incl. 10,800 EUR for transportation)       |
| <b>Funded by</b>           | Erasmus+ Programme                                     |
| <b>Countries involved</b>  | 6 — Romania, Bulgaria, Turkey, Portugal, Spain, Cyprus |
| <b>Participants</b>        | ~36 youth workers                                      |
| <b>Training dates</b>      | 28 August – 3 September 2026                           |
| <b>Location</b>            | Craiova, Romania                                       |

The project addresses the growing problem of digital/technology addiction among young people, aiming to equip youth workers with the skills and tools needed to help young people reduce screen time and rediscover physical activity, sport and genuine face-to-face connection. Through a 7-day intensive training programme built on non-formal education methods, the project seeks to create a lasting impact in local communities across all six partner countries, while raising awareness — at both local and European level — about the effects of technology overuse and the value of real-life social interaction.

## Project Objectives

- Equip youth workers with practical skills to identify and address technology addiction among young people.
- Promote physical activity and sport as tools for reconnection, engagement and well-being.
- Build sustainable local support systems and cross-border cooperation networks.
- Raise awareness at local and European level about digital overload and its impact on youth.

## Expected Outcomes

- Stronger practical skills among participating youth workers.
- A tangible impact on the communities they work in.
- A multiplier effect, as trained youth workers pass on knowledge and tools locally.
- Increased European-level awareness of digital addiction and its consequences.

# Chapter 1 — Non-Formal Education Methods Used in the Project

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The UNITED training programme is built entirely on non-formal education: participants learn by doing, through interactive, experiential and reflective activities rather than traditional lectures. Across the 7 days of training in Craiova, the following types of methods were used:

## Icebreakers and Energisers

Used to open each thematic block and build group cohesion, e.g. the 'Welcome Games' on Day 1 and the icebreaker 'Screen vs. Reality', which introduced participants to the contrast between digital and real-life experiences in a light, engaging way.

## Role-Play

Participants stepped into different perspectives to explore real-life situations, such as 'Stories from Steve Jobs' (reflecting on technology's role in society) and 'Empathy through Sport' (using physical activity to build empathy and understanding between participants).

## Workshops and Skill-Building Sessions

Hands-on sessions such as 'Workshop: Screen-Free Messages' helped participants practise concrete communication techniques for engaging tech-dependent youth, while sessions like 'Communication Plan' supported the transfer of these skills into structured, usable tools.

## Debates and Group Discussions

Structured debates, such as 'Sensitive Dialogue' and the awareness-raising debate on Day 5, encouraged participants to discuss challenging topics, exchange viewpoints and practise critical thinking and argumentation.

## Simulations and Physical/Sport-Based Activities

Practical, movement-based methods such as the 'Anti-Addiction Sport Circuit', 'Sports Flash Mob' and 'Cross-Cultural Sports Exchange' allowed participants to experience first-hand how physical activity can be used as a tool to reconnect young people and build community.

## Group Reflection and Debriefing

Every thematic block closed with structured reflection, using tools such as 'The Benefits Tree', 'Technology–Life Balance', 'Impact Map' and 'The Reconnection Circle', helping participants process what they had learned and connect it to their own practice.

## Individual and Team-Based Action Planning

Towards the end of the training, participants worked individually and in teams to design concrete outputs for their communities, including a 'Personal Action Plan', a 'Continuation Plan' for sustaining the project's impact, and the final 'Project Brochure' — the very type of resource you are reading now.

## Chapter 2 — Traditional Sports of the Participating Countries

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As part of the project's cross-cultural exchange, participants explored traditional sports and games from each of the six partner countries — connecting the project's focus on physical activity with the cultural heritage of the group.

### Romania — Oina

Romania's traditional national sport, similar to baseball or lapta. Two teams take turns batting and fielding, with players trying to score points by running between designated points on the field while avoiding being hit by a thrown ball. Oina reflects agility, teamwork and quick reflexes, and is still taught in Romanian schools today.

### Bulgaria — Bulgarian Wrestling (Traditional Folk Wrestling)

A centuries-old form of wrestling deeply rooted in Bulgarian rural traditions and festivals. Considered one of Bulgaria's oldest sports, it emphasises strength, technique and endurance, and has historically served as both a competitive sport and a symbol of community pride at village gatherings.

### Turkey — Yağlı Güreş (Oil Wrestling)

One of Turkey's oldest and most iconic sports, in which wrestlers cover their bodies in olive oil and compete to pin their opponent. The most famous event, the Kırkpınar tournament held annually in Edirne, dates back over 650 years and is recognised by UNESCO as part of the Intangible Cultural Heritage of Humanity.

### Portugal — Jogo do Pau (Stick Game)

A traditional Portuguese martial art and game involving combat with wooden sticks, historically used both for self-defence and as a rural sport/dance-like performance. It requires balance, coordination and precise technique, and is still practised today as a way of preserving Portuguese cultural heritage.

### Spain — Pelota Vasca (Basque Pelota)

A traditional ball sport originating in the Basque region, played by hitting a ball against a wall using the hand, a racket, or a wicker basket (cesta), depending on the variant. Known for its speed and physical demand, it remains one of Spain's most iconic traditional sports and has variants popular across several countries.

### Cyprus — Tavli (Cypriot Backgammon)

A traditional board game rather than a physical sport, Tavli is deeply embedded in Cypriot social life. Played for centuries in cafés and family gatherings, it combines strategy and chance, and remains a beloved pastime that brings people of all ages together — making it especially relevant for social and intergenerational connection.

## Chapter 3 — Youth Voices: Articles from the Project

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Throughout the training, participants worked in international teams to reflect on how the UNITED project connects to the Erasmus+ programme's four cross-cutting priorities: Inclusion & Diversity, Digital Transformation, Environment & Climate Change, and Participation in Democratic Life. Below is a summary of the perspectives shared by five youth teams on the project's website.

### **Team 1 — Mihai & Bianca, with Roxanna, Nazli, Orkun, Fatma, Mesut, Deniz and Tugay**

This team highlighted how UNITED builds cross-cultural friendships through sport and movement (Inclusion & Diversity), helps participants develop a healthier relationship with technology by prioritising face-to-face interaction (Digital Transformation), combines outdoor sport with environmental action such as park clean-ups and tree planting (Environment & Climate Change), and gives participants a real voice through democratic budget allocation and debate workshops (Democratic Life).

### **Team 2 — Sabina, César, Africa, Maria, Carolina and César Junior**

This team framed the same four priorities as a checklist for responsible project design: ensuring participation for people facing economic, social, cultural or geographical barriers; using digital tools responsibly rather than by default; actively reducing environmental impact; and promoting active citizenship, human rights and critical thinking.

### **Team 3 — Yana, Todor, Alex, Vlad, Alexis, David and Anabela**

This team described concrete practices from the training itself: mixed international teams that built empathy and intercultural communication (Inclusion); using apps like Google Translate purposefully to cross language barriers (Digital Transformation); favouring natural light and reusable items over disposables, with waste sorted for recycling (Environment); and practising active listening and consensus-building as the foundation of democratic participation (Democratic Life).

### **Team 4 — Ismini Socratous, Mary Zeidan and Melpomeni Almiviadous**

This team reflected more broadly on Erasmus+ as a bridge-building experience — highlighting the value of meeting people from different cultures, connecting with nature through activities such as yoga and park walks, and gaining transferable skills for life as engaged European citizens.

### **Team 5 — Victoria, Simoni, Efdihia, Maria, Bruno, Dinis, Henrique and Gonçalo**

This team emphasised how the four priorities reinforce one another in practice: a welcoming and comfortable group environment made it easier to share cultural differences openly, which in turn helped participants build lasting friendships and feel confident contributing freely to group decisions and discussions.

Together, these five perspectives show that for the young participants involved, the UNITED project's impact goes beyond sport and screen-time reduction — it is experienced as a genuine, lived practice of inclusion, responsible digital behaviour, environmental care and democratic participation.

## Chapter 4 — Exercises Created by the Youth Workers

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Beyond the general methods described in Chapter 1, the youth workers taking part in the training designed and facilitated a full set of specific exercises, day by day, as part of the project's official programme. Below is the complete list of exercises, organised by day, with a short explanation of their purpose.

### Day 1 — Arrival & Introduction

**Welcome Games** — Warm-up games to help participants get comfortable, learn each other's names and start building group trust.

**Presenting the Project in the Context of Erasmus+** — An introduction connecting the UNITED project's goals to the wider Erasmus+ framework and values.

**Youthpass Presentation & Erasmus Programme Overview** — An explanation of how participants' learning outcomes will be recognised and validated through Youthpass.

**NGO Fest in the Online World** — An interactive activity exploring how NGOs and youth organisations present themselves and connect with young people online.

**Icebreaker: 'Screen vs. Reality'** — A playful exercise contrasting digital and real-life experiences, opening the group's reflection on technology use.

**Role-play: 'Stories from Steve Jobs'** — Participants explore, through role-play, the role technology and its creators play in shaping modern life.

**Intercultural Evening – Intercultural Dialogue** — An informal evening dedicated to cultural exchange and dialogue between the six partner countries.

### Day 2 — Communication & Empathy

**Communication Skills with Tech-Dependent Youth / Role of the Youth Worker in Counselling** — A session building practical communication and counselling skills for engaging young people with heavy technology use.

**Workshop: Screen-Free Messages** — A hands-on workshop for designing communication approaches and messages that do not rely on screens.

**The Socialisation Chain** — A group exercise illustrating how face-to-face social connections can be rebuilt step by step.

**Debate: Sensitive Dialogue** — A structured debate encouraging participants to discuss difficult topics respectfully and constructively.

**Role-play: Empathy through Sport** — Physical activity used as a tool to build empathy and mutual understanding among participants.

**Communication Plan** — Teams draft a concrete plan for communicating the project's messages to their own communities.

### Day 3 — Sport as an Alternative to Screens

**Overcoming Digital Addiction through Physical Exercise** — An introductory session directly linking physical activity to reducing digital dependency.

**Screen Breaks** — A practical exercise on structuring regular breaks from screens into everyday routines.

**Sport vs. Digital** — A comparative activity contrasting the benefits of sport with the pitfalls of excessive screen time.

**Anti-Addiction Sport Circuit** — A physical circuit-training activity designed as a fun, energising alternative to screen time.

**Technology–Life Balance** — A reflection exercise helping participants map their own balance between technology use and other life activities.

**The Benefits Tree** — A visual, reflective tool in which participants 'grow' a tree of benefits gained from physical activity and disconnection.

## Day 4 — Cooperation through Sport

**Local and International Cooperation in Sport** — A session exploring how sport can be used to build cooperation both locally and internationally.

**Sports Networks** — A mapping exercise identifying existing sports networks and organisations participants can connect with.

**International Pass** — An activity for tracking and formalising cross-border cooperation opportunities gained through the project.

**Local Support Network** — Participants map the local resources and contacts they can mobilise to support youth in their communities.

**Cross-Cultural Sports Exchange** — A practical session exchanging traditional sports and games between the six partner countries.

**Cooperation Platform** — Designing a shared framework for continued cooperation between the partner organisations after the training.

## Day 5 — Raising Awareness

**Raising Awareness in Communities** — A session focused on strategies for raising awareness about digital addiction at community level.

**Anti-Screen Campaigns** — Teams design mock awareness campaigns promoting reduced screen time.

**Sports Flash Mob** — A spontaneous, public physical activity used as an awareness-raising and community-engagement tool.

**Awareness Campaign** — Development of a concrete awareness campaign that participants can implement after the training.

**Debate** — A structured discussion evaluating the effectiveness of different awareness-raising strategies.

**Impact Map** — A visual reflection tool mapping the potential impact of the project on participants' own communities.

## Day 6 — Sustainability

**Green Sports Ideas** — A brainstorming session generating environmentally-friendly sport and physical activity ideas.

**Eco Disconnect** — An exercise combining digital disconnection with outdoor, nature-based activity.

**Evaluating the Impact of Sport** — A structured evaluation of how the sport-based activities during the training achieved their goals.

**Sustainable Scenarios** — A scenario-planning exercise exploring sustainable ways to continue the project's activities.

**Continuation Plan** — Teams draft a plan for sustaining the project's outcomes once the training has ended.

## **Day 7 — Closing & Celebration**

**Sports Memory** — A closing memory and reflection game revisiting the physical activities experienced throughout the week.

**Active Thanks** — A closing gratitude exercise combined with movement, thanking fellow participants.

**Personal Action Plan** — Each participant finalises an individual plan for applying what they learned in their own community.

**Gallery of Success** — A showcase in which participants present the outcomes and achievements of the week.

**The Reconnection Circle** — A closing circle activity symbolising the group's reconnection through the training experience.

**Project Brochure** — Collaborative creation of the project's final brochure, summarising the training and its results — the very document you are reading.

**Final Evening: Traditional Games and Dances** — A closing celebration featuring traditional games and dances from all six partner countries.

## Sport vs. Digital

*A Challenge on Focus, Connection, and Wellbeing*

### Concept

A playful but revealing head-to-head format where two teams — one representing "Team Sport" and one representing "Team Digital" — compete in a series of short challenges that test the same skills (focus, memory, teamwork, reaction time, mood) using either physical activity or digital devices. The activity lets participants experience the difference rather than just discuss it, then opens into honest reflection on where each has its place.

*Works well for 36 participants split into 2 large teams (18 vs 18), then subdivided into smaller squads for the challenge rounds.*

### Schedule Overview (60 minutes)

| Time      | Segment                              |
|-----------|--------------------------------------|
| 0:00–0:08 | Intro & Team Split                   |
| 0:08–0:20 | Challenge 1: "The Focus Test"        |
| 0:20–0:32 | Challenge 2: "The Connection Test"   |
| 0:32–0:44 | Challenge 3: "The Energy Test"       |
| 0:44–0:52 | Scoreboard Reveal & Group Discussion |
| 0:52–1:00 | Closing: Finding the Balance         |

### 0:00–0:08 — Intro & Team Split (8 min)

Facilitator frames the format:

*"Today it's Sport vs. Digital — but not as enemies. We're going to run the same challenges twice: once the 'sport way,' once the 'digital way.' At the end, we'll compare notes on what each one actually gave us."*

Split the 36 participants into Team Sport and Team Digital (18 each), mixing ages evenly. Each team further splits into 3 squads of 6 for rotating through the three challenge stations.

*Note: every squad experiences both versions of each challenge across the hour — the "team" name is just their starting identity/spirit for the session, not a permanent restriction.*

### 0:08–0:20 — Challenge 1: "The Focus Test" (12 min)

**Goal:** Compare sustained attention in a physical task vs. a digital task.



Sport version



Digital version

Squad completes a balance and coordination course (e.g., walking a line while balancing a ball on a spoon, or a short obstacle course) — timed, with penalties for mistakes.

Squad completes a simple phone-based focus game or quiz (e.g., a memory/reaction app, or a facilitator-run rapid quiz shown on a phone/tablet) — timed, with penalties for mistakes.

Each squad tries both versions, 5 minutes each, then reports their time/score to the facilitator for the scoreboard.

**Debrief prompt (write down, don't discuss yet):**

*"Which version required more concentration, and which was more tiring?"*

## 0:20–0:32 — Challenge 2: "The Connection Test" (12 min)

**Goal:** Compare how connected participants feel after a shared physical activity vs. a shared digital activity.

|  Sport version                                                  |  Digital version                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Squad plays a quick team game requiring physical cooperation (e.g., a 5-minute mini relay, tug of war, or a cooperative ball-passing challenge). | Squad plays a short group activity via phones (e.g., everyone in a group chat solving a riddle together by texting only, no talking). |

**Debrief prompt (write down):**

*"On a scale of 1–5, how connected did you feel to your squad during this version?"*

## 0:32–0:44 — Challenge 3: "The Energy Test" (12 min)

**Goal:** Compare energy and mood shifts after physical movement vs. screen time.

|  Sport version |  Digital version              |
|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| 5 minutes of high-energy movement (jumping jacks, dancing, a short run).                          | 5 minutes of quiet scrolling/screen time (facilitator provides neutral content like a news app or short videos). |

**Debrief prompt (write down):**

*"Rate your energy level (1–5) right now, after this version."*

## 0:44–0:52 — Scoreboard Reveal & Group Discussion (8 min)

Facilitator reveals the collected scores/ratings on a flipchart (Focus times, Connection ratings, Energy ratings) — comparing Sport vs. Digital side by side. This isn't about declaring a "winner" but making the patterns visible.

**Quick group discussion:**

1. Where did Sport clearly outperform Digital — and where did Digital surprise you?
2. Was there a challenge where digital tools actually helped rather than hurt?
3. What does this tell us about when to reach for a screen and when to reach for movement?

## 0:52–1:00 — Closing: Finding the Balance (8 min)

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Facilitator closes with a balanced message (avoid framing digital as "the enemy"):

*"This wasn't really Sport versus Digital — it's about knowing which tool fits which moment. Movement often wins on energy and connection. Digital can be useful for focus games or staying in touch — but rarely replaces the real thing. As youth workers, our job isn't to ban screens, it's to help young people notice which one actually gives them what they need, in each moment."*

Each participant writes one sentence:

*"One moment today where I'll choose movement over my screen is..."*

## Materials Needed

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- Stopwatch/timer
- Simple obstacle/balance course materials (cones, a rope line, spoons and balls, etc.)
- A few phones/tablets with a simple game, quiz, or group chat set up (facilitator's or participants', with permission)
- Flipchart for the live scoreboard
- Paper/pens for debrief prompts

## Facilitator Tips

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- Keep the tone playful and curious, not competitive-shaming — the goal is honest comparison, not proving screens are "bad."
- This activity pairs very well as a capstone session after "Beyond the Screen," "Move to Unplug," and "Screen Breaks" — it ties the whole program's theme together with real, collected data from the participants themselves.
- Adjust physical intensity of Sport challenges for the 50+ group as needed (e.g., seated balance tasks, walking pace relay).

## Raising Awareness in Communities

*Rapid campaign design — turning an issue into a community message*

|             |                                                                                                                   |
|-------------|-------------------------------------------------------------------------------------------------------------------|
| Method type | Non-formal, rapid collaborative design (peer sharing under time pressure)                                         |
| Duration    | 15 minutes (core version), scalable to 30–45+ minutes                                                             |
| Group size  | Works well for 12–30 people, split into teams of 4–6                                                              |
| Materials   | Flipchart paper or A3 sheets (one per team), markers, optional: magazine cutouts, tape for a wall/gallery display |

## The Idea

Real awareness campaigns rarely start with a big budget — they start with a small team, a clear issue, and a message simple enough to spread by word of mouth. This activity compresses that process into a fast design sprint: teams pick (or receive) a community issue relevant to sport and social inclusion, and in under ten minutes design the core of a grassroots awareness campaign — who it's for, what it says, and one concrete action people can take. The time pressure is intentional: it forces teams past vague ideas and toward one sharp, memorable message.

## Timing Breakdown (15 minutes)

| Time      | Phase                                                |
|-----------|------------------------------------------------------|
| 0–2 min   | Framing: introduce the challenge                     |
| 2–4 min   | Team formation & topic draw                          |
| 4–11 min  | Rapid campaign design: message, audience, action     |
| 11–14 min | 60-second pitches: each team presents their campaign |
| 14–15 min | Closing: facilitator names the strongest patterns    |

## Step-by-Step Guide

### 1. Framing (2 min)

Gather teams around their flipchart sheets. Explain: *"Your team has one issue affecting access to or participation in sport in your community. In the next seven minutes, you'll design the core of an awareness campaign: who you're speaking to, what you want them to understand, and one simple action they can take. No budget, no professional design — just a message that could genuinely spread."*

### 2. Team formation & topic draw (2 min)

Split into teams of 4–6. Each team draws or is assigned one community issue — for example: girls' access to local sport, sport for people with disabilities, inclusion of older adults, cost barriers to participation, or isolation of newcomers/migrants in local clubs. Using a locally relevant issue works even better than a generic one.

### 3. Rapid campaign design (7 min)

On the flipchart, each team sketches three things, fast:

- **Audience:** Who exactly are we trying to reach? (e.g., parents, local coaches, club members, the general public)
- **Message:** One sentence or slogan that captures the issue in a way people will remember and repeat.
- **Action:** One simple, concrete thing someone can do after hearing the message (e.g., "invite one person who doesn't usually join," "share this at your next training session").

Encourage a quick sketch or visual alongside the words — a campaign is remembered as much by its image as by its text.

### 4. 60-second pitches (3 min)

Each team pitches their campaign in under a minute: the issue, the message, and the action. Keep it fast — cut off gently at 60 seconds to preserve the energy of the exercise.

### 5. Closing (1 min)

Facilitator names, in a sentence or two, the patterns that came up across teams — for example, how many campaigns focused on a personal invitation rather than a poster, or how many messages worked because they were short enough to say out loud in one breath.

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## Facilitator Notes

- Keep the time pressure real — announce time remaining once or twice during the design phase; the constraint is what produces sharp, simple messages instead of vague mission statements.
- If a team's message is still abstract at the halfway point, a quick prompt helps: "Say it out loud in five words or less — go."

- Encourage locally specific issues over generic ones whenever the group has the local knowledge to name them — the exercise lands harder when the issue is real.
- Works well as a fast, energizing module before or after a longer session on community outreach, inclusion, or communications for sport organizations.

## Extending the Exercise (30–45+ minutes)

- **+10 min — Peer feedback round:** Teams rotate flipcharts and leave one piece of written feedback on another team's campaign: what's the strongest part, and what's still unclear?
- **+10 min — Channel planning:** Teams add a fourth element to their flipchart: where would this message actually reach their audience? (a WhatsApp group, a local shop noticeboard, a coach announcing it at practice) — grounding the campaign in realistic, low-cost channels.
- **+15 min — Mini role-play delivery:** Each team performs their message live, in character, as if delivering it to their target audience for the first time (e.g., a coach announcing it to a team) — testing how the message actually sounds out loud.
- **+10 min — Gallery walk & vote:** Display all flipcharts; participants walk around and place a sticky dot next to the campaign they think would spread fastest in their own community, followed by a short group discussion on why.

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*Works as a standalone rapid design sprint or as a practical module within a broader course on community outreach, inclusion, or communications for sport organizations.*

# DAY 6

## Green Sports Ideas & Sustainability

*Non-formal & Informal Learning Methods*

Five activities, each 15–20 minutes core, scalable up to one hour:

1. Green Sports Ideas — Creative icebreaker: initial brainstorming
2. Eco Disconnect — Hybrid energiser: nature-technology integration
3. Evaluating the Impact of Sport — Interactive co-design: practical examples
4. Sustainable Scenarios — Minimal digital gamification: adapted for balance
5. Continuation Plan — Prospective reflection: group work for the future

## ACTIVITY 1

# Green Sports Ideas

*Creative icebreaker — sharing eco-friendly practices in sport*

|             |                                                                            |
|-------------|----------------------------------------------------------------------------|
| Method type | Creative icebreaker: initial brainstorming                                 |
| Duration    | 15–20 minutes (core), extendable to 1 hour                                 |
| Group size  | Works well for 10–30 people, pairs or small groups                         |
| Materials   | Sticky notes or index cards, markers, a wall or flipchart to collect ideas |

## The Idea

Sustainability in sport often starts with small, practical habits rather than big policy change — reusable water bottles, carpooling to matches, repairing instead of replacing equipment. This icebreaker opens Day 6 by getting everyone thinking and talking about eco-friendly practices they've seen, used, or imagined in a sporting context, fast and informally, before the day's deeper work begins.

## Timing Breakdown (15–20 minutes)

| Time      | Phase                                           |
|-----------|-------------------------------------------------|
| 0–2 min   | Framing: introduce the theme                    |
| 2–5 min   | Individual brainstorm: quick idea writing       |
| 5–12 min  | Pair/small-group sharing and combining ideas    |
| 12–17 min | Wall build: ideas posted and clustered together |
| 17–20 min | Quick group scan and closing highlight          |

## Step-by-Step Guide

### 1. Framing (2 min)

Explain: *"Today is about green sport and sustainability. To start, let's gather every eco-friendly sport practice we can think of — something you've seen, tried, or just imagined. No idea is too small or too ambitious."*

### 2. Individual brainstorm (3 min)

Each person silently writes 2–3 ideas on sticky notes — one idea per note (e.g., "reusable water bottles at matches," "solar-powered stadium lighting," "repair instead of replace jerseys").

### 3. Pair/small-group sharing (7 min)

In pairs or trios, participants share their notes, briefly discuss, and add 1–2 new combined or inspired ideas together.

### 4. Wall build (5 min)

Everyone posts their notes on a shared wall or flipchart. As a light group activity, cluster similar ideas together (e.g., "transport," "equipment," "energy," "waste") — this naturally previews the categories the rest of Day 6 will explore.

### 5. Closing highlight (3 min)

Facilitator quickly points out the biggest cluster and one surprising or original idea, setting an energized, idea-rich tone for the day.

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## Facilitator Notes

- Keep judgement out of the brainstorm phase — quantity and openness matter more than feasibility at this stage.
- Save the wall of ideas; it's a natural resource to revisit in Activity 3 (Evaluating the Impact of Sport) and Activity 5 (Continuation Plan).

## Extending to 1 Hour

- **+15 min — Category deep-dive:** Small groups each take one cluster (transport, equipment, energy, waste, community) and expand it into a short list of concrete actions.
- **+15 min — Feasibility rating:** Using dot-voting, the group rates ideas by "easy to start tomorrow" vs. "needs more planning," creating a simple priority view.
- **+10 min — Show and tell:** Groups briefly present their expanded cluster to the room, cross-pollinating ideas before the day continues.

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*Sets an energized, idea-rich tone for the rest of Day 6.*

## ACTIVITY 2

# Eco Disconnect

*Hybrid energiser — games in nature without gadgets, nature-technology integration*

|             |                                                                                                           |
|-------------|-----------------------------------------------------------------------------------------------------------|
| Method type | Hybrid energiser: nature-technology integration                                                           |
| Duration    | 15–20 minutes (core), extendable to 1 hour                                                                |
| Group size  | Works well for 10–30 people outdoors                                                                      |
| Materials   | Open outdoor/green space, natural materials found on site (sticks, leaves, stones), no screens or devices |

## The Idea

This energiser deliberately strips technology away, using nature itself as the only "equipment." Participants play a short, active game using only natural materials and their bodies — reconnecting physically and socially with the outdoors, and directly embodying the sustainability theme: fun and connection don't require gadgets or resources beyond what's already there.

## Timing Breakdown (15–20 minutes)

| Time      | Phase                                                     |
|-----------|-----------------------------------------------------------|
| 0–2 min   | Framing: explain the no-gadget rule                       |
| 2–5 min   | Material gathering: everyone collects a few natural items |
| 5–15 min  | Game: nature relay or scavenger challenge                 |
| 15–18 min | Cool-down: quiet outdoor observation moment               |
| 18–20 min | Closing: quick reflection                                 |

## Step-by-Step Guide

### 1. Framing (2 min)

Explain: *"For this activity, no phones, no screens — just us and the space around us. We're going to play using only what nature gives us."*

### 2. Material gathering (3 min)

Each person collects 2–3 small natural items nearby (a stick, a leaf, a stone) to use in the game — nothing picked from living plants unnecessarily, respecting the space.

### 3. Game — nature relay or scavenger challenge (10 min)

Run a simple relay: teams pass a natural object down a line using only elbows, or a quick scavenger hunt for specific natural shapes/colors within a bounded area, all without any device — just verbal coordination and observation.

### 4. Cool-down (3 min)

Everyone stands or sits quietly for one minute, just observing the outdoor environment — sounds, light, movement — as a deliberate contrast to screen-based stimulation.

### 5. Closing (2 min)

Quick round: "What did you notice about the space that you might have missed if you'd been on a phone right now?"

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## Facilitator Notes

- Keep energy playful and physical — the point is joyful reconnection, not a lecture about screen time.
- Have a simple backup game ready (e.g., natural "rock-paper-scissors" tournament) in case the site has limited loose natural materials.

## Extending to 1 Hour

- **+15 min — Extended scavenger hunt:** Add a longer, multi-clue outdoor hunt across a wider area, in small teams, still fully device-free.
- **+15 min — Nature-based mini-tournament:** Run a short bracket of simple natural games (stick toss for distance, leaf boat races in a puddle/stream if available) between teams.
- **+10 min — Group reflection circle:** A longer seated circle discussion: how did it feel to disconnect, and what's one small no-device habit worth keeping?

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*A joyful, embodied contrast activity that reinforces the day's sustainability and balance themes physically, not just conceptually.*

### ACTIVITY 3

## Evaluating the Impact of Sport

*Interactive co-design — creating tools for measuring the reduction of digital addiction*

|             |                                                                                  |
|-------------|----------------------------------------------------------------------------------|
| Method type | Interactive co-design: practical examples                                        |
| Duration    | 15–20 minutes (core), extendable to 1 hour                                       |
| Group size  | Works well for 12–30 people, teams of 4–6                                        |
| Materials   | Flipchart paper, markers, example measurement tools/templates (optional handout) |

### The Idea

If sport is meant to reduce digital addiction, how would you actually know it's working? This activity has small teams co-design a simple, practical tool for measuring that impact — something realistic enough to use in a real club or community program, not an academic instrument. It turns an abstract evaluation question into a hands-on design task.

### Timing Breakdown (15–20 minutes)

| Time      | Phase                                                |
|-----------|------------------------------------------------------|
| 0–2 min   | Framing: introduce the design challenge              |
| 2–4 min   | Team formation                                       |
| 4–14 min  | Co-design: sketching a simple measurement tool       |
| 14–18 min | Quick-fire sharing: each team presents in 60 seconds |
| 18–20 min | Closing: facilitator names shared patterns           |

### Step-by-Step Guide

#### 1. Framing (2 min)

Explain: *"Your team's job is to design one simple, realistic tool that a local sport club could actually use to measure whether their program is helping reduce digital addiction and screen time among participants. Keep it low-tech and usable."*

#### 2. Team formation (2 min)

Split into teams of 4–6, ideally mixing people with different roles or perspectives (coach, parent, participant viewpoint).

#### 3. Co-design (10 min)

Teams sketch their tool on flipchart paper — this could be a simple weekly self-report card ("how many screen-free hours today?"), a before/after short survey, a coach observation checklist, or a simple visual tracker participants fill in themselves. The tool should answer: what does it measure, how often, and who fills it in?

#### 4. Quick-fire sharing (4 min)

Each team presents their tool in 60 seconds: what it measures and why it's realistic to actually use.

#### 5. Closing (2 min)

Facilitator names common features across the tools presented — simplicity, frequency, who's responsible for using it — reinforcing what makes an evaluation tool actually usable in practice.

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### Facilitator Notes

- Push teams toward simplicity — a tool that takes 30 seconds to fill in gets used; a complex survey usually doesn't.
- If useful, connect this back to the ideas wall from Activity 1 — some green sport ideas can double as measurable practices here.

## Extending to 1 Hour

- **+15 min — Pilot testing in pairs:** Pairs test each other's tool as if they were a real participant filling it in, then give quick feedback on clarity and ease of use.
- **+15 min — Revision round:** Teams revise their tool based on pilot feedback, tightening language and format.
- **+10 min — Combined toolkit:** Facilitator compiles the best elements from each team's tool into one shared, ready-to-use evaluation template for the whole group to take away.

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*Turns evaluation from an abstract requirement into a concrete, co-designed, usable tool.*

## ACTIVITY 4

# Sustainable Scenarios

*Minimal digital gamification — post-project role-play, adapted for balance*

|             |                                                                                                                           |
|-------------|---------------------------------------------------------------------------------------------------------------------------|
| Method type | Minimal digital gamification: adapted for balance                                                                         |
| Duration    | 15–20 minutes (core), extendable to 1 hour                                                                                |
| Group size  | Works well for 12–24 people, teams of 3–4                                                                                 |
| Materials   | Printed scenario cards, simple paper "decision tracker" sheet per team (no devices required — kept deliberately low-tech) |

## The Idea

What happens to a sustainability initiative after the project funding ends and the excitement fades? This light gamified role-play puts teams six months into the future, facing realistic scenario cards about their sport-and-sustainability project's survival — funding gaps, staff turnover, waning interest — and asks them to make quick decisions and track outcomes on a simple paper tracker. It's "digital" in spirit (choices, consequences, a running score) but built entirely on paper, modeling the same balance the day is about.

## Timing Breakdown (15–20 minutes)

| Time      | Phase                                                        |
|-----------|--------------------------------------------------------------|
| 0–2 min   | Framing: introduce the post-project premise                  |
| 2–4 min   | Team formation & tracker setup                               |
| 4–15 min  | Scenario rounds: 3 cards, quick team decisions               |
| 15–18 min | Outcome share: teams compare their "sustainability score"    |
| 18–20 min | Closing: naming real strategies behind the fictional choices |

## Step-by-Step Guide

### 1. Framing (2 min)

Explain: *"It's six months after your project ended. Funding is gone, but the idea is still alive — barely. Each round, you'll face a real situation and choose how to respond. Track your team's 'sustainability score' as you go."*

### 2. Team formation & tracker setup (2 min)

Split into teams of 3–4. Give each team a simple tracker sheet starting at a baseline score (e.g., 10 points).

### 3. Scenario rounds (11 min)

Reveal three scenario cards, one at a time (about 3–4 minutes each), such as: "Your key volunteer coach moves away — what do you do?", "A local business offers minor sponsorship but wants their logo everywhere — do you accept?", "Interest is dropping — do you simplify the program or push for a relaunch event?" Teams discuss briefly and choose a response, adjusting their score up or down based on a simple facilitator-read outcome for each choice.

### 4. Outcome share (3 min)

Teams briefly compare final scores and the choices that led there — not as a competition to win, but to see how different decisions played out.

### 5. Closing (2 min)

Facilitator asks: "Which of these fictional choices reflects something your team might actually face? What's the real strategy behind it?"

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## Facilitator Notes

- Keep scoring loose and illustrative rather than strictly balanced — the discussion generated by each choice matters more than the arithmetic.

- Adapt scenario cards to reflect the group's real context (local funding realities, typical volunteer challenges) for maximum relevance.

## Extending to 1 Hour

- **+15 min — Extra scenario rounds:** Add 2–3 more cards covering different challenge types (community pushback, growth opportunities, unexpected partnerships).
- **+15 min — Team strategy write-up:** Teams write a short "lessons learned" note based on their playthrough — what worked, what they'd do differently.
- **+10 min — Cross-team scenario swap:** Teams trade their toughest scenario with another team and discuss how they would have responded differently.

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*A playful but grounded look at what it actually takes to keep a sustainability initiative alive after the initial energy fades.*

## ACTIVITY 5

# Continuation Plan

*Prospective reflection — strategies for local networks, group work for the future*

|             |                                                                                          |
|-------------|------------------------------------------------------------------------------------------|
| Method type | Prospective reflection: group work for the future                                        |
| Duration    | 15–20 minutes (core), extendable to 1 hour                                               |
| Group size  | Works well for 12–30 people, teams of 4–6                                                |
| Materials   | Flipchart paper, markers, sticky notes, the Day 6 idea wall from Activity 1 if available |

## The Idea

Closing Day 6 means turning the day's ideas — green practices, evaluation tools, sustainability scenarios — into something the group can actually carry forward. This activity is a structured, forward-looking reflection where teams sketch a simple continuation plan for their local network: what keeps going, who's responsible, and what the very next step looks like. It's less a formal action plan and more a grounded prospective conversation, fitting closure for the day.

## Timing Breakdown (15–20 minutes)

| Time      | Phase                                                              |
|-----------|--------------------------------------------------------------------|
| 0–2 min   | Framing: introduce the forward-looking task                        |
| 2–4 min   | Team formation & quick recap of the day                            |
| 4–14 min  | Continuation planning: three key questions                         |
| 14–18 min | Sharing: each team names their top next step                       |
| 18–20 min | Closing circle: one word for how the group feels about what's next |

## Step-by-Step Guide

### 1. Framing (2 min)

Explain: *"We're closing the day by looking forward. In your team, you'll sketch a short continuation plan for keeping green sport and sustainability practices alive in your local network after today."*

### 2. Team formation & recap (2 min)

Split into teams of 4–6. Briefly recall, as a group, the day's highlights — an idea from the wall, a tool designed, a scenario discussed — to ground the planning in what's already been generated.

### 3. Continuation planning (10 min)

Each team answers three questions on flipchart paper:

- **What continues?** Pick 1–2 concrete practices or ideas from today worth carrying forward.
- **Who's involved?** Name the people or roles who would realistically keep it going — not just "someone."
- **What's the very next step?** One small, doable action in the next two weeks — not a grand plan, just a real first move.

### 4. Sharing (4 min)

Each team shares their single most important next step with the whole group in one sentence.

### 5. Closing circle (2 min)

Go around the group for one word each: "How do you feel about what's next?" A simple, honest close to the day.

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## Facilitator Notes

- Keep the plan genuinely small and realistic — an ambitious but abandoned plan is worse than a modest one that actually happens.

- If possible, collect all teams' "next step" statements into a single shared note or photo to circulate after the training, keeping the momentum alive beyond the room.

## Extending to 1 Hour

- **+15 min — Named commitment round:** Each participant, not just each team, writes their own one-line personal commitment related to the day's themes.
- **+15 min — Cross-team resource sharing:** Teams identify one resource, contact, or piece of knowledge they can offer another team's continuation plan, encouraging real cross-network cooperation.
- **+10 min — Timeline mapping:** Teams plot their next steps on a simple shared timeline (2 weeks, 1 month, 3 months) posted on the wall, giving the whole group a visual sense of momentum going forward.

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*A grounded, forward-looking close to Day 6 — turning ideas from the day into real, owned next steps.*

## Personal Action Plan

*Experiential planning — integrating sport into the fight against digital addiction, peer review*

|             |                                                                  |
|-------------|------------------------------------------------------------------|
| Method type | Experiential planning: peer review                               |
| Duration    | 15–20 minutes (core), extendable to 1 hour                       |
| Group size  | Works well for 10–30 people, pairs for peer review               |
| Materials   | Personal action plan template/handout, pens, quiet writing space |

## The Idea

The real test of a program is what participants actually do afterward. This activity has each person draft a short, personal action plan for using sport as a tool against digital addiction in their own life or work — then strengthens it through peer review, so every plan benefits from someone else's honest, supportive perspective before the program ends.

## Timing Breakdown (15–20 minutes)

| Time      | Phase                                              |
|-----------|----------------------------------------------------|
| 0–2 min   | Framing: introduce the personal plan template      |
| 2–10 min  | Individual writing: drafting the plan              |
| 10–16 min | Peer review pairs: exchanging and discussing plans |
| 16–19 min | Revision: quick refinement based on feedback       |
| 19–20 min | Closing: one commitment spoken aloud               |

## Step-by-Step Guide

### 1. Framing (2 min)

Hand out the template or ask participants to divide a page into three sections. Explain: *"You're going to write a short, honest action plan: one sport-related habit you'll use to reduce screen time, who or what will support you, and how you'll know it's working."*

### 2. Individual writing (8 min)

Each person writes their plan using three simple prompts:

- **The habit:** One specific sport or movement practice you'll commit to (e.g., "a 20-minute walk instead of scrolling after dinner").
- **The support:** Who or what will help you stick with it — a person, a group, a reminder, a routine.
- **The check-in:** One simple way you'll know, in a month, whether it's actually working.

### 3. Peer review pairs (6 min)

In pairs, participants read each other's plans and give one honest piece of feedback: is it specific enough? Realistic? Missing anything obvious? The goal is a plan a person will actually follow, not just a nice idea on paper.

#### 4. Revision (3 min)

Each person quickly adjusts their plan based on the feedback received.

#### 5. Closing (1 min)

Quick round: each person says their one habit aloud to the group — public, brief, and grounding.

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## Facilitator Notes

- Encourage specificity over ambition — a small, concrete habit beats a vague, big intention every time.
- Keep peer feedback kind but honest; the point of peer review is genuine strengthening, not just encouragement.

## Extending to 1 Hour

- **+15 min — Small-group troubleshooting:** Groups of 3–4 each take turns naming their biggest anticipated obstacle, and the group briefly brainstorms solutions together.
- **+15 min — Written commitment cards:** Participants write their finalized plan on a card to keep, and optionally address a copy to themselves to be mailed or sent digitally in a month as a future reminder.
- **+10 min — Accountability pairing:** Peer-review pairs agree to check in with each other at an agreed future point, turning today's pairing into an ongoing support structure.

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## Contact

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