



## How To Use This brochure

Each page = one activity. You'll find the time needed, group size, materials, clear steps and a tip from participants who've tried it. Grab it, try it, love it!



## Use Signal Indicators

Hey! This guide is made BY young people FOR young people. Inside you'll find fun, hands-on activities to use in your youth exchange. Creative, energetic & ready to use!



## Who Is This For?

Young people taking part in Erasmus+ exchanges, and youth workers looking for fresh, interactive methods that actually work. No boring lectures here!



## What You'll Find Inside

Ice-breakers · Team building · Creative workshops · Intercultural games · Non-formal learning methods · Energizers ·



Co-funded by  
the European Union

Erasmus+  
Enriching lives, opening minds.

ERASMUS+ YOUTH EXCHANGE  
SCHWEINFURT, GERMANY  
15.02. - 22.02.2026

# E-brochure

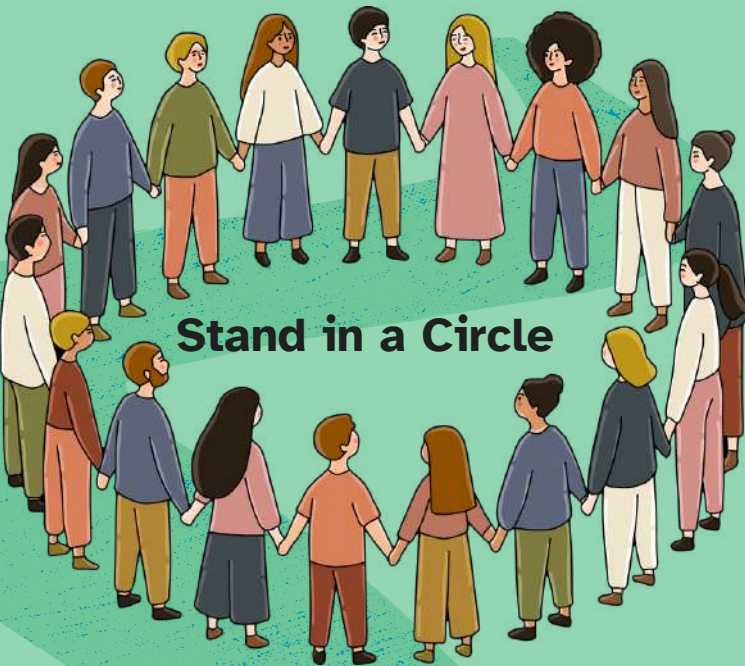




5 min |  Whole group |  
No materials needed



# GOOD MORNING - energizer -



Stand in a Circle



## WHAT?

A morning energiser that starts quietly and gets louder with every round. Perfect for waking everyone up!



## WHY?

Wake up • Get active •  
Start the day with energy



## HOW?

1. Stand in a circle
2. The facilitator sings and everyone repeats:  
Good morning  
A riki riki tumba  
A para para pere  
It's not strong enough  
We can make it louder
3. Start very quietly
4. Repeat around 5 times, getting louder each round
5. Finish with one very loud final round!



## TIP FROM US

Use it in the morning. Start really quiet so every round can get louder!





5-10min |  Whole group |  
No materials needed

# MAAACARENA - energizer -

Stand in a Circle



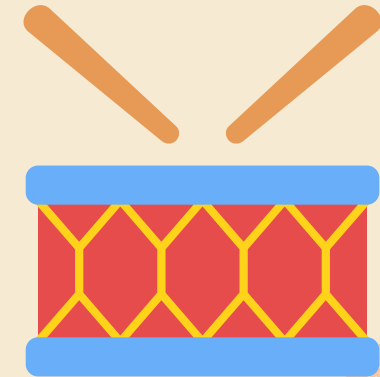
## WHAT?

A quick vocal energiser where a sound travels around the circle.



## HOW?

1. Stand in a circle.
2. The first person starts with “Maaaa...”
3. Pass the sound “aaaa” from person to person.
4. Keep it moving around the circle.
5. Finish together with “Macarena!”
6. Try again – faster!



## WHY?

Wake up • Focus • Have fun



## TIP FROM US

The more energy you put into it, the better!





5-10min |  Whole group |  
No materials needed

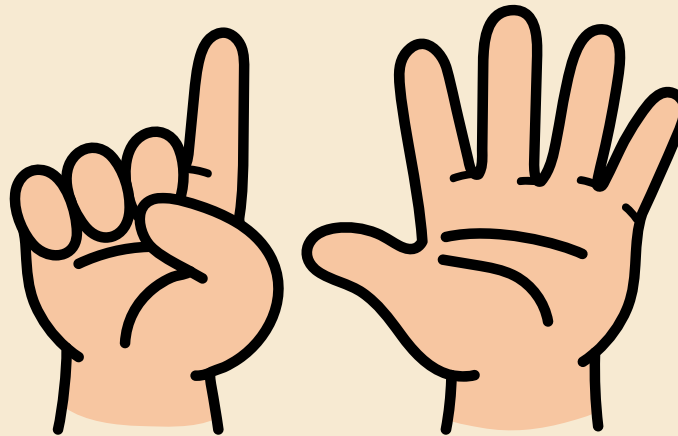
# 1, 2, CLAP - energizer -

Stand in a Circle



## WHAT?

Count around the circle – but some numbers have to be replaced with a clap.



## HOW?

1. Stand in a circle and start counting: 1, 2...
2. CLAP when the number:
  - is 3
  - contains 3: 13, 23, 30...
  - is divisible by 3: 6, 9, 12...
3. Continue around the circle.
4. Make a mistake? You're eliminated.
5. Last person standing wins!



## WHY?

Concentrate • Think fast •  
Have fun



## TIP FROM US

Do 1-2 practice rounds without elimination first.





10-15min | 👤 Whole group |  
No materials needed

## RHYTHM NAME - getting to know each other -

Stand in a Circle



WHAT?

A simple name game with rhythm and movement. Great when the group is still learning names.



Co-funded by  
the European Union



HOW?

1. Stand in a circle.
2. One person steps forward and back while saying their name.
3. Take two steps to the right.
4. Everyone repeats that person's name.
5. Continue until everyone has had a turn.



## HELLO MY NAME IS



WHY?

Learn names • Move • Connect



TIP FROM US

Keep the same rhythm and say the names loudly together!





25-30min |  Whole group |  
Mugs, numbers & table

# MUG EXCHANGE - eco-friendly -



## WHAT?

Everyone brings a mug from home and exchanges it randomly. The original owner shares the story behind it, and the new owner keeps it as a souvenir.



## WHY?

Share stories • Reduce disposable cups • Take home a memory

## HOW?

1. Everyone brings one mug from home.
2. Put all mugs on numbered spots.
3. Everyone randomly draws one number.
4. Take the mug matching your number.
5. The original owner tells the story behind it.
6. Continue until everyone has a new mug.
7. Use it during the project and take it home afterwards!



## TIP FROM US

Do this on Day 1 so everyone can use their new mug during the whole project.





**Whole project** |  **Everyone** |  
**Names on paper**

# SECRET FRIEND - interactive -



## WHAT?

Everyone secretly gets one person to support during the project through positive messages and small acts of kindness.



## WHY?

Spread kindness • Connect •  
Make people feel included



## HOW?

1. Put everyone's names in a box.
2. Each person secretly draws one name.
3. Don't reveal your Secret Friend!
4. Leave them positive messages or do small kind things.
5. You can also write to other participants.
6. On the last day, try to guess your Secret Friend.
7. Reveal everyone!



## TIP FROM US

You can combine the final reveal with giving out Youthpass or other certificates.



 **10-15min** |  **Whole group** |  
 **No materials needed**

# NON-VERBAL BIRTHDAY LINE

Make a line



## WHAT?

Create one line from 1 January to 31 December according to your birthdays, using only the day and month — without speaking!

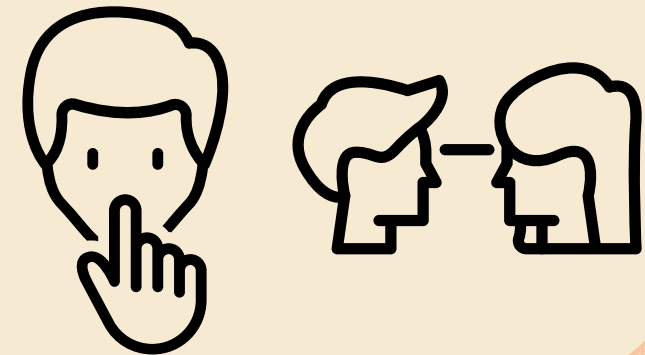


## WHY?

Communicate • Cooperate •  
Non-verbal communication

## HOW?

1. No talking!
2. Arrange yourselves by birthday – day and month.
3. Use fingers, gestures, body language or write numbers in the air.
4. Say your birthdays aloud at the end and check.
5. Need pairs or groups division? Match the first person with the last, second with second-last, etc.



## TIP FROM US

Use the new pairs/groups directly for your next activity!





**30-45 min | 3 groups |**  
**Flipcharts & markers**

# THE GROUP RULES AGREEMENT

**Create 3 groups**



## WHAT?

Instead of facilitators giving the rules, everyone creates the project rules together.



## HOW?

1. Make 3 groups.
2. Give each group one topic: Interpersonal, Programme and Venue rules.
3. Discuss and write your rules.
4. Rotate to the next flipchart and add ideas.
5. Continue until everyone has seen all 3.
6. Discuss everything together.
7. Agree on the final rules.
8. Everyone signs the all 3 flipcharts!



## WHY?

Shared responsibility • Respect •  
Better group atmosphere



## TIP FROM US

Use the new pairs/groups directly for your next activity!



 20–30 min |  Whole group |  
 Flipchart & markers

# THE ERASMUS+ CAKE

Dream  
Big



## WHAT?

Draw Erasmus+ as a cake with 3 slices: KA1, KA2 and KA3. Add a muffin next to it for ESC.



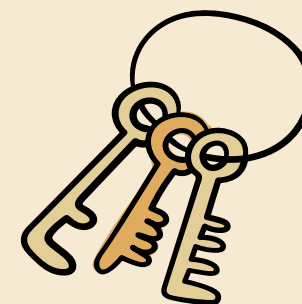
## WHY?

Understand Erasmus+ • See the opportunities • Make it visual

## HOW?

1. Draw a cake with 3 slices.
2. Write KA1 on the biggest slice.
3. Ask what participants think belongs there.
4. Add the mobilities and short facts.
5. Repeat with KA2.
6. Give a short explanation of KA3.
7. Draw a muffin next to the cake.
8. The muffin represents ESC!

Erasmus+  
Enriching lives, opening minds.



## TIP FROM US

Don't prepare the finished cake beforehand. Build it together with the group!





15-25 min |  Pairs |  
Example cards

# GUESS THE ERASMUS+ OPPORTUNITY



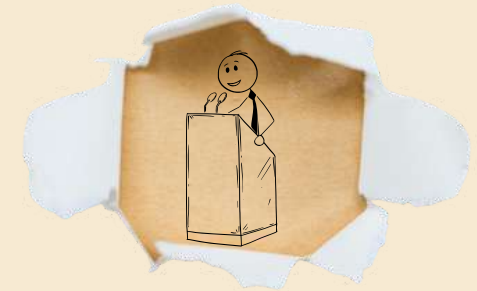
## WHAT?

Read an Erasmus+ situation and  
guess which opportunity it describes.



## HOW?

1. Work in pairs.
2. Take one example card.
3. Read the situation.
4. Decide: Youth Exchange? Training Course? Job Shadowing? DiscoverEU? Small-scale partnership? Something else?
5. Explain WHY.
6. Reveal the answer.
7. Exchange cards and try another one.



## WHY?

Remember • Apply knowledge •  
Discuss



## TIP FROM US

Make some examples tricky so  
participants have to look for clues!

 **45-60 min** |  **Small groups** |  
 **Paper & markers**

# DESIGN YOUR OWN YOUTH EXCHANGE



## WHAT?

Create your own imaginary Youth Exchange from scratch!



## HOW?

1. Make small groups.
2. Choose a topic.
3. Decide where and how long the project will be.
4. Choose your target group.
5. Identify a problem in society.
6. Create objectives.
7. Design activities.
8. Create a simple agenda.
9. Answer: Why should the National Agency fund your project?
10. Present your idea!



## WHY?

Be creative • Understand project design • Work together



## TIP FROM US

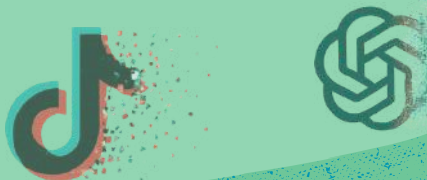
**Remember:**

PROBLEM → OBJECTIVES → ACTIVITIES



**30–45 min** |  **Small groups** |  
**Platform Logos**

# DIGITAL PLATFORMS THAT DISAPPEARED



## WHAT?

Imagine waking up tomorrow and YouTube, TikTok, Instagram and ChatGPT are gone.

## HOW?

1. Show the platform logos.
2. Imagine they no longer exist.
3. Ask: What would you do?
4. Find alternatives.
5. Share them with the group.
6. Compare your ideas.



## WHY?

- Think critically • Find alternatives
- Reflect on digital habits



## TIP FROM US

Ask which platform would be hardest to replace!

 **45–60 min** |  **Groups of 4** |  
 **Smartphones or laptops & internet**

# Video Conference Platforms Can Be Fun



## WHAT?

Explore a video conferencing platform, become the mini-expert and teach your group how it works and what makes it unique.



## WHY?

Discover new platforms • Learn together • Share knowledge • Find creative online meeting spaces

## HOW?

1. Form groups of 4 and assign one platform to each group.
2. Explore its features for 15–20 minutes.
3. Prepare a short elevator pitch.
4. Present your platform and teach the others how it works.

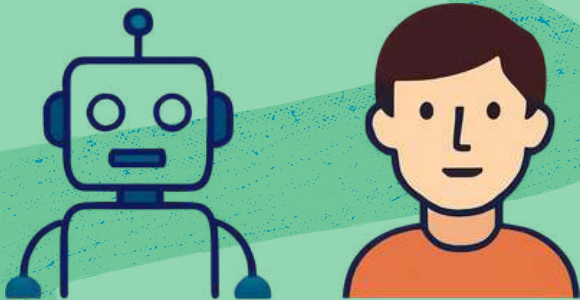


## TIP FROM US

Send the instructions to participants' phones and let them discover the platform on their own.

 30-45 min |  Groups of 2-3 |  
 Smartphones or laptops & internet

# AI OR REAL?



## WHAT?

Look closely at an image and decide:  
AI or Real?



## WHY?

Spot AI content • Think critically  
• Question what you see

## HOW?

1. Make groups of 4-5.
2. Show one image.
3. Decide: AI or Real?
4. Explain WHY.
5. Reveal the answer.
6. Continue with more images.
7. Finish with 2 AI images + 1 real image.  
Find the real one!



## TIP FROM US

Always ask “Why?” before  
revealing the answer.

 **60-90 min** |  **Small groups** |  
 **Smartphones & Artivive app**

# ARE We Afraid of AR?



## WHAT?

Create an augmented reality (AR) poster that raises awareness about an issue affecting young people.



## HOW?

1. Learn the basics of XR, VR, AR and Artivive.
2. In groups, choose a youth issue and create a short script.
3. Record a short awareness video (with or without AI tools).
4. Choose a trigger image and connect it to your video in Artivive.
5. Test your AR creation and share only the trigger image with the group.



## WHY?

Explore XR, VR & AR • Learn a new digital tool • Raise awareness creatively

## TIP FROM US

Create at least 2 AR projects and encourage participants to scan each other's trigger images to discover the hidden videos.



# WRITING A MOTIVATION LETTER?

Slide for everything you need to  
know!



Erasmus+

# KEEP THE GREETING PROFESSIONAL!

YOU CAN REFRAME

“Hello, what’s up?”

TO

“Dear Sir/Madam,”



Erasmus+

# PERSONAL INFO IN THE FIRST PARAGRAPH!

- Name
- Education
- Age
- What you are applying for

**Erasmus+**

## PREVIOUS EXPERIENCE

In the second paragraph to you  
should add:

- Any kind of previous experience
- Characteristics (ex. hardworking, organized, adaptable)
- Personality traits (ex. responsible, ambitious, communicative)



Erasmus+

**ALWAYS PROVIDE  
EXAMPLES!**

YOU CAN REFRAME

**“I am a good leader.”**

TO

**“I have coordinated several  
people in past projects with  
great success.”**

**Erasmus+**

# WHAT DO YOU OFFER?

The third paragraph is all about:

- your skills
- what you can offer
- benefit for the employer

## ALWAYS PROVIDE RELEVANT INFORMATION!



Erasmus+

# REFER TO THE ADVERTISEMENT!

- Where did you see it?
- What made you apply?
- How could you help the company move forward?
- What are the benefits for you?

## CONVINCE THEM THAT THEY CAN'T GO ON WITHOUT YOU!



Erasmus+

# ALWAYS BE POLITE!

YOU CAN REFRAME

“Goodbye, [your name]”

TO

“I am looking forward to hear  
from you!”

Yours sincerely,  
[your name]”

[Date, time]

[Contact]





# STRONG PASSWORDS



- 12+ CHARACTERS
- MIXED LETTERS, NUMBERS  
AND SYMBOLS
- DON'T REUSE PASSWORDS





# 2FA

**TWO-FACTOR AUTHENTICATION) IS A  
SECURITY PROCESS REQUIRING TWO  
DISTINCT FORMS OF IDENTIFICATION  
TO ACCESS AN ACCOUNT,  
SIGNIFICANTLY REDUCING RISKS  
FROM STOLEN PASSWORDS.**





# 2FA

**TWO-FACTOR AUTHENTICATION) IS A  
SECURITY PROCESS REQUIRING TWO  
DISTINCT FORMS OF IDENTIFICATION  
TO ACCESS AN ACCOUNT,  
SIGNIFICANTLY REDUCING RISKS  
FROM STOLEN PASSWORDS.**



# PHISHING AWARENESS



- **CHECK EMAIL SENDER**
- **DON'T CLICK SUSPICIOUS LINKS**
- **LOOK FOR GRAMMAR MISTAKES**

# PUBLIC WIFI



- **AVOID BANKING ON PUBLIC WI-FI**
- **USE VPN IF POSSIBLE**





# PRIVACY SETTINGS

**TREAT YOUR PRIVACY SETTINGS LIKE  
A SMOKE ALARM BATTERY: IF YOU  
DON'T TEST IT REGULARLY, IT  
PROBABLY WON'T WORK WHEN YOU  
ACTUALLY NEED IT.**



# *Can you spot a deepfake?*

## ***What is a deepfake?***

***A deepfake is a digitally altered photo, video, or audion recording created using artificial intelligence to make someone appear to say or do something they never actually did.***



# Facial Clues

- Unnatural blinking
- blurry edges around the face
- Mismatched lighting



# Audio clues

- Robotic tone
- Delayed lip sync
- Strange pauses



# Image red flags

- Extra fingers
- Weird hands
- Distorted text in background



# Fact check steps

- Reverse image search
- Check source
- Look for trusted media confirmation



“Think before you  
share”



This e-brochure was created by the participants of the Erasmus+ Youth Exchange “CSI – Create, Share, Inspire” with project number: 2025-1-DE04-KA152-YOU-000305892, held in Schweinfurt, Germany, from 15–22 February 2026.

During the project, participants explored, tested and designed creative non-formal education methods that encourage learning, collaboration and active participation.

We hope this collection inspires young people, youth workers, educators, teachers and trainers to use these activities in their own learning environments. Feel free to adapt, modify and combine the methods to suit your group, objectives and local context.

Thank you for being part of the journey!

**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 or EACEA can be held responsible for them.**

**LEARNING GROWS WHEN WE  
CREATE, SHARE AND INSPIRE EACH OTHER.**

