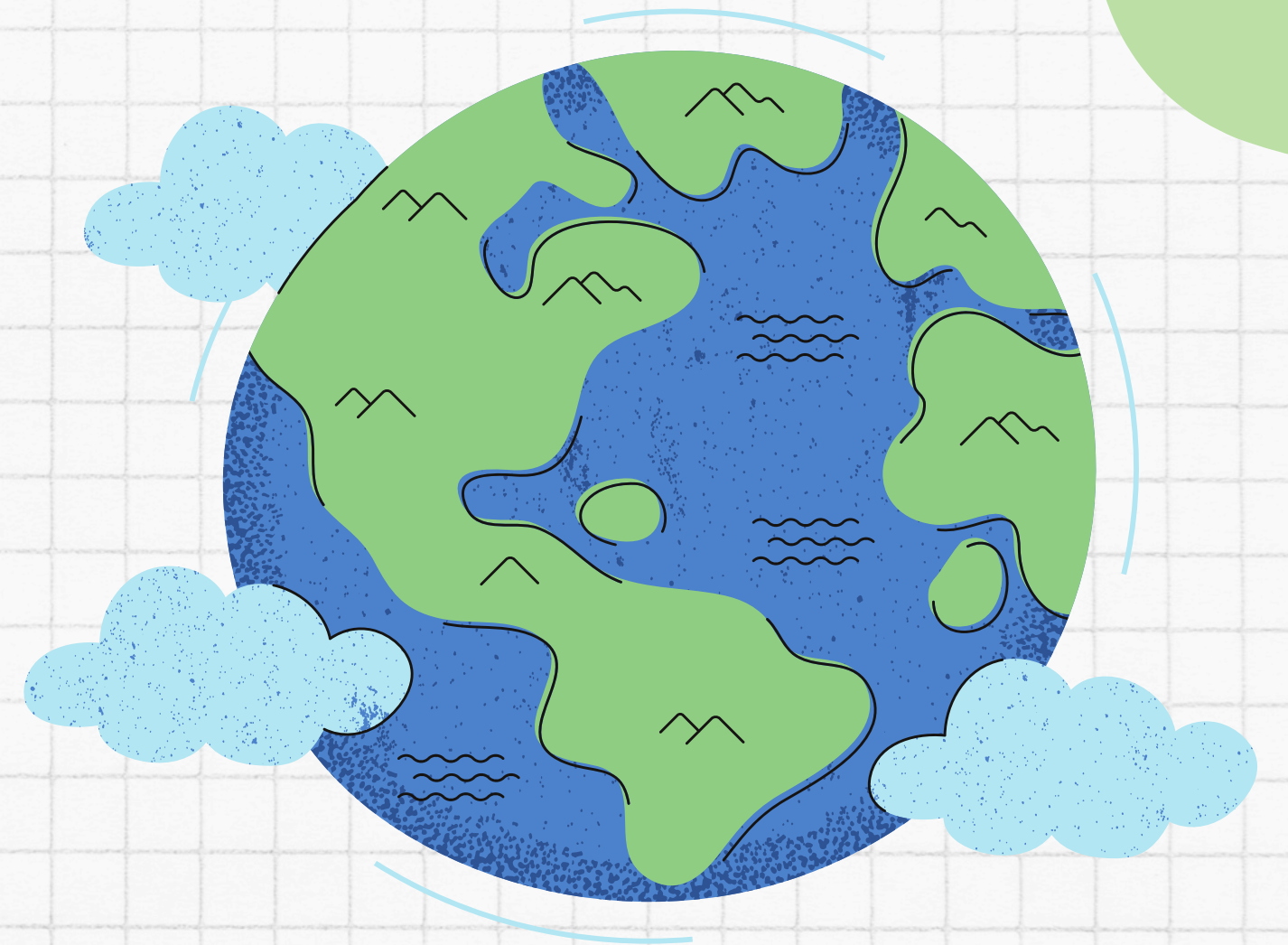


# Green Tears

Program Brochure



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# Introduction

Green Tears was an Erasmus+ youth exchange for teenagers held in July 2024 in Chotěboř, Czech Republic. Organized by the organization Mladiinfo CR, the exchange focused on the themes of ecology and mental health.

In this brochure, you can find various activities and games that were conducted during the exchange.

You can use it as inspiration for your own youth work to motivate young people to connect with nature and support their mental well-being.



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# Project details

## Youth exchange

Youth Exchange in Chotěboř, Czech Republic - July 2024

This youth exchange involved 37 participants and 2 facilitators, project took place in Chotěboř, Czech Republic, in July 2024.

The participants, aged between 13 and 17, took part in a variety of activities designed to promote intercultural exchange and personal development. Each group included two adult leaders over the age of 18, who provided guidance and support throughout the exchange.

The participants came from five different countries: the Czech Republic, Portugal, Romania, Turkey, and Estonia.

The project offered a valuable opportunity for young people to learn from one another, exchange ideas, and grow as global citizens, while overcoming challenges and expanding their horizons in an international environment.



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# Objectives



- Connect young people from different countries, enhance life experiences, and improve language skills
- Raise awareness of mental health and ecological depression among teens
- Address climate change-related mental health issues and promote eco-conscious living
- Positive, motivating approach to encourage personal and societal change
- Participants apply learned skills and knowledge in daily life post-project





# Activities

The project was divided into two parts – one exploring the vital topic of ecology, and the other delving into the importance of mental health. These two themes blended together naturally, creating a dynamic and impactful experience.

Throughout the project, we used engaging non-formal education methods that encouraged active participation and reflection. And the fun didn't stop there! Cultural nights were a highlight, offering teams a chance to share their unique cultures and traditions with others. Want to learn more about the activities? Keep reading this brochure!



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# Name Games and Team Building Activities

The day began with an array of fun name games and team-building exercises, designed to help participants get to know each other and build trust and communication within their teams. These activities not only helped break the ice but also encouraged collaboration and problem-solving, setting the tone for the rest of the project. Participants set their own rules and expectations, which they followed throughout the rest of the program.

## **Human Bingo**

In this activity, each participant received a bingo card filled with different personal traits or experiences (e.g., “Has two sisters” or “Speaks five languages”). The goal was to mingle with others and find someone who matched each description. It was a fun and interactive way to learn more about one another while moving around the group.

## **The Blanket Game**

Participants were divided into two teams, each with a blanket placed between them. The teams walked around the blanket until a signal was given to stop. When the blanket fell, participants had to quickly identify and call out the name of the person on the opposite side. This game required quick thinking, concentration, and helped to strengthen team connections.

## **Team Building: The Snack Challenge**

In this creative team-building exercise, participants were tasked with gathering ingredients for a snack by completing various challenges. They worked in teams, deciding together where to go and which challenges to tackle based on their preferences and individual skills. Some of the challenges included memorizing the digits of Pi, go through a spider web, flipping a blanket, and tackling language riddles. The activity promoted teamwork and problem-solving, with the ultimate goal of preparing a delicious snack. These activities not only helped participants bond but also highlighted the importance of teamwork and communication in a fun, relaxed environment.

The day ended with a Czech night, where participants immersed themselves in local culture, enjoying traditional food, music, and celebrations.



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# Ecological Activities and Erasmus

Days 2 and 3 were dedicated to the theme of ecology, offering participants an immersive learning experience about environmental issues. The activities aimed to deepen their understanding of key ecological concepts. Each day concluded with vibrant cultural nights, where participants had the opportunity to showcase and celebrate the cultures of Romania, Turkey, Estonia, and Portugal.

## Youthpass Introduction

We introduced participants to the Erasmus+ program and the Youthpass, which is used to document and validate the skills and learning achieved during the program. Participants worked in national teams to complete 8 tasks, each reflecting one of the key competencies of the Youthpass. For example, one task involved calculating what could be bought with 100 CZK, which focused on mathematical skills, while another task required creating a Boomerang video, emphasizing digital competencies. Upon completion, participants received a stamp in their Youthpassport card, which would be used for further activities. They also created their own “learning box,” where they recorded what they learned and experienced throughout the week.

## Climate Change Treasure Hunt

In this interactive activity, participants were divided into teams, each receiving a different starting envelope containing a scrambled eco-statement. The task was to rearrange the pieces to reveal a complete statement about ecology and climate change. Once the teams succeeded, they were given a clue leading them to the next location. The statements were essential for later activities, helping participants connect theoretical knowledge about climate change with practical actions.





# Ecological Activities

## Climate Change Workshop (Islanders)

This workshop had several steps, beginning with participants being divided into groups that would work together for the remainder of the week. Each group had to design their own fictional island, complete with a description of its appearance, its inhabitants, and its currency.

The second part of the workshop involved storytelling, where participants learned that the island had run out of water and needed to find a way to get it back. In the practical section, each team was assigned one of three ecological topics: general climate change, the impacts of climate change, or solutions to climate change. Teams raced to answer 10 questions correctly, running to a "shaman" to collect water for each correct answer. The goal was to fill their bucket as quickly as possible. After 10 minutes, they moved on to the next set of questions. The session concluded with a reflection and discussion on climate change.

## Food Waste Activity

In this outdoor activity, participants used a blindfolded map to find "ingredients" and categorize them into different storage locations (freezer, refrigerator, pantry). Afterward, they engaged in a reflective discussion about food waste, highlighting how food is stored and how proper storage can help reduce waste.





# Ecological Activities



## Fast Fashion Show

As part of the environmental awareness activities, participants took part in the "Fast Fashion Show," where each island group designed clothing representing their fictional island. The twist? All the outfits were made from collected trash and natural materials. After creating their unique looks, the groups showcased their creations in a fashion show, turning the runway into a platform for sustainability.

Following the show, the group engaged in a discussion about the negative impacts of fast fashion on the environment, highlighting the importance of conscious consumerism and sustainable fashion choices. To wrap up the activity, each participant selected a piece of clothing they were wearing and explored its origin, learning where the materials came from and how they could be more mindful of their clothing choices in the future.

## Best Practices

Participants worked in national teams to prepare a presentation about an NGO from their country that addresses ecological issues. Each group chose a creative presentation style, such as singing, pantomime, theater, or drawing, to share their chosen NGO's work and the impact it has on environmental topics.





# Mental Health: Awareness and Well-being

The next part of the program shifted focus to mental health, an equally important aspect of overall well-being. Through various activities and discussions, participants explored key topics such as stress management, self-care, and the importance of mental health in everyday life. These sessions not only provided valuable insights but also encouraged open conversations about mental well-being, breaking down stigma and fostering a supportive environment for all.





# Mental Health Activities

## Drawing Posters

Participants created posters illustrating the coping strategies that help them manage stress and the activities they enjoy doing in their free time. This exercise encouraged reflection on personal stress relief methods and allowed individuals to express which activities provide them with comfort and relaxation.

## Guided Relaxation and Meditation

A guided relaxation and meditation session helped participants experience the calming effects of mindfulness practices. Through deep breathing and guided imagery, participants learned how to relax their minds and bodies, fostering a sense of peace and reducing stress. This activity introduced them to techniques they can use in their daily lives to maintain mental balance.

## Wellbeing Stations

In groups, participants rotated through five different stations focused on various aspects of wellbeing - discussions and opportunities for sharing feelings, writing exercises, mindful eating, and breathing exercises. Each station included activities aimed at enhancing mental health, such as mindfulness exercises, relaxation techniques, and communication practices. This holistic approach helped participants explore different ways to nurture their mental and emotional health.





# Mental Health Activities

## Hiking in the Forest

A peaceful hike in the forest provided participants with the opportunity to connect with nature and de-stress. The natural setting, combined with physical activity, allowed participants to clear their minds, engage in reflective thinking, and reduce mental tension, promoting overall mental health.



## Wellbeing Practices

Participants had the option to choose from various activities that they could do alone or in pairs. These activities included creating a vision board, practicing yoga, making mandalas, forest bathing, taking on water challenges, sleeping in a hammock, creating land art, and flower recognition. Afterward, participants shared what they enjoyed the most and what they found most challenging, reflecting on the impact each activity had on their mental and emotional well-being.



## Theater Performance

In the final activity, participants worked in their island groups to prepare and perform a play focused on ecology. This creative outlet encouraged participants to explore stress relief through roleplay and self-expression. It also demonstrated how creativity can serve as a valuable tool for managing emotions and releasing tension in a healthy, enjoyable way.





# Results

As the project came to an end, participants spent the final morning creating videos, which you can find on our [website](#), reflecting on their experiences and the knowledge they gained throughout the week. In addition, they wrote articles on the important topics of [ecology](#) and [mental health](#), sharing their insights and personal reflections. We took time to reflect on the entire week, discussing the lessons learned and the connections made.

With the help of the group leaders, participants completed their Youthpasses, which were presented to them during the closing ceremony. This marked the successful conclusion of an enriching and transformative experience, where participants not only gained valuable knowledge but also grew as individuals and as a community.

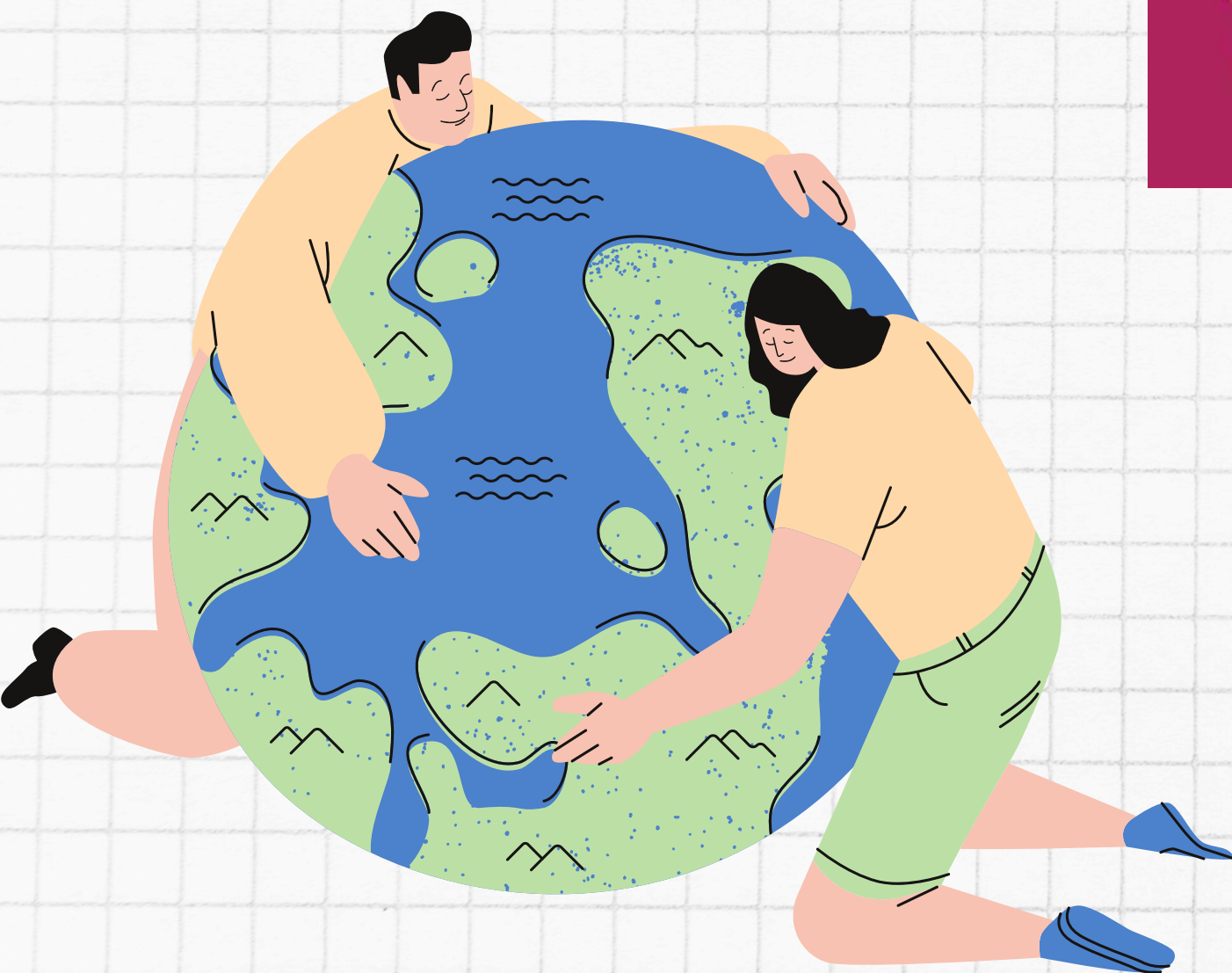
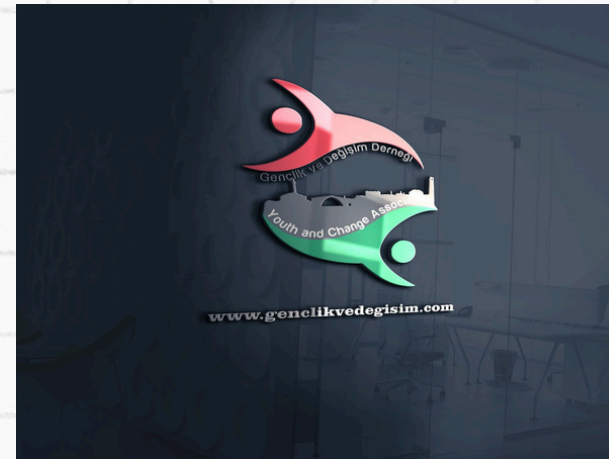


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**Thank  
you very  
much!**

