



Erasmus+
Enriching lives, opening minds.

World in Your Hands

16. - 26. 6. 2023, Czech Republic

Check out our...

**national
days!**



Co-funded by
the European Union

During our Erasmus+ youth exchange "World in Your Hands", we talked a lot about our countries, our cultures and about culture and society in general. In the end, each national team - Czech, Spanish and Armenian - prepared their national day to show the others what it is like to live in their country.

On each of the 3 days, we had an i morning programme, a delicious traditional dinner and fun evening programme.

Check out what we did!

15/5	Arrival					
16/5	Getting to know each other	Be inauthentic: communication skills training	Project introduction	Let's talk about: Individuals	Reflection	Let's talk about: Awareness
17/5	Trip to Tabor					Reflection
18/5	Teambuilding - What do you expect?	Teambuilding	Let's talk about: Family		Reflection	Game evening
19/5	Let's talk about: Tribes		Get to know other cultures		Reflection	What are your values? Debate game.
20/5	Intercultural learning: let's dig deeper	Non-formal learning	Preparation of national days		Reflection	Let's talk about: Stories
21/5	Let's talk about: Regions and nations		Preparations of national days		Reflection	Let's talk about: Types of truth
22/5	Trip to Prague					
23/5	Spanish day		Let's talk about: Your country / Spanish group cooking		Reflection	Spanish evening
24/5	Czech day		Let's talk about: Agreements and unions / one group cooking		Reflection	Czech evening
25/5	Armenian day		Let's talk about: The world in your hands / one group cooking		Reflection	Armenian evening
26/5	Reflection of national days	Write it all down	Final reflection + Evaluation: Let's say goodbye		Farewell evening	
27/5	Departure					



Spanish day

Morning programme:

We started the day doing the dances of "Soy una taza" and "Macarena" as energizers in the morning.

After that, we made a theoretical class with some information about Spain (accents, flags, and dances).

Here are the dances that we danced:

- Jota
- Flamenco
- Casteller
- Sardana



EL PAÑUELO

There are 2 groups and a coordinator who has to hold a handkerchief. In the groups, each member gets a number (from 1 to how many people there are). If the coordinator says the number 1, for example, the people with that number from each group will go to catch the handkerchief.

The person who grabs the handkerchief has to run to their side of the field, so that the opponent doesn't catch them. If they get caught before reaching their side of the field, the point goes to the other team. If they manage to run to their team, their team gets the point.



ATRAPA LA BANDEJA

1. Divide players into two teams and assign a base for each team at opposite ends of the playing area.
2. Each team has a flag which it must protect at its base.
3. The objective of each team is to capture the flag of the opposing team and take it back to their base without being captured.
4. Players can move freely around the playing area.
5. If a player is tagged (touched) by an opposing team member while in enemy territory, he must be captured and taken to a designated "jail".
6. Captured players may be released if a member of their team touches them without being tagged by the opposing team.
7. The game continues until one flag is successfully captured and taken back to the opposing team's base.

Toma Tomate - fun game

CALLES Y AVENIDAS

1. Gather a group of people and designate one participant as the "cat" and another as the "mouse."
2. The rest of the participants form a circle and hold hands to create a barrier, leaving enough space in the center for the mouse to move.
3. The goal of the mouse is to avoid being caught by the cat, while the goal of the cat is to catch the mouse.
4. The game starts when the cat begins to chase the mouse around the circle.
5. The mouse can run inside the circle, trying to avoid the cat and pass through the spaces between the participants' hands.
6. The participants in the circle can move their hands to hinder the mouse's passage or help it escape from the cat.
7. The game continues until the cat manages to catch the mouse or until they decide to end the game.
8. Once the mouse is caught, new participants can be chosen as the cat and the mouse for the next round.



And for dinner...

SPANISH OMELETTE - TORTILLA DE PATATAS

For the potato omelette, first of all you have to peel the potatoes.

The amount of the potatoes depends on the number of the omelettes and the people that you are cooking for. After peeling all the potatoes, and cut into slices, we have to start to fry all the potatoes in the pan with sunflower oil. While the fries are in the pan you can cut the onion (if you want to cook an omelette with onion, but its up to you). When the potatoes are fried, take them out of the pan and put all the potatoes in a strainer to leave all the oil that we don't need on the potatoes. Put the onion on the pan (if you are using it) and start to crack eggs and shake to get an orange liquid. After that, when the onion is ready, put the eggs in the pan and get ready to flip it all. When the omelette starts to be made, you will have to flip it with the help of a dish. When you flipped it, you just have to put it again for the other side and wait for your omelette to be finished.

Online recipe [HERE](#).



RICE PUDDING

Is made by cooking rice in milk with cinnamon, lemon and orange scratches. Sugar and vanilla are added for sweetness, and the mixture is simmered until the rice is tender and the pudding thickens. It can be served warm or chilled, with cinnamon on top for flavor.



BOILED EGGS

Boil the eggs in salted water for about 10-12 minutes, until fully cooked.

Remove the eggs from the hot water and place them in a bowl with cold water to stop cooking. Allow to cool for a few minutes.

Peel the cooked eggs carefully and cut each egg in half lengthwise. Remove the yolks and place them in a separate bowl.

Add the mayonnaise, salt and egg yolks. Mix well until smooth and homogeneous.

Fill each half of egg with the mixture of yolks and seasonings. You can do it with a teaspoon.

Refrigerate the stuffed eggs for at least 30 minutes before serving. This will help the flavors mix and cool properly.





Czech day

Morning programme:

We started our lovely Czech day.... okay, less talking, more facts:

First activity was running and stretching to energise and to show how Czech summer camps usually work and also to prevent injuries during the following physical activities

Rybičky, rybičky, rybáři jedou

At the beginning, we determine who will play the fisherman. That person will stand on one side of the room. The other players - the "fishies" - huddle at the other end. The fisherman runs up and calls out: "Rybičky, rybičky, rybáři jedou"

Then the "fishies" try to get to the other side of the room (where the fisherman used to be). They have to do this without the fisherman catching them. The fisherman runs towards the fish and tries to catch as many as possible. The fish try to wriggle and dodge in different ways. The fisherman catches them, but he can only run forwards and sideways (he must not go backwards). Whoever he touches also becomes the fisherman and the next round he also fishes.

The fishermen hold hands when catching, they must not let go. This creates a "net" and they catch more fish. The game ends when all the fish are caught. It is better to play the game in a larger space (playroom, gym, garden...) and to define the playing field in advance.



Let's talk about our country: We shared elementary facts about our country - regions, neighbouring countries and the venue region with a colorful map. We presented Czech presidents in a funny form of presenting their fake Instagram accounts - personality differences, bios, interests, free time spending...



MUSHROOM PICKING

A contest of picking mushrooms. The team with the most edible mushrooms wins. But can you tell the edible from the poisonous ones?

SLEPÁ BÁBA

"Slepá bába" is chosen and their eyes are blindfolded with a blindfold so that they cannot see. "Slepá bába" walks around the marked area with the other players. The players call out to indicate to "slepá bába" where they are. She has to follow the voice and sounds to the others and catch them. If she manages to grab someone, she tries to guess who it is with her still blindfolded eyes. If she guesses, she takes off her blindfold and the trapped person becomes the "slepá bába" for the next round. If he can't guess, the trapped player can go.

FIRE SPORT

On day 1 of our youth exchange, we learned that Kačka does fire sport. Our friends from abroad were very curious what exactly that is. So we did a tryout of "pair relay", the simplest discipline in fire sport.

You can find the rules [HERE](#) on page 98 and 99.

And [HERE](#) is what it can look like in real life.



JELEN

Players stand in a circle. One player is chosen as the "stag" and is free to move anywhere inside the circle. The task of the players on the perimeter is to hit the deer with the ball. Players pass freely across the circle and "shoot" at the deer. The "deer" moves out of the way and must not touch the ball. The perimeter players may only shoot after a pass if the ball has not touched the ground. Anyone who hits the deer will switch places. After a short play, if there are enough players, the dynamics of the game can be increased considerably by using two balls and designating two "deer".

And what did we eat during the day?



SNACK:

Chleba ve vajíčku / Bread in eggs

DINNER:

Řízek / Schnitzel

Bramborový salát / Potato salad



LITTLE DESERTS:

Olomoucké tvarůžky

Hermelín

Tlačenka

Kofola

EVENING ACTIVITIES

- dancing POLKA

- dancing MAZURKA

- "The walk of the braves" - It is intended to push one's personal fear borders as we do at Czech summer camps.





Armenian day

Morning programme:

In June 2023, as part of the Erasmus+ program, the Armenian team consisting of 6 people of different age, organized a special program consisting of three sections: education, entertainment and cooking.

In the education section, the Armenian team shared insightful information and historical facts about their nationality. This included details about the creation of the Armenian alphabet, the adoption of Christianity, as well as discussions on architecture and the design of cross-stones (khachqars).

For the entertainment activities, we engaged the participants of other nationalities in games that aimed to foster a sense of closeness within the groups and test the knowledge about each other.

- 1) One such game involved participants sharing two false facts and one true fact about themselves and other participants were to guess which statement was true. Rules [HERE](#).
- 2) The other game was very typical one that we played in our childhood, and it calls "egg". Rules [HERE](#).
- 3) As our youth exchange was already coming to an end (the Armenian day was day before the last one), we included also a kind of a closing activity.

Each participant received a piece of paper on their back and everybody wrote short messages to each other. In the end, the participants shared the messages they wanted to share with the group and tried to guess who wrote them.



And what was on the menu?

Regarding the cooking segment, our aim was to introduce typical Armenian dishes that were likely unfamiliar to many European participants. We were particularly excited to prepare Tolma, a traditional Armenian dish. In addition to the main course, we also offered four different types of food and a salad, creating a diverse and flavorful culinary experience.

LUNCH:

Armenian eggs with tomatoes

DINNER:

Tolma

DESSERT:

Tea and gata

One of the highlights of the cooking program was undoubtedly the Armenian traditional gata paired with tea. It served as a delightful and delicious break during the evening entertainment activities. The rich and flavorful gata, along with a warm cup of tea, provided a moment of relaxation and indulgence for everyone to savor.



Want to know more?
Get in touch with us!



ice forest
be the change

Knowledge-based
Society NGO



CZECH REPUBLIC:

dumanci.cz

maja.svobodova@email.cz

SPAIN:

iceforest.net

info@iceforest.net

ARMENIA:

www.arna.am

info@arna.am