

Manual to implement collective activities in public spaces

Adressed to youth/social workers, facilitators and everyone who wants to provoke active participation and expression of citizens

From the training course "Express out loud !"
June 2016 - Sainte-Croix-Volvestre - France



EXPRESS OUT LOUD !

Solafrika, the organiser, works on social projects in France through workcamps with local teenagers facing social difficulties. We also organised international youth-camps, training courses and awareness workshop around ecological practices. In N-W Africa, Solaf exchanged ecological practices with fruits drying and wood cooker devices and sustains the development of mangos drying cooperatives in Mali.



9 international partners and countries

Babel Budapest - Hungary
<http://www.cafebabel.co.uk/budapest/>

Baladna - Palestine - Israel
<http://www.momken.org/>

Continuous Action - Estonia
<http://www.continuousaction.ee/>

Euroacción - Spain
<http://www.euroaccion.com/>

Future in Progress - Romania
<http://future-ro.eu/about/>

I-Dare for Sustainable Development - Jordan
<http://www.idareact.org/>

Neront - Austria
<https://www.facebook.com/neront.at>

Solafrika - France
<http://www.solafrika.com/>

Youth and Civil Initiative in the Rose Valley - Bulgaria
<http://www.mgird.youthbg.net/>



Les Moureous, the place which hosted us has become during 11 days "Express out land", a laboratory for citizen and youth/social workers to experiment activities to be done in public spaces.

Once we practiced these activities between ourselves, we went to public squares and streets of Saint-Girons and Toulouse in South of France to implement these workshops in rural and urban areas.

The objectives of this project were :

- To promote social and cultural inclusion and citizen expression targeting everyone in public spaces;
 - To discover, share, experiment and evaluate methods designed for public spaces;
 - To favour entrepreneurship and proactivity;
 - To practice living-together and interculturality.
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This technical booklet has been done by the participants and trainers/facilitators of Express Out Loud! training course. It represents a gathering of the activities experimented during the training and that could be re-used by anyone in other public spaces.

Please, give us a hand to share this manual as much as possible and don't hesitate to use and spread these activities around you.

Street actions in our countries

Austria

Plaserspektokelin Linz
Oktoberfest
Domauinsselfest in Vienna
Flash mob
72h of Compromise
Maifest
Unfahraner Markt
Kirtage
Long night of museum, theater, church
Light Party
Festival Luminii
Christinedlmarket
Cultural diving looking for a Christmas tree
Klangwolke in Linz



Bulgaria



Graffiti
Street musicians
Protests
Sport activities and contests
Festivals

Estonia

- Legal activities :
- Needs permission : Strikes, street musicians, protest activities, parades and large gatherings, graffiti, festivals, open garden, sport events
 - No permission : Flashmob, expressing out loud !
- Illegal activities : Street music, graffiti, spreading the message (stickers)





France

Flash mob
 Speech carrier : citizen expression around a topic
 Forum theater
 Nuit Debout : citizen movement to reclaim the street and citizen participation
 Silent circles and walk
 Véloration / Critical mass
 Strikes Demonstration Blocus
 ZAD - Zone A Défendre : Zone to be defended. Occupy a natural place where is planned a absurde industrial project



Hungary

Political fac. :
 AVM : the city is for everyone
 Crisis center – for homeless people, open for everyone !
 Living monument, holocaust memorial ;
 Ligetvédok : protect the city forse ;
 Civil presence at Keleti Railway station during the refugee crisis ;
 Social circus ;
 Creative resistance.

GAGS :

Budapest up ! : number car, cushion fight, waterfight, capture the flag
 Flower shop of Ms Flower

Café Babel activities at Sziget : Speech Carrier « what's the most important happening of today for you ? »
 Living library about migrations

Jordan

Public strikes
 Flash/freeze mob
 Talents on street, especially music and dance
 Amman Choir
 Articipate : art for development
 Moving debates
 Interactive theater



Palestine

Because of the occupation in Palestine, street actions have a big role.

Some examples :

Demonstration

Hunger strikes

Throwing stones

Resistance in several ways :

musical concerts, plays, movies, armed resistance

Memorial events

Sharing and partnerships

Closing street (example of 2013)

Graffiti

Street art

Baladna is a youth organisation that work with Palestinians who were born in Israel. They fight the Israeli colonialism projects.



Spain

Flashmob

"Plataforma de Afectados por la Hipoteca" : anti eviction movement

Feria de la tierra : Earth Fest

Casserolada : protest with pan to make noise

15 de Mayo : 15th of May citizen took the streets and square to protest against austerity politics

Feria de Sevilla – Sevilla Fest

Free outdoor festivals (EtnoSur for example)

Movement for independance (Basc country, Catalunya, ...)

Romania

Intai Mai fest

Wechendfestival Bukarest

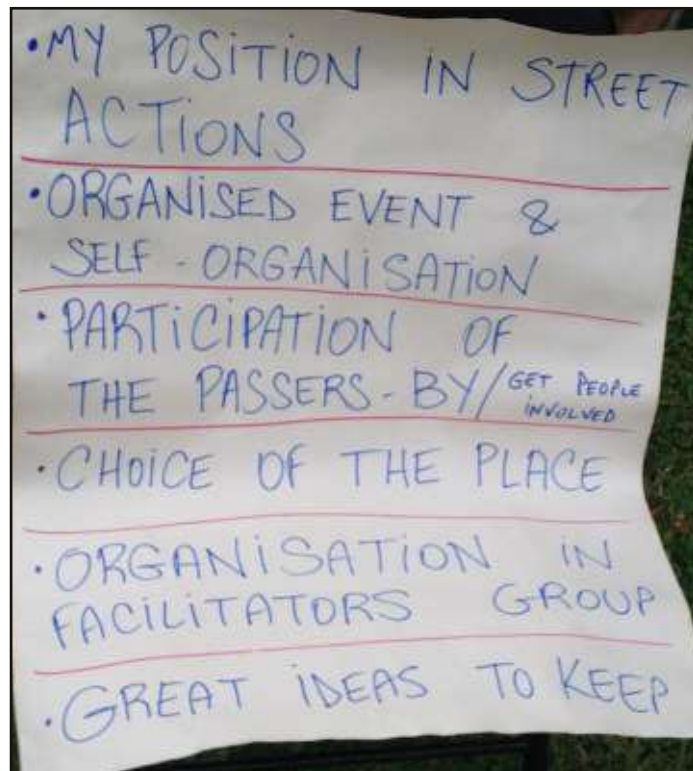
Street festivals

Cultural diving looking for a cross

Fire work

What should we take in consideration to lead an activity in the street ?

- Energy to start
- To know the action plan
- Be available to people : smile and active listening
- Choose a visible location
- Clear organisation within the facilitating group



- One person as a coordinator
- Offering free things : drinks and snacks
- Wear adapted clothes
- Already have a reflexion about the topic
- Be in action to motivate the people to do so
- Choose a time keeper
- Have other plans in case of changes (weather, autorisation, police, ...)
- Organise the place, clearly, in an esthetic way
- Be mobile
- Inform shops, sellers and people around

Speech Carrier

Material : boards, markers, table, chairs, notebooks and pen

Step 1. Preparation : The question should be adapted to the public, it means that everyone in the local community could be concerned by it. They should be open questions and they should be neutral. We are looking for unique answers (based on the experience of the person we interview) and not answer that everyone could say. In the end, the question is not the aim, much more the answers by themselves and what they provoke within the audience and participants.

Get some answers from inside the group to have them on display.
Collect all the materials needed.



Step 2 : Once in the street

Choose suitable clothing and a suitable place : many people passing by, pleasant atmosphere, no disturbing noise.

Action: Organize a nice area for the table and the chairs. Display the questions and the answer boards. Leave enough space for people to pass and read comfortably. Interview people from around the area and invite them to come by. Have specific tasks for everybody in the team: interviewers and board writers. Once the interviewers have the answer, they summarise it for the boardwriters to draw on the boards. Display the new boards in an artistic way. Encourage people to take photos and share them on social media. After you finished, clean the area and let it even better than it was.

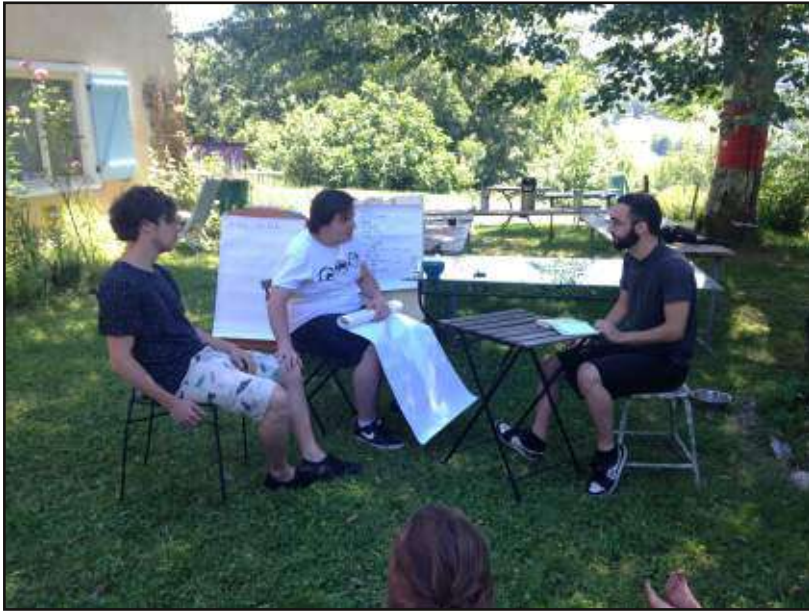


Evaluation: We did two different speech carrier actions, in two different cities, using the same questions. 'What is the street for you?' and 'What is your best memory?'.
|

Many people stopped to look at the boards, lots of them complimented the action, but not everybody wanted to answer to at least one of the questions.

Most preferred to answer the 'What is your favourite memory question?'. It was really easy to interact with the people, and even easier after we explained to them what we were doing. We experienced some difficulties with the language barrier, but we were able to overcome them because we included French speakers in the interviewing team.

Forum Theater



1. Share our stories in little groups
Choose one that can be played on forum theater scene
2. Play these scenes in front of the rest of the group
Choose one that will be taken for forum theater

3. Forum theater

Actors plays the scene
The facilitator ask the audience what they just saw, is the situation alright and what could be change ?

Once someone propose an alternative to the scene, he/she comes on stage to replace one of the person and propose its way of acting.





We looked for a change in the scene and explore several possibilities according to how many people want to change the persons in the scene (reaction of someone and which consequences on the other).

* Forum theater is a method to learn before to implement it. You should find a training around you before to put it into practice.

We proposed a workshop of "image theater" to overcome the language barrier limit. It consists in acting in the street with a frozen image on a topic. The passer by stops, have a look, comment and talk with the actors if they want to.



Public Shout



Materials : costumes, make-up, box, pins and paper, loud voice, creativity, outgoing attitude.



- Goals :
- Give a voice to everyone, passing by the one of someone else (easier)
 - Offer a place to share people expression
 - Share a collective moment

Before going to the street, it's possible to prepare yourself including character costumes, make-up, etc... It could be easier to make a step back of ourselves.





Ask people to write anything that they would like to express, let a letterbox where to collect these notes.

Then, express these notes OUT LOUD with enthusiasm !

Afterwards get in touch with the audience



Evaluation:

1. People reacted with enthusiasm and participated.
2. Efficient way to give voice to thoughts without previous judgment.
3. Perfect way to get involved with locals.
4. Encourage communication between strangers.

We agreed to not shout the eventual "hate speeches" we could find in the box.



Participative musical workshops

21 of June
longest day of the
year and
Musical fest. in
France

The 21th of June in France, almost each city and village public spaces host concerts and musical performances, celebrant the Music Fest. Local bands and amateurs enjoy this occasion to share their music in the street.

A word in French sometimes have several meaning according to his spelling and prononciation, we changed the name of the event "Fête de la musique"/"Music Fest." into "Faites de la musique"/"Do your own music". On the main place of Saint-Girons, the town near by, we proposed to people passing by to express their musical vibes and pulse the beat with us.

Material:

- Few "real" instruments (guitar, percussions, vocal-harp, deejeridoo, jumbaz, flute)
 - Various objects to make sounds with (cheese grater, napkin holder, spoons, etc.) .
 - Voices, bodies
-

Number of participants :

We were 32 organizers. The group was splited in 3 groups for 10-12 persons, each facilitating 1 hour of workshop :

- 1 or 2 people facilitating the workshop
- 2 people inviting people to join us,
- 2 people taking pictures, sounds, videos

Other people actively participating or within the public



Ideas of participative musical workshops:

- Collective singing
- Drum Jam session
- Blindfolded in the middle of a group playing, guess who stops to play
- Musical story : Someone says one sentence, one word, the next person add a sentence and a sound ; and so on until the story ends.
- Collective dance on the music which is played by others
- Much more according to your imagination...



Evaluation :

- Better that one or more leaders have musical skill
 - Can be adapted to several situations, especially for youth and social work (activism, at school, in a camp with a diverse public)
 - Interested to pay attention to the others
- Raise group dynamic and can be use as an energizer

We involved approximately 20 active participants from the crowd, and more than 200 passive observers from all ages. It could gather much more people in a big city.

Social Circus

By Rebeka from Babel Budapest

Social Circus is an activity that combines multiple activities to activate one's senses towards the surroundings, to develop better coordination and core muscles in a social environment.

1. Getting in tune with our senses

Participants are divided in pairs where one person closed his/hers eyes and let the other person guide him without knowing exactly what they were doing. The leading partner directed a person to sense his/hers surroundings with touch and sound.

2. Collective juggling

This activity is a complex one and it needs to be eased into. In circle, each person starts to throw a single juggling ball (or similar equipment) with one hand and catch it. When people are comfortable with one hand and one ball, they practice the irregular hand. Then both hands.

The collective juggling appears by throwing a ball to the person next to us and catch the ball sent by the other neighbour.

After, with two balls, throw one to our neighbour and one to our other hand. The group practices few times. Continue starting with the other hand.





3. Cooperative slackline

Slackline = a piece of strong cord (about 3cm wide depending on the type of line) between two vertical objects (e.g. trees).

The line is about 30 – 50 cm above ground and you can do simple and more complex exercises on it like walking and jumping.

We used the line at first for a trust exercise where one person would walk the line and use the support of other people besides the line, who were imitating trees as a solid object to grab onto if one loses balance.

When people got more comfortable with walking using support, another activity was added. The walker had to take an object (we used small twigs) from one hand of the supportive person and put it in his other hand while walking the line.

After this exercise the participants could try to walk the slackline without any support if they chose.

The social circus is an efficient way to improve your coordination and to get in touch with the surroundings via senses. The goal is not to achieve perfection with every activity, but to get to know new possibilities to improve your senses and coordination in a social environment.



Free Area

ESPACE
NON
MARCHAND

Free food : Disco Soup
and smoothies

This link leads you to Disco-Soup movement. Then you can join or create this movement in your country.

<http://slowfoodyouth.de/was-wir-tun/schnippeldisko/>



Situation:

A lot of products from primary agriculture sector are wasted in developed countries even though mostly they are in good condition and harmless. On the other hand, around one billion of population of the Earth is suffering from lack of nutrients and vitamins.

Objectives:

- increase awareness of wasting of food, criteria of shape and color when vegetables are thrown
 - create commitment and interest of local people to change customer behavior
 - show possibility to sellers where to give unsold food
- held a social event: meet new people of all generations and prepare cocktails and meal together while having fun.



Material:

Many kilos of vegetables and fruits that would have become leftovers of markets and shops
Devices to cook and to eat,
Tables, water spot to wash food and hands
Compost boxes
No garbage, zero waste



Steps by steps :

Collect the fruits and vegetable in advance
(and on the spot for us, we did it on a local outdoor market)

Prepare the spot (hygiene and security)
Prepare the soup

Put the music on and offer the soup to the passers by

Eat and dance !



Free massage



"WELL BEING IS CONTAGIOUS. DO YOU LET US CONTAMINATE YOU ?
FREE MASSAGE !"

Material : chairs, oil and hands.

Steps: invites to the people, signes, and then massage with oil.

Evaluation: contact between people, trust, relaxation, giving without expecting return, tenderness.



Free hair cut

Material : sissors and other hair cut tools, competences in hair cut, table, chair and mirror.



Other ideas : free clothes, free listening, free hugs, free books, ...

Social Clowning



Red nose, waves of emotions and lot of fun passing by the street

Easy way to get in touch with the people

Better to know bases of clowning



Freeze Mob

Rehearsal

Prepare theme and message to share

Prepare way of sharing it

Find a visible spot with a big place where people are passing by

Act

Open the conversation with the passers by



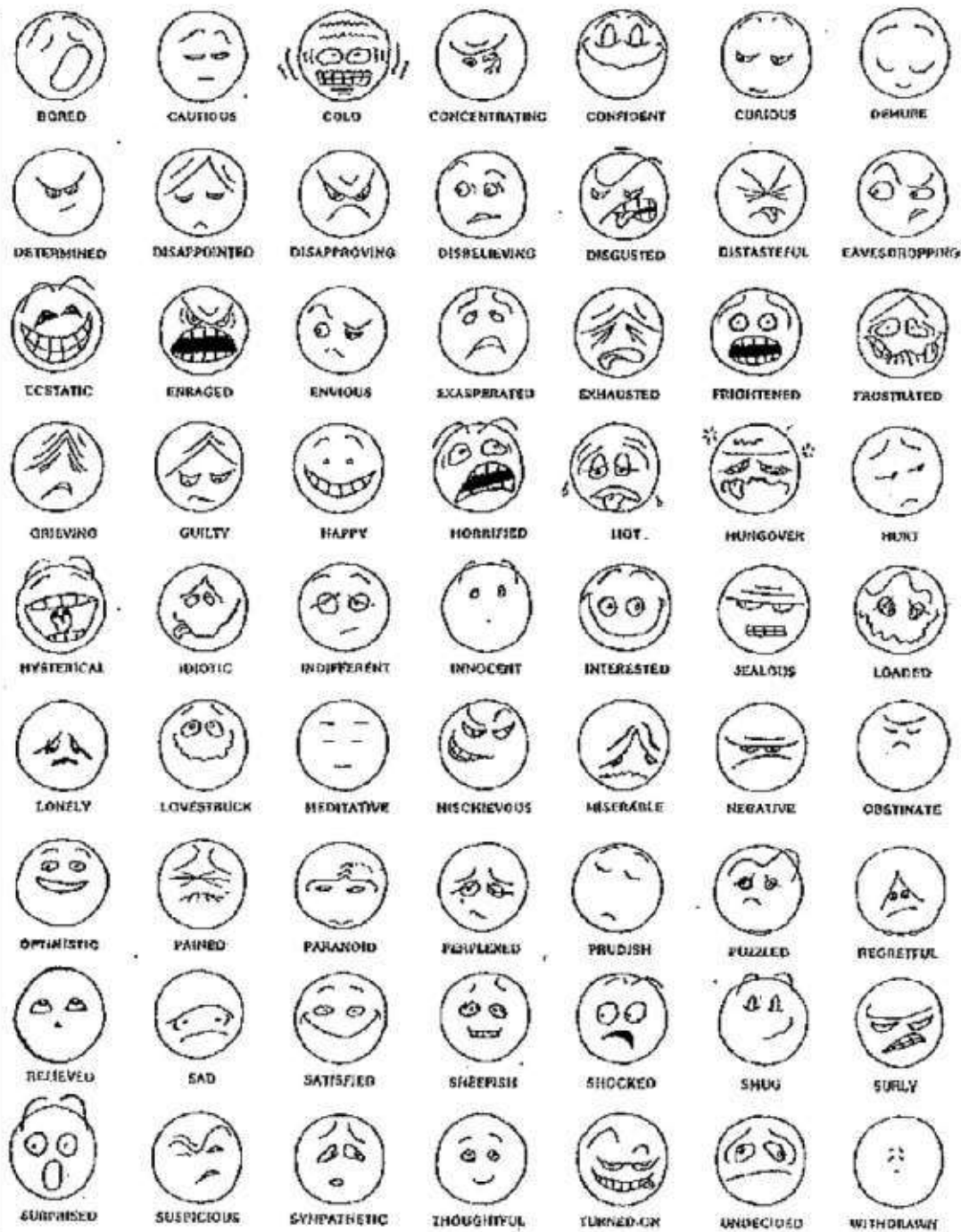
Tools to evaluate your action



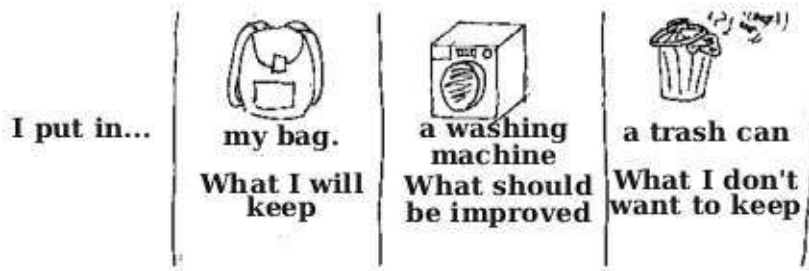
DIXIT game or other artistic cards :
Ask to participants to choose one or several cards and explain their feelings about an activity or a situation by describing the cards

List to evaluate a workshop in the street :

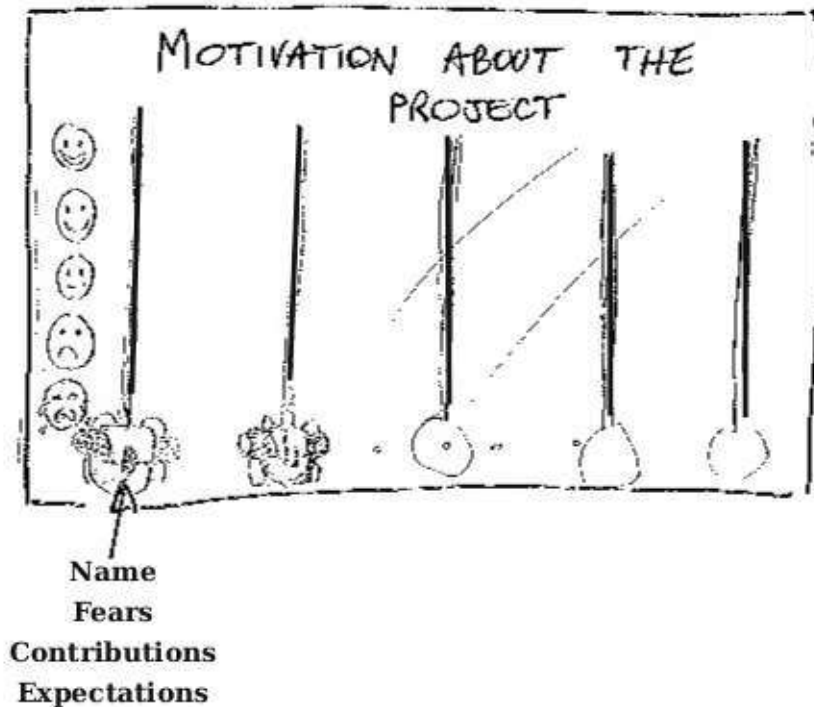
- . General feeling of the workshop : with the smileys sheet of paper. To share within your little group
- . What was your position as a youth worker ? Was it difficult / engaging / scary / empowering ?
- . Workshop inside an organised event (Saint-Girons) or as free organisers (Toulouse)
 - . Participation of the passers-by
- . Ways used to get people involved in the workshop (passive ?, active ?, ...)
- . Choice of the place (positive and negative points, which place could have been better ?)
 - . Organisation in the group
 - . Great ideas to keep
 - . Ways of improvement



Bag, washing machine and trash

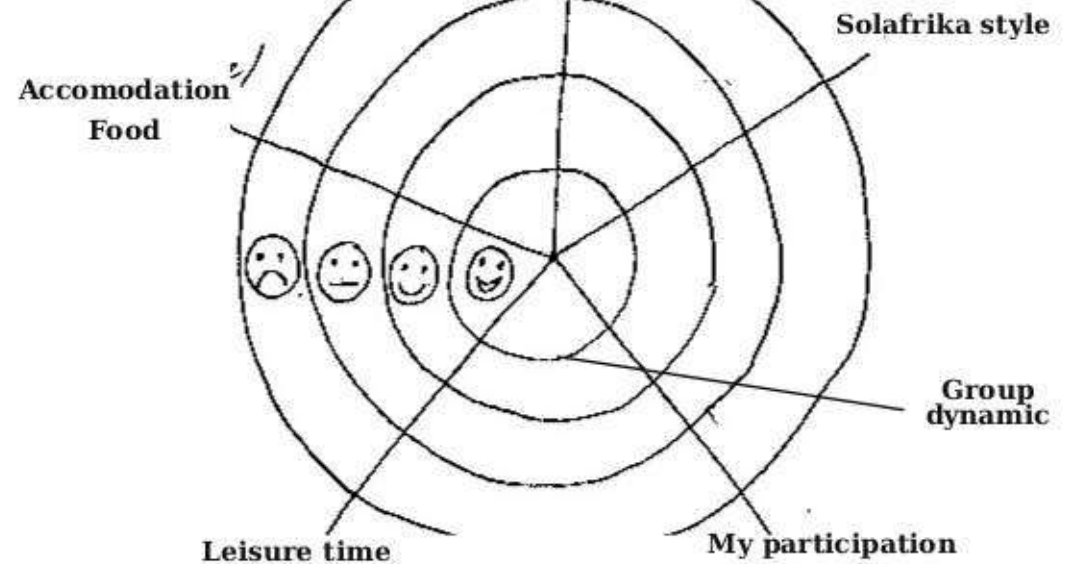


Evaluation Board

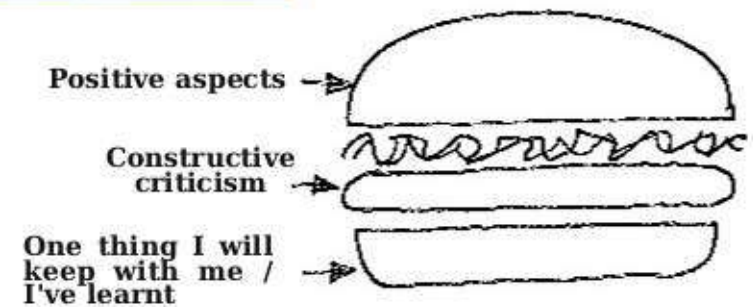


The pedagogy

Target



Sandwich feedback



Other ideas of activities



Talkative tree : a tree or similar, paper, pen and free expression



Citizen information and analysis of medias informations. Example of Inform'Action in Toulouse

Collective street art with material that can be erased or moved





Solafrika thanks to



Trainers and facilitators :

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d'Agir

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For Sustainable Development

The teams of the Music Fest and
L'Espace Non Marchand of Saint-
Girons

Claire, Margaux and JB from the
theater company L'Effet Inattendu -
Toulouse

Medias

Inform'Action
Le Club de Médiapart
L'Age de Faire

Lien Social Magazine
Radio Transparence

Partner organisations :

Babel Budapest - Hungary

Baladna - Palestine - Israel

Continuous Action - Estonia

Euroacción - Spain

Future in Progress - Romania

Neront - Austria

Youth and Civil Initiative in the Rose Valley - Bulgaria

I-Dare for Sustainable Development - Jordan

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... and you ! Please, if you use one of these workshops, send us an email at solafrika@yahoo.fr
with the object "Express out loud ! afterparty" to share your experience with us and around.