

Express Out Loud

Youth In Action

Youth Exchange

from the 22th of Augut to the 1rst of September
BEDEILLE - France

TECHNICAL BOOKLET for street activism




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Statement of intent

EXPRESS OUT LOUD

The main goal of this Youth Exchange was to take back the public spaces and make them being for citizen expression.

This YE pursued also other objectives:

- To encourage the youth to live in a more healthy way, through an healthy diet and outdoor activities
- To encourage critical thinking and to be active in a group dynamic.

The workshops went on as the following:

- One day of clown activism
 - Flashmob workshop
 - Speach carrier workshop
- performing on St Girons'market
- discovering different way of activism in other countries.
- Discovering free hugs, free massage, free dance, free games etc.

GAINING INTERCULTURAL KNOWLEDGE

The intercultural aspect was really important in this exchange, as it is important for all project like this, the mere fact of having people from different countries is a workshop itself. As part of our program we organized intercultural evenings, where the participants had the chance to share their traditions and informations about their country with the others, thus providing the group with a large international background.

All of those workshops allowed creating group dynamics and developed cooperation between the participants.



THE BOOKLET

The booklet that you have in your hand is written by the participants of this YE, with some help of Solafrika team. Every workshop is described in this booklet. The creation of this booklet was organized as the following: two or three supervisors are chosen for each activity, and are responsible for the writing and the pictures for the booklet. This booklet is then sent to every participant to be used as a tool to reproduce and improve the workshops and the knowledge acquired during this Youth Exchange.

THE PARTNERS

Express Out Loud has been implemented by five European organizations through the Erasmus+ program :

Center Intercultural Dialogue: CID - Macedonia

Kontiki - Hungaria

Solafrika - France

Continuous Action - Estonia

EYCB - Czech Rep



Erasmus+

Clowning

By Jean Phi & Emilie

To introduce to clown

To lead this workshop there is several ways. The most important is to be able to stay focus in your caracter while being a clown. For this different games:



1. Circle with saying our names
2. Sculptures and mud
3. Emotional elevator
4. Bulgarian house
5. Mimique and imitation in circle
6. Walking and imitation other
7. Angels - people - demons
8. Pili land
9. cops and clowns
10. Socks
11. Oignon rank



1. To introduce every one,

ask people to make a circle. One by one everyone as to say his/her name and make a gesture with it. The all group has to do repeat exactly the same. This until the end of the circle.

2. Sculptures and mud

Make pairs and decide who will be the sculptor and who will be the mud. Someone out of the pairs is shaping his body in order to give the exemble to the sculptor. They must tho do the same to there partners (the mud). It's a good way to introduce some visible emotions.

3. Emotional elevator

In a circle someone will start by making a sound linked with an emotion that we can see on the face. It should by a low emotion, the next person take back the emotion by overplay it a little bite, and louder. The third person must overplay it for really and barely shout it. The game goes on with an other emotion.



Clown exercises

4. *The bulgarian house*

1. Build an imaginary home where people will enter and go out.
2. The first person enters the home with an emotion that he/she will play.
3. After some time, a second person enters the house with a

different emotion and the first person has to take, slowly, the same emotion. As if the first person was fighting to keep the same but can not resist to change his/her emotions.

4. So on people enter the house with a new emotion and influence the ones who are

already in the house
5. The game is played until everybody is in the house. You can also make people being only 3 or 4 in the house to make it easier in the beginning.

5. *Mimique and imitation in a circle*

In a circle everyone someone will start by shaping his/her face with an emotion (fear, happiness, stupidity etc.). The person must take time to keep the emotion and give it to the person next to him. The next person receive it and change it a bit to give it to the next one. It goes like this until the end of the round.

6. *Walking and imitating others*

This is an exercise that you can use in demonstration or in the street to make fun of people. Everybody is walking in the space and when you want you follow someone and ape him/her. You should make everybody think the same he/she is.

7. *Angel - Human - demon*

Divide the group in two. Make two lines which front each other. They must be placed against the opposite walls.

The first line start representing an angel by their behaviours and way of acting. On each step

the angel is changing slowly to a neutral human until the middle of the room.

Since this position the participants must keep on walking toward his front partner, and change into a demon until he'll be touching his partner.



To play

8. *Pili Land*

This is a game that you can play even in the street as a clown. Appoint someone who will be the monster. He/she terrifying, is make large movement and scaring noises but he/she is very slow. All the other participants are "pili pilis". They are scared from the monster, and don't want to be caught so they avoid it. But they are walking

with little steps because their legs are stuck to eachother, like penguins. When a "Pili pili" is caught by the monster then slowly you can observe clearly the transformation of the person from the "Pili pili" to the monster. Then this person is becoming a monster. The game end when their's no "pili pili anymore"



9. *Clown and cops*

This is a good training if you are in front of people who doesn't want to let you pass somewhere.

Make groupe of 6 people. Appoint two groupes: one will be the cops, one will be the clowns. The aim of the "cops" is to prevent clown from passing thru the human gate they will form.

The aim for the clown is to pass thru by a funny and creativ way. Clowns have to stay all the time in their caracer and must avoid physical violence.



To move

10. Socks

Comfortable way of entering a stage, way to reach a point in area where clowns want to get with some emotion, to make a group which will be visible for the audience and gain attention of audience.

1. Clowns decide one emotion and then they gather to a crowd. It is very important for them to touch and look into others eyes during moving and to share a feeling.
2. Clowns in back part of a 'sock' start to move forward slowly with touching another clowns and get in front.
3. So on every clown moves until they will reach the point.



11. Onion rank

This is a good way to gather back all the clowns, to be able to move all together.

1. One person shouts rang d'oignons and all the people gather quickly right behind the person. Everybody has to repeat 'distance' after each other and put

a hand on the persons shoulder in front. The last person has to say 'distance okay' and after that everybody puts his or her hand on his hip with a slaping sound.

2. Then everybody starts to imitate the person in front of him or her.
3. The first person in the line starts to move in a

way he or she wants to making facial expressions and other imitate. Anytime the first person wants to finish he or she runs to the back and the second person is a new leader. 4. It is very important to imitate the person in front of you. Then it is more effective.



Speech Carrier

By Nicolas from Solafrika

Create a question, go to the streets, ask people, make conversations, collect their answers, inspire them, take them together, arouse some ideas in their mind! How?

This activity can last for one hour as well as for the whole day, depends on your own goal and resources. The number of participants is also variable, it can work from two to ten eleven people. The preparation before the activity is mostly creative when create board with the question and then some answers as a model for the beginning.

Question is definitely up to you, and it can be connected with the investigation you are working on, with the event where you are doing the action or with some moral, politic or social problem. But before going to the street you have to be able to answer yourself and also ask some friends to discover if it works and if the question can be answered in short and not general way - that is what you are looking for - answer which not applies to half of the population but unusual one. Answers written on the board should be brief and clear, down there should be some initials of the respondent, for example 'Woman, 23 y.o.'

The more creative you are the more you can attract attention. Boards should be colourful, big, nice handwriting, variable fonts. The shape of bubble is lovely.

The place for this activity can be a busy street where people are just passing by, but if your question needs time to think about then it is much better to find for example a small square where people are sitting on the benches around.

Question should be written large and noticeably, put on some visible place. Answers you've prepared before just spread around the area on the ground, not all of them together but widely.

Now you are on the street or wherever, question is visible, some answers are around, now you should come to people who seem to be interested by boards around and start the conversation, personal experience is better than some tutorial telling you how to ask people. You want to get some answers which are interesting and worthy to be written

down on some empty board you've prepared before together with filled ones.

As the time goes by you have many answers, inspiring and interesting ones are written down and spread around on the boards. You've made some people to think about the topic, you've inspired passersby, maybe some debate started between citizens. You've done a good job, now you can clean the place and keep boards for other actions...

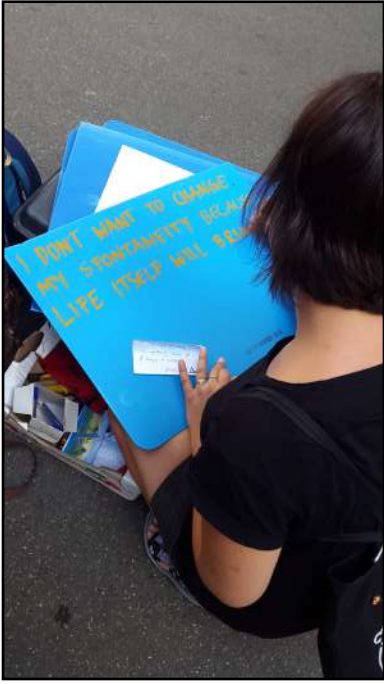
During the exchange Express out loud we used the questions:

1. What would you not change in yourself?
2. What has changed your life the most?

Other proposals:

1. What are you proud of?
2. What are you addicted to?
3. What is the craziest thing you've ever done?

Written by Maruska



Speech Carrier in St. Giron



Flash Mob

By Maëva from Solafrika



Flash mob is a way to bring back joy and simple sharing in the street.

It's a stageplay aimed to make people smile or create a diverting moment for the audience. It can also be, to joke about something that the audience will be able to identify directly and feel concerned by it. When organizing a flash mob you should expect nothing more from the audience than a good feeling from the experience.

It can never be political or use as an advertisement. To create a good one:

It has to be funny, dynamic with a good atmosphere and attractiv.

You always have to do something different from others which have been done. If one of them inspire you you just have to change some stuff.

There is several shape of Flashmob, it can be :

- * A **choreography**

- * A **chorus** (singing the beauty of the veggies in a supermarket)

- * Theatrical scene (as people walking invisible dogs)

- * **Freeze** (every body in the market rising the hand and standing like that, or just freeze in a specific position it has been decided before).



Other ways to share freely in the street



FREE HUGS



JUGGLE



GRAFFITI



FREE DANCE



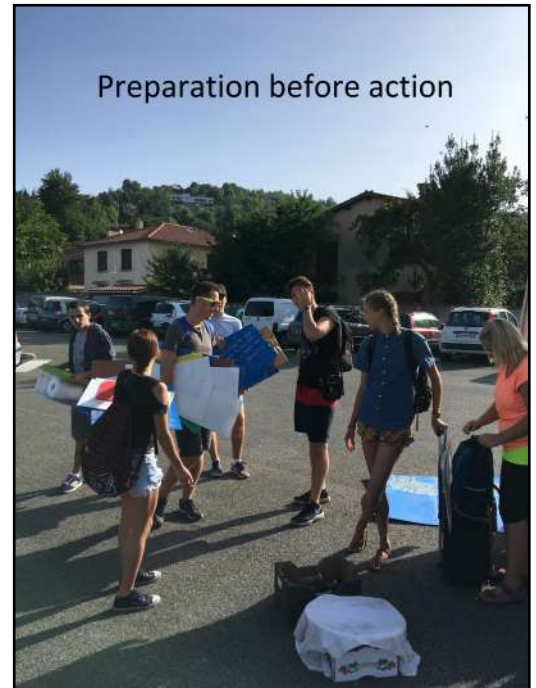
PUBLIC SHOUT

What should we do to prepare a street action

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
 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

For preparation stage a place to practice and prepare for the action should be found (e.g. garage, living room, classroom, garden, etc).



people participating have to be willing to take part, they should not feel pressured to take part because it's important to enjoy themselves

Clowning :

- 1) decide when and where are you gonna clown
- 2) practice:
- 3) prepare clothes and noses

Flashmob :

- 1) decide on the date, time and location of the flashmob
- 2) decide on the activity of the flashmob
- 3) if necessary, practice the activity (e.g. a dance flashmob - find music, come up with the choreography, practice it)

Speech Carriers :

- 1) decide on the date, time and location
- 2) decide on a question (or questions) you are going to ask
- 3) prepare the question(s) on a poster
- 4) practice by asking the question(s) from your activity mates, friends, family, etc and write down some of their answers
- 5) prepare blank posters for writing down the answers during the event

Free hugs and free massage :

- 1) prepare posters/t-shirts saying FREE HUGS
- 2) decide on the date, time and location of the activity

Sports games :

- 1) decide on the date, time, location
- 2) decide what sports or games will be played
- 3) practice if necessary





Solafrika thanks to:

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