

Workshop Name: Changing Landscapes, Changing Lives.
Team members: Kristina, Katya, Alisa, Lavinia and Martins

Aim and Objective:

Aim: Explore how environmental transformation shapes personal identity, memories, and mental well-being

Objective:

1. Reflect on how a person's local environment has changed from childhood to the present.
2. Compare past and present environmental realities in European capitals.
3. Recognize emotional responses connected to environmental change.
4. Develop critical thinking about urbanization, climate change, and sustainability.
5. Identify whether they see themselves as observers, victims, or actors of change.

Target group: 18-30 years. Who lives from childhood in Europe's capitals.

Summary of energizer: ENERGY IMPROVING GAME 3 - 13 - 33

This game will improve the involvement and attentiveness of participants in the process. It lets us perform an exercise at the highest level.

Step by Step of energizer:

- 1 - Participants have to make a circle.
- 2 - We count in order, starting from 1.
- 3 - When a number contains 3 OR is divisible by 3, we do not say the number.
- 4 - Instead, we clap.

Materials needed:

Paper, crayons.

Step by step of main activity:

1 step - participants sit around tables. They have one paper and box of crayons or markers for each table.

2 step - facilitator starts giving the instruction:

Our task is to split the paper, separate two parts on it. On the first part of the paper you should use your memory, imagination, vision and paint how you were seeing the environment around you, around your house, your street and so on. Use as many colors as possible to fluently express your view. For the second part of paper you should paint how you see things now. As

time passes, some things change, so you have to show this the way you feel it. You do not have to be professional in painting, you just can express it quite simply. Be free in this process, nothing will be wrong, do not be afraid. After that we will discuss and present our paintings.

3 step - participants will have 10 minutes to work.

4 step - time keeper warns participants when they have last three minutes to end.

5 step - each participant will present their painting for a maximum one minute.

6 step - reflection time. We will ask some questions to think about and share thoughts.

7 step - clapping. We are happy! <3

Reflection/Debriefing questions: At least 3 questions you would ask the group after the activity is complete, so they could reflect on it.

1. What has changed? Is the environment getting worse or better around you? What new things have you realised about the habitat, biosphere or urban life?
2. How often did your feelings change during the activity?
3. Can we stop these processes? Or can we just adapt?

Timeline.

First 5 minutes- explanation of the workshop

10 minutes- paint (the main activity)

10 minutes- for everyone to explain their paint

5 minutes - reflection and closing

Team roles

Lavinia- Timekeeper

Martins- Materials

Kristina- Facilitator

Katya- Responsible for reflection time

Alisa- Keeps the dynamic of the groups and giving some instructions into the process