



E-WISEE LAB

Name of activity	Mindful City Journey
Description of activity	<p>The drop-off point starts at the city centre (which can be the downtown of any city); The participants are divided into pairs and each pair discovers the city together by walking. Their mission is to be fully present in the streets of one city with no phones & internet. The ending point can be a local park nearby.</p> <p>Activity starts and participants are asked to:</p> <ol style="list-style-type: none"> 1. Draw a map to track where they walk and a name of three streets with three stores, buildings, museums etc. that attracted them; 2. Trackback to a green area of the city to meet the rest of the team after 5 hours' maximum; 3. Discuss with the group the difficulties they had; 4. Share with the rest group members their experience and present the streets and places they drew; 5. Draw the same view in the park exchange drawings and share their perspectives and feelings.
Who are the participants?	This material is meant for youth workers in their work with young people (12 - 18 years old) using non-formal education methodologies.
Identification of the aims of the activity	Help participants to be in a full state of presence, surroundings and body, practice mindfulness and reflect the feelings.
Number of participants	minimum 2, up to 30 participants
Duration	4-5 hours
Materials for the activity	Sketchbook or notebook, colourful pencils or markers.
Suggestions for the post-activation debriefing	<p>At the end of the activity, YWs invite participants for reflection and debriefing. Questions:</p> <ul style="list-style-type: none"> • How do you feel after this activity? • In your opinion, what was the main idea of this activity? Why did we do this activity? What is a lesson learnt from this activity? • Did you like the activity? Why? • What would you have changed if we did this activity again? Why? • Have you been mindfully involved in the process, in yes, what helped you to do so? If not, why, what was the main challenge?
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