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## **From pitching your tent to the pitching event: Workshop planners**

**Workshop title: Life as a project, Entrepreneurship in a nutshell  
(26 June 2023, Vratsa)**

- I. Proposing organisation/individual:** Ivan Karastoyanov
- II. Country:** Bulgaria
- III. Goals of the workshop:** Introducing the participants to the main structure and steps in successful project work, entrepreneurship and life as a whole.
- IV. Target group:** sighted and visually impaired youths
- V. Recommended participating group size:** Up to 30, divided into couples or several small groups
- VI. Learning and practical outcomes** (what can the participant learn, how can what is learned be applied in the same or other domains): Participants will get to know how to structure their project, entrepreneurial and life ideas better and achieve their goals more easily.
- VII. Location** (what is the optimal location for implementing the workshop): A conference or activity room indoors or a quiet place for sitting outside.
- VIII. Duration** (recommended duration of each workshop, including prep time): About 2 hours
- IX. Necessary materials and/or equipment:** sheets of paper, pens or markers
- X. Step by step instruction**
- XI. Video/Audio/Photo/Other materials**



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**XII. Comments on testing** (to be completed after the first testing with comments and proposals) from the participants

**Workshop title: Botev in history and nowadays**

**17 June 2023, Vidin**

- I. Proposing organisation/individual:** Ivan Karastoyanov
- II. Country:** Bulgaria
- III. Goals of the workshop:** Introducing the participants to the life, poetry and revolutionary work of Botev and their trace in history and people's minds and environment nowadays
- IV. Target group:** sighted and visually impaired youths
- V. Recommended participating group size:** Up to 30
- VI. Learning and practical outcomes** (what can the participant learn, how can what is learned be applied in the same or other domains): Organizing a rebel group as an entrepreneurial endeavor
- VII. Location** (what is the optimal location for implementing the workshop): a conference or activity room indoors or a quiet place outside
- VIII. Duration** (recommended duration of each workshop, including prep time): About 1 – 1.5 hours
- IX. Necessary materials and/or equipment:** printed materials /a portrait of Botev, a tactile picture of the Radetski ship, lyrics of one poem and/or one song, etc.) or a laptop and a multimedia projector
- X. Step by step instruction**
- XI. Video/Audio/Photo/Other materials:** audio of The Quiet White Danube military march; a portrait of Botev; a tactile picture or mini model of the Radetski ship.



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## **XII. Comments on testing** (to be completed after the first testing with comments and proposals) from the participants

### **Workshop title: Guidance Techniques**

**18 June 2023, Vidin**

= Guidelines for choosing your guide

Concept: Speed dating between different countries and between visually impaired/blind individuals and guides

= Discussion session with statements to debate in small groups, followed by feedback to the large group

Estimated Duration: 1 hour 30 minutes

Groups of 3 to 4 people

Roles:

- Setting up chairs in groups
- Someone to read the questions (where Youssri/Jentel can provide context)
- Someone to identify groups that are lagging behind, provide coaching themselves or send Youssri/Jentel to assist
- Someone to take notes during the feedback sessions to the large group
- Assisting with circulation and ensuring balance between guides and visually impaired individuals, as well as between countries

Priority Questions:

- How do you prefer to be guided or how do you prefer to guide? (different ways of guiding; e.g., using an arm, shoulder, etc.; navigating narrow passages; guiding to a chair (action question: demonstrate or show examples during the discussion))
- [to visually impaired individuals:] Are there things that you find difficult and why? (e.g., a high step onto a train, an escalator, a deep step, a large river beside the path, etc.) What kind of environment makes you uncomfortable?
- [to guides:] When do you offer assistance (overprotecting/letting them take the lead)? How do you balance between offering help and not taking over too much? Related to this, [to visually impaired individuals:] How do you ask for help and what is it like to ask for help?
- [to guides:] What have you learned from blind/visually impaired individuals? (the visually impaired/blind person shares this with the group)
- Where have you tested the limits of going on an excursion (feeling unsafe, encountering an unsafe situation), e.g., a chain in the mountains (requiring verbal instructions) or what to do when the path ends?

Additional Questions (if there is extra time):

- [to guides:] What else would you like to know about visual impairment?
- [to guides:] Share an experience/encounter with a person with visual impairment. (intended for the visually impaired/blind person to share with the group)



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- [to guides:] What do you still find new/difficult about guiding?
- [to visually impaired individuals:] What do you do when... you are unintentionally guided, you don't receive the guidance you need, or there is no guidance available?
- Survive the wild question: Worst case scenario – how do you approach it (be as creative as possible)? (feedback to the group in the form of a Sketch)



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## Workshop title: An unbelievable lesson – 18 June 2023, Vidin

### Introduction to the character, character sheet and narrative framework

**Skills:** introducing oneself to the group, self-reflection, interpersonal skills, creating a character, suspending disbelief

**Intro:** the aim of this first introductory workshop is to introduce participants to the concept of larp, the character they will play during the following days and the narrative framework in which the game events will take place.

**Where:** takes place indoors, in a classroom specially prepared to represent a university lecture - and then moves outside in the second part

**Items required:** Tables, chairs, a desk, a blackboard, exercise books and pens for the first part. Materials to write braille. Character sheets. Materials for the base camp: tents, benches, pots and pans, etc.

**Hours:** 2h in the morning (first part) + half an hour outside

**Briefing:** From the - real - context of a workshop on Hristo Botev, participants will gradually be driven to immerse themselves in the history of the Bulgarian revolutionary, to imagine themselves as part of that uprising, and who they would have been during those events. At the end of this process, they are unexplainably transported into the past - fictional - , within the narrative frame.

**Performance:** a very passionate teacher (Ivan Karastoyanov) gives the group a lecture on the events surrounding the Bulgarian hero (this role could be filled by a staff member), with great enthusiasm and admiration. After presenting the historical facts, he invites the attendees to debate. They outline two or more positions on the topic and write a summary on the blackboard. He then asks if they can take a few minutes to imagine themselves in that historical context, and then listens to those who want to share their thoughts on that 'alternative self'. A round of yes-no opinions then begins: is it possible for us, today, to relive those events? Yes, no, why? Having listened to everyone, he asks those who said NO to suspend disbelief for just a little while. Now he invites the attendees to fill in the character sheet template they had been given, in either pen or braille. He then begins to tell a story, to be developed with the others: just outside this door is Botev's camp, I lead you to him, each for a different reason, what would you do?

As soon as they start to get into the story, a shocked caretaker bursts into the classroom: "Professor, you have to see this!"

The entrance/exit door to the structure has become a portal (to be realised with a clever use of mirrors and lights), outside our staff has set up the base camp and an NPC (or several NPCs?) from Botev's entourage awaits them. Once they have 'passed through the 'portal' they can begin to play their characters in a more or less soft manner, in any case the NPC will give them a welcome speech, answer questions and then ask them to introduce themselves: this is the moment when they finally acquire their Playing Characters. They will then tell them to return the next day to be tested. They return, the portal is switched off and will not be switched on again until the next day when they will again suspend their disbelief together, discerning who they are in this "new past" (this could be a kind of "ritual" that accompanies the start of each workshop).

**Ending:** presenting oneself as one's own Playing Character is the culmination of this first activity larp.

**Expected Outcomes:** to assume one defined identity is a strong empowering tool in many different ways - whether one chooses to play "far from home" and assume a role that is very distant from how they perceive themselves, or if one plays "close to home" and better defines what he identifies as. How others perceive you and how you think they perceive you also plays a key role. As complicated a matter as it is, we as Loto Fiorito have witnessed with our own eyes the benefits of playing a character different from our usual self for a while and can testify that its results, while they vary very much from one person to another, are often deeply transformative in a positive way.

**Workshop preparatory activities:** purchase of materials and construction of portal - comparison with theatrical realities for in-depth study of the theme of "character" as identity - training with



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historians in the field for in-depth study of the period of interest. (the portal to be used is going to be one of the fortress wall gates in Vidin)

## Workshop title: The windrose – 18 June 2023, Vidin

Explore the area around the building where they will stay most of the time and meet main characters at points of interest

**Skills:** Self-confidence, spatial perception, hearing, sense of light, orientation

**Intro:** the workshop aims to stimulate participants to become familiar with the area in which most of the activities will take place, enabling them to create a simple mental map of the area. Through the use of auditory/lighting triggers, participants with visual impairments will be enabled to actively participate in, if not actually lead, the exploration and mapping operations.

**Where:** it takes place around the basecamp

**Items required:** items required for the creation and characterisation of four distinct environments: black/white poles for delimiting (taped) - coloured tarpaulins - coloured lights - spotlights - horn to be played - speakers for music-sounds - clothes for the NPCs

**Hours:** 2 or 3 hours depending on how impervious/difficult the location is. If the place is very easy and allows it, we could take advantage of the first hours of darkness (just after dinner) to give blind people an 'extra gear' (an advantage). Otherwise, early afternoon.

**Briefing:** after deciding to participate in/re-enact/return to Botev's rebellion, and realising their base camp, the participants receive a missive informing them how they will be tested to test their good faith. In particular, it refers to four figures who will guide them. It says nothing more, except to pay attention....

**Performance:** Shortly after finishing reading the letter, a horn sound will come from the east - the first signal. Participants will have to find the first place of interest, assisted, in addition to the horn's auditory signal, by light trails and/or specific odours obtained, e.g. by burning fragrant herbs on a campfire, where logistically possible, or by incense/fumes.

1. the first point (East) will be the Altar to the Memory of the Fallen. They will find an NPC who will tell them about the reasons behind their uprising and then direct them to the training camp in the South.

2. The training ground indicates the area where the fencing workshop will take place in the following days. In this exploratory phase it will be marked and demarcated as the first place of interest by means of visual, light, sound and olfactory (e.g., clanging of swords) aids. The NPC in the camp will explain to them why they will need to know how to defend themselves - and will then direct them to the fortress, to the west, telling them to stop some distance away, and that someone will come to them.

3. [could the fortress coincide with the structure where they sleep? In any case it will be made obvious as above, lights/sounds etc.]. Before they reach the fortress they are intercepted by an NPC who explains to them that this is the place where they keep their captured comrades. A place of torture and suffering to stay away from. He then accompanies/directs them to the border, to the North.

4. the border does not have an NPC, but a sign and an arrow: it clearly states that whoever goes that way will be caught and imprisoned (in braille?).

**Non Player Characters:** 3 NPCs as described: a Memory worker, a Swordmaster and a Pathmaker

**Ending:** After looking at the sign, the Pathmaker leads them back to the basecamp. [they can find the attendant and the master] Here he invites them to think about the concept of a map - real or mental object? and then asks them if they want to make one, and on what medium (drawn on the ground with a stick? using stones in a particular formation?).



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**Expected outcomes:** in addition to enabling everyone to develop a spatial awareness preparatory to the activities of the following days, this workshop will give the visually impaired an opportunity to shine and lead the group, supporting their confidence.

**Workshop preparatory activities:** construction of preparatory items, set design, meeting with associations of the visually impaired to ascertain which non-visual stimuli are most suitable for achieving the desired result.

## Workshop title: The taste of freedom – 18 June 2023, Vidin

### Workshop on field cooking and recipes from the past

**Skills:** Olfactory and taste sensitivity, historical knowledge, cooperation with teammates

**Intro:** What could be better, to complete the panorama of sensory experiences, than a workshop featuring the smells and tastes of a bygone era? Through spices and scents, players will be transported to a remote era, whose customs and spirit, history and traditions they will get to know.

**Where:** Outdoor.

**Items required:** Spices and herbs: black pepper, bay leaves, cumin, salt,... Cooking utensils: sieves, measuring cups, pots, containers,...

**Cautions:** It will be crucial to know about any allergies, intolerances or even food preferences, well in advance (up to a few months), to allow for a more precise writing of the workshop and avoid unpleasant accidents. It will also be necessary to have a large supply of cortisone and antihistamines on hand at all times during the workshop.

**Hours:** About three hours, at the end of which there will be dinner.

**Briefing:** Botev called together a few but very determined believers in his cause. They have gathered in the woods and set up an encampment there to spend the night. However, the men must be fed and restored to strength before training can begin! Fortunately, among the men assembled by Botev, there appear to be cooks.

**Performance:** At first, the camp cooks will explain to the players the three recipes they had planned to prepare, also describing the ingredients needed. The players will have to memorise or mark down, with the tools at their disposal, the ingredients and their amounts. However, some ingredients have to be found in the forest, as the quantities in the cooks' possession are not sufficient for the preparation of the three recipes. Each player will then have the opportunity to smell and/or taste the spices whose smell and/or taste they want to know or remember. When all participants are ready, they will be divided into three groups to go searching for spices in the forest (wisely positioned by the organisers), with precise indications of where each spice might be found. When all the spices have been collected, the groups will return to the camp and each will be assigned a recipe: it is here that the players will have to remember, according to what the cooks said at the beginning, the ingredients and the doses of the assigned recipe and, with the help of some measuring cups, dose them and then mix them.

Optional: if the recipes are not too complex, you could think about letting them prepare the recipes and (why not?) eat them when finished.

**Non Player Characters:** At least three Non-Player Characters will play the cooks. These will explain to the players, at the beginning of the workshop, the ingredients and dosages of the various recipes and will help and support them during the course of the activity.

**Ending:** Thanks to the players, the men in the camp will be able to enjoy the evening meal and they, who have done so much to procure the ingredients, will also be invited to sit at the table.

If one opts to have them prepare the recipes, the workshop could end with dinner based on the food prepared by the participants.



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**Expected outcomes:** In an imaginative and fun way, the players will have experienced the pleasure of using touch, smell and taste to recognise and appreciate food. At the same time they will have received, through the game, some historical knowledge of the cuisine of the past and what recipes and spices were used.

**Workshop preparatory activities:** A phase of in-depth study, with experts in the field, of the cuisine of the past is planned. This will be followed by the selection of some recipes that are easy and quick to prepare. If we go ahead with the idea of having them prepare the dishes with which they will then dine, the organising group will test these recipes, in order to study their preparation process and timing, avoiding any inconveniences during the workshop and verifying their feasibility.

## **Workshop title: Escaping prisons 19 June 2023, Vidin, Baba Vida Fortress**

### **An easy 'escape room' with riddles, games and suspense**

**Skills:** through this workshop we aim to develop the skills of logic, problem solving, teamwork, perceptiveness and intuition

**Intro:** an escape room is a classic 'chamber larp' in one of its most popular forms. In this case it is a good solution in case of bad weather days

**Where:** it takes place inside the building, it will be necessary to prepare specific rooms that will be decorated for the occasion and filled with tactile riddles, vocal, sensory paths.

**Items required:** the items to be used will vary depending on the specific definition of the riddles and games within the prison.

**Hours:** A couple of hours of preparation will be needed to carry out the activity, then we can divide into groups according to the number of participants. The activity will last about an hour per group, and the groups will follow each other in the entrance to the 'prison'.

**Briefing:** During one of the movements of Botev's group of rebels, Ottoman troops carry out an ambush that captures those present and leads them into the dungeons of a fortress on Bulgarian territory. Then, thanks to infiltrators sent by Botev (who is still at large and helps them from the outside), those present will have to administer a sleeping pill to the guards and escape from the prison. The activity can be carried out on any rainy day, adjusting the schedule according to the weather.

**Performance:** players, after a short narration telling of the ambush at the camp by the Ottomans, will wake up already in prison, guarded by Ottoman guards. By talking to the guards, they will better understand what the prison is like. The presence of a slightly more 'dumb' and ingenuous guard will make them discover that there is a method of escape, among the reproaches of the 'bad' guard. In the cell next door there is a prisoner, who will turn out to be one of Botev's loyalists, who will guide them through the various steps to open the bars and attempt the escape, during the changing of the guard.

After leaving the cell they will arrive in the next room, where they will have to solve riddles to escape from the prison.

**Non Player Character:** Two guards, with very colourful personalities, are needed for this workshop; one or more prisoners in the cell to the side, who will be the prisoners' helpers.

**Ending:** the activity will end with the escape, one by one, of the groups of prisoners, their reunion with Botev's troops and a celebration on his part for the return of his valiant friends (an outdoor moment of campfire in the forest could be organised all together, if the weather is good, where we could also do a little debriefing and comment on the activity).





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**Expected outcomes:** Getting out of prison will require teamwork, intuition, mutual help. The creation of more team spirit and the development of problem solving skills are expected.

**Workshop preparatory activities:** In order to realise the workshop, preparatory activities will be required from January to April. It will be necessary to ask the partners for a plan of the base camp and photos of the interior, and it will be requested that a series of small tools necessary to realise the "set design" be found on site.

At the same time, the various tests for escaping from the prison will be devised and sound or tactile games and rebuses will be created by contacting specialists in the fields of 'escape rooms' and games for visually impaired children.

## **Workshop title: Military training 19 June 2023, Vidin, Danube park**

### **Techniques of sword fighting**

**Skills:** Tactile perception, motor coordination, balance, physical confrontation

**Intro:** Fencing is an excellent incentive to improve and reorganise motor patterns such as coordination, balance, sensitivity and tactile perception. Moreover, confrontation with an opponent is an important tool for developing self confidence and trust in personal abilities, training concentration, cold blood and the ability to make decisions in a very short time. Lastly, sporting interaction with the other participants will be a moment of enrichment, both in the discovery of new and unexplored personal capacities, and in the playful-creative exchange with one's companions, thus favouring socialisation and an optimal psychological condition.

**Where:** Outdoor.

**Items required:** Plastic foils/spades and masks. Sportswear for participants.

**Hours:** The optimal workshop duration can be between 2 and 3 hours, depending on the number of participants. It is advisable, in view of the summer season, for the workshop to be held in the afternoon, preferably away from the hot hours.

**Briefing:** Botev and his campaigners are increasingly convinced to embark on a strong campaign to recruit and train troops in order to eventually rise up against the Ottoman oppressor. Once at the camp, Botev's men (the workshop participants) will begin training in the use of the sword and combat techniques.

**Performance:** A very first phase of the workshop could be devoted to a gentle warm-up and muscle awakening, so as to avoid minor and undesirable injuries. Once they are ready, participants will be instructed in the basics of fencing. The guard position will be explained to them, and from this they will begin to take their first steps back and forth. Once they have become familiar with this way of moving, they will be made to attempt a few lunges, still without a weapon.

At this point you can move on to the use of the weapon. The participants will be divided into as many groups as there are weapon masters and will take it in turns to conduct a lesson. This lesson will be based on the perception of the opponent's weapon and its movement in space, the parry of a possible offensive blow and a counter-attack. Finally, the participants will be able to engage in duels with each other, always regulated and controlled by the Masters of Arms.

**Non Player Characters:** Masters of arms will be those in charge of training the troops and teaching them the basics of sword fighting, in preparation for battle.

**Ending:** Botev declared the troops ready for battle, showed his surprise and satisfaction at how quickly they had learned, and, full of hope and gratitude to their side, made a speech inciting them to resistance and battle.

**Expected outcomes:** The workshop will be a playful moment of recreation as well as a sports incentive. The participant will have explored in a new and interesting way the possibilities of coordinated and controlled movement, sensory attention to external stimulus and response to it.



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**Workshop preparatory activities:** In order to ensure that the personnel leading the workshop arrive ready and aware, it will be vital to provide a training lesson in basic fencing techniques for the blind with a certified and competent master. This will then be followed by a series of internal meetings to perfect these techniques. The association will then have to provide a sufficient number of swords and plastic masks (6 of each?) for the workshop to take place.

## **Workshop title: Radetzky – the ship of liberty - 20 June 2023, Kozloduy**

“Under the sky, under the heaven there is but one family” - Bruce Lee

**Skills:** during this workshop, the young people will be confronted with various relational issues: they will have to deal with negotiations, convincing, involving others, deception for a noble purpose, they will have to use their wits, cunning and logic to avoid being discovered by the enemies in the outpost, to make new allies, and finally they will have to know how to conquer the heart of the ship, the captain, the driving force of the crew, both in body and spirit.

**Intro:** the idea is to make people realise that in every conflict, on both sides of the battles one faces in life, there are people and that sometimes if one were to stretch one's ear and listen to what others have to say, often even what seems divergent to us can begin to tend towards the same goal. Here enemies and friends will mingle with the intention of no longer becoming combatants of opposing views but people who simply want to live in peace and freedom.

**Where:** the outdoor and indoor base camps will be the stage for this workshop, which will be set up according to the activity.

**Items required:** We need to study the workshop in more detail in order to define the possible objects needed to carry out the activity.

**Hours:** The optimal workshop duration can be between 3 and 4 hours

**Briefing:** The beloved land can be seen on the horizon. The rebels are ready for anything to return home and fight for their freedom. So the revolutionary army finds itself having to cross the Danube gates. There is only one key: the passenger steamer Radetzky!

**Performance:** The infiltration operation will be an allegorical transposition of the infiltration of Botev and the rebels on the steamer Radetzky. The mission is divided into three phases: study of a plan, infiltration of the outpost, symbolised by the steamer Radetzky, and winning the trust of the captain, symbolised by the captain of the steamer.

Step 0: Plan Study

Players will have to study a plan to infiltrate and take over the outpost. They may decide to move in groups to arouse less suspicion by giving tasks to each group or to move all together. Defining rules or code words to communicate may be necessary for the success of the mission. The non-player characters will try to motivate and guide them towards solutions if they are hesitant in the process.

Step 1: Infiltration

Players will have to find a way to infiltrate the outpost, the symbol of the steamship. The options are many:

- exploit the movement of the soldiers, usually the soldiers walk the same route, occasionally stopping or interacting with people from the outpost and rarely even falling asleep;
- exploiting a diversion, e.g. noises to make some soldier momentarily move away from the entrance;
- During the soldiers' absence for any reason whatsoever, they may administer sleeping pills in the glass from which they drink;
- triggering an alarm with the sacrifice of someone;



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- making a diplomatic speech to divert the attention of the soldiers, with special efforts some of them might even let in.
- Corrupting them with food or wine;
- Substitute themselves for the soldiers and become infiltrated guards. Beware that those who become infiltrator guards cannot let all comrades in lightly or they will arouse suspicion;
- Transvesting with enemy customs;
- Any other ideas that come to the players' minds are welcome, so let's unleash our ingenuity and imagination.

Players who have managed to get in will be able to help those who are still outside, for instance by interacting with the guard to interrupt their surveillance tour or they can already move on to the second step of the mission.

#### Step 2: Gaining the captain's trust

Once the trust of the soldiers has been gained, it will be necessary to obtain an audience with the captain of the outpost. He does not speak commonly with everyone and stays locked in his room. Before interacting with him, it is necessary to obtain information about him. Knowing his personality and ideals will make it easier to have a conversation with him and win his trust. While gathering information it will also be necessary to understand how to draw him out. Once the information has been gathered, the time has come to face the captain, who, if satisfied with the rebels' speeches, will put them to the test with a duel with their best fighter. If anyone succeeds in a satisfactory duel or even defeats him, they will have gained the trust of the captain, who will support them in the next steps of the battle.

**Non Player Characters:** It will require someone to manage the guards, at least three, but the more the more varied the game will be, availability permitting, and one who will play the captain of the outpost.

**Ending:** The end of the activity is the conquest of the outpost, which is not just a physical conquest of the key location for the reunion of the beloved land, but a conquest of the hearts of others who, through listening, have come to realise that they are very much like those who were seen as enemies just before. A new friendship is thus celebrated. The whole thing could be concluded with a speech by Botev and the captain talking about the importance of this feeling.

**Expected outcomes:** The lesson of this workshop lies in the realisation that sometimes life places us in different places, giving us differences in culture and thought, but the general feeling that underlies this is to live in peace and be well with what we love. Participants in the event will experience these feelings on their own skin by meeting people who are grumpy and different in appearance but who, with patience and listening, will show themselves to be equal and compatible with them. Ingenuity and cunning will be needed to conquer the outpost.

**Workshop preparatory activities:** this workshop was conceived as an allegorical transposition of the infiltration at the passenger steamer Radetzky, but it would be great if there were the possibility of organising a boat-ship trip all together instead. It will be necessary to work with partners to see if it is possible to undertake this option and re-translate the workshop to fit the day on the ship. If this option is not viable, then we will ask the partners for a plan of the base camp and photos of the interior, and the possibility of finding a set of small tools needed to make the 'set' on site. Regardless of where the workshop will be held, it will be necessary to work on and study the non-player characters so as to give a unique character to each of them in order to avoid repetitive interaction with them. The study of their personalities is important to achieve the objectives set. In addition, the outpost will be adorned with everything necessary to make the workshop compatible with the players, so it will be necessary to interface with realities of visually impaired associations to integrate the workshop as best as possible.



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## **Workshop title: Barista course**

**(scheduled for Vratsa, but provided in Lipnitsa, where there were conditions for it)**

**Workshop preparatory activities:** this workshop requires coffee, milk, frappe mixer and other materials according to the taste of the participants.

It is provided by the Greek team, which runs a social enterprise – café - in Athens where the members provide coffee and other hot and cold drinks to the local community.

**Performance:** The members of the Greek team demonstrate the process of making frappe. After showing the steps and preparing several drinks, they invite members of the audience to make their own frappes following the instructions and with the support of the Greek workshop leaders.

## **Workshop title: Walking football**

**(provided in Lipnitsa, on the pitch of a non-functioning school)**

**Workshop preparatory activities:** this workshop requires a football pitch (smaller in size – 5 against 5 would be best), two goals, a sonorous ball in order for v.i. players to be accommodated as much as possible.

**Performance:** The members of the Greek team explain the rules of walking football, which is a relatively new inclusive sports concept originally established for elderly people, people who are overweight or people, who have a certain level of physical incapacitation and need an accessible form of physical activity. The game requires people to walk rather than run after the ball. This makes the game harder to implement when there are people with impaired vision, considering that the sonorous ball stops at some point and becomes “invisible”. Yet, with sighted participants in the teams, this shortcoming is easily overcome.

## **Workshop title: Setting up camp**

**(provided in Lipnitsa, next to the hostel building)**

Camping life and hiking needs a set of skills that are not a common knowledge. A workshop on how to make basic knots or how to prepare and light a fire could be a fun and usefull combination. After all, every body, VIP or not should know how to "Pitch the tent".

**Workshop preparatory activities:** this workshop requires tents, a flat field where the camp can be set up. The areas should be treated for ticks and other pests in order to provide a safe environment for those carrying out the workshop and experiencing the day/night on a camp and in tents.



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**Performance:** The members of the Romanian team provide the basic information about setting up camp and putting up tents. They also explain how a camp fire is organized and how the tents need to be positioned in relation to the camp fire. Afterwards the Romanian team splits and starts working with other participants in small groups on setting up the tents and the rest of the camp-related tasks.

## **Workshop title: Putting up tents (provided in Lipnitsa by ANVR team)**

The necessary equipment for a tent trip divides in a few categories and it can be as complex as we want it, with the addition that, in the case that we want to go hiking on the mountain, it is better to bring only the essentials.

However if we want to go by car, we would have enough space in the trunk to bring everything that we need to make the experience as comfortable and memorable as we can.

We are hoping for a demonstrative workshop and for that we need:

- Complete tent set
- insulating tarpaulin or foil
- first aid kit
- flashlights and illuminating system
- anti-bugs sprays
- portable cylinder burner
- fire extinguisher

For tent assembling:

1. Before installing the tent we need to lie down the foil. When assembling the tent it must be a barrier between the ground and the floor of the shelter to protect it from humidity. It should be used a really good quality foil under the tent.
2. All the tent components should be near. The most modern tents are made out of nylon and have poles "all-in-one", while the old models in military style tend to have a more complex way of assembling. You will need at least the tent and poles because the method is pretty much the same.
3. Add the poles. Unfold pole segments, which are typically connected by a **bungee cord** and easy to click together. Insert the longest (or main) poles into the sleeves on the outside of the tent. Typically these will cross at the tent's peak, though tent styles vary. Slide them carefully so nothing snags. Repeat the process with any additional poles.
4. Raise the tent. Begin elevating the tent by slowly raising one of the main **tent poles**. Each end of the pole should fit onto a fastener or pocket along the exterior of your tent, near the ground. Repeat with the cross pole, then the additional support poles until the tent is fully



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popped up and accessible. Check for any additional fasteners or clips alongside the poles that secure it to the outside of your tent.

5. The tent needs to be anchored using the "nails" included in the set. It's better to stick them in the ground in a stable place that's a little inclined so the water won't gain there. You don't need to carry a hammer with you, just use a rock to drive the nails into the ground.
6. Add the Rainfly. Drape the rainfly across the top of your tent. Like an umbrella, it helps divert rainwater from the ceiling of your **tent and keep you dry** even during lengthy showers or storms. If your fly also requires a pole, insert that first. Look for fasteners on the outside of the tent to hold the fly in place. They may be along or at the base of the main support poles.

#### **Safety measures in case of fire.**

You can't spend a night camping without, of course, making a campfire, even if it's just for its beautiful view or making dinner. Although, you need to take safety measures to make sure you won't start a fire.

- Start the fire only in specially arranged place
- Clean the dry vegetation laying around there so it won't catch fire
- Do not get too close to the fire and don't use too much wood for the fire
- Keep inflammable materials at distance of the fire
- Do not let children near the fire and look for them
- If you can, take a fire extinguisher with you
- Do not consume too much alcohol

### **Workshop title: Riddles game (provided in Lipnitsa by ANVR team)**

First the participants formed a big circle, the leader made them count 1, 2, 3, to form 3 different teams. All teams had a piece of paper with a riddle, and they had to remember the first letter from the answer. For example if the answer is house they had to remember the letter "H". With those letters every team had to form a word individually and all three teams together a sentence. "Listen to the Lynx". After forming the sentence, the leader hid a speaker that made lynx noises, as loud as possible so all the participants can hear it, and they had to find where the noise came from, also "the prize", a box of chocolate with the saying "if you found the box you still didn't win, only by sharing you can win".

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