



Training Pack for Youth Workers - ACTIVITIES





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Module: Design thinking methodologies and practical worksheets for youth workers

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ACTIVITY 1 – *Context mapping*

Title	<i>Context mapping</i>		
Methodology	Map the gathered information to create a deep context analysis		
Where	Room with tables and chairs with possibility to draw and write		
Duration of Activity (in minutes)	1 hour	Learning Outcomes	<ul style="list-style-type: none"> Learn from an “expert”: namely the user who imparts unexpected insights into what he goes through in his life. Get a better picture of a particular situation. Improve empathy and openness in the participants
Number of participants	10-15 participants		
Introduction	<p>The point of context mapping is to find out more about how an experience is perceived by the person who is dealing with a specific struggle. The mapping helps to give structure to the findings from the observation and thus understand the youth better.</p> <p>This exercise is helpful at the initial stages of the process in order to get a deep understanding about an issue.</p>		
Resources, equipment or materials needed for the lesson	<p>Big papers</p> <p>Whiteboard</p> <p>Colour pens and markers</p>		
Methodology	Introduction, activity, feedback.		
Procedure / Instruction for the activity			

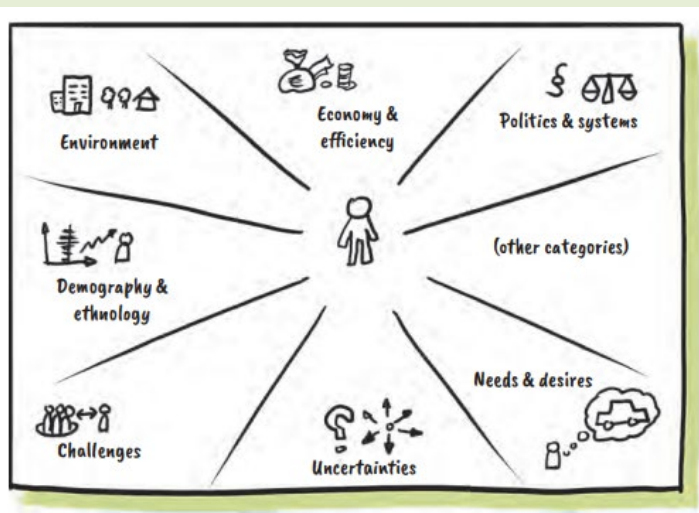
15 minutes - Welcome and check-in with participants

We will sit in a circle with the group and we introduce ourselves.

30 minutes - Context mapping

A given topic is presented, which will be the issue that we are trying to solve.

In groups of 2-4, we will work on mapping the elements of the problem like in the picture below.



It's important to observe the user and his environment. We can use the following question to guide the group:

- What does the person do?
- Where do they do it?
- With whom?
- What is the impact of their activities on their environment?
- Which individuals lend support?

Define areas on which the focus should be. Use your imagination for extensive context or for limited context.

Determine categories of the respective context, for example, trends, the economy, location, or technology fields.

15 minutes - Sharing results and best practices

After the activity, we will go back to the circle and talk about the findings of the small groups. We will gather

the most relevant findings and write them down in a big map on a whiteboard.

Reflection and self-evaluation for participants

The last 15 minutes of the training sessions will be dedicated to questions and feedback. The participants will be asked to fill in a short online survey to give feedback on the lesson: **to create by each organisation**

Title	<i>Brainstorming</i>		
Methodology	Present a topic and invite the group to come up with ideas and creative solutions		
Where	Inside/ outside in a space where it's possible to write (tables or flat ground)		
Duration of Activity (in minutes)	30 minutes - 1 hour	Learning Outcomes	<ul style="list-style-type: none"> • Promote mutual exchange and active listening • Adopt different perspectives and look at a problem from different angles • Boost creativity
Number of participants	2-10 participants		
Introduction	The point of brainstorming is to generate a large number of unusual ideas in a limited period of time. The group is introduced to the topic so they can come up with ideas that the group would write down in post-its on a flipchart or whiteboard. It's useful to frame the topic as a question or problem to solve so it comes naturally to come up with answers. This exercise is helpful at the ideation stage of the process in order to get inspired and come up with possible solutions to the problem.		
Resources, equipment or materials needed for the lesson	Big papers Whiteboard Colour pens and markers Post-its		
Methodology	Introduction, activity, feedback.		
Procedure / Instruction for the activity			
<p>15 minutes - Welcome and check-in with participants <i>We will sit in a circle with the group and we introduce ourselves.</i></p> <p>15 minutes - Traditional brainstorming <i>A given topic is presented, which will be the issue that the group is trying to solve. Ideally the topic is framed</i></p>			

as a question, and the participants share their ideas out loud with the group.

The aim of this activity is to get as many ideas as possible about a given topic, in order to choose the most relevant topic at the end. Therefore, remember to invite everyone to share their ideas with the group without

judging them. It's also important to remember that every person is invited to write clear ideas in the post-its, which can be words or small sketches. The ideas will be read out loud and put on a whiteboard or flipchart.

15 minutes - Figure storming

Special brainstorming techniques can be used as an alternative to the traditional brainstorming approach. They are especially useful when a group gets stuck during ideation or when similar ideas are repeatedly generated.

This approach follows the figuring storming method, that is, the brainstorming is done from the point of view of a third party. It involves asking the question: How would "X" solve the problem?

We can use the persons involved or people whose input we consider valuable in a given case. It might work to use a famous person, or a familiar person from our surrounding.

15 - Bodystorming (to use instead of/together with the previous techniques depending on the case)

Bodystorming goes one step further by placing test persons physically in a particular situation. In this case, the scenario is imitated as correctly as possible by means of a relevant environment, artifacts, and persons, so as to have the test persons experience it as closely as possible. In this way, the subjects can infer new ideas by means of physical trial and error and testing.

Example: A team that develops products for elderly people can apply Vaseline on the lenses of glasses in order to perceive the world through the eyes of seniors.

15 minutes - Wrap up and reflect on results

After the activity, we will go back to the circle and talk about the findings of the activity. The group will take a look at all the post-its in the whiteboard or flipchart and comment on the results. How did they feel during the activity? Is there any idea that caught your attention? Why? What can we conclude?

Reflection and self-evaluation for participants



The last 15 minutes of the training sessions will be dedicated to questions and feedback. The participants will be asked to fill in a short online survey to give feedback on the lesson: **to create by each organisation**



Title	<i>Solution interview</i>		
Methodology	Map the gathered information to create a deep context analysis		
Where	Ideally outdoors in a nice and quiet space. It's recommended to do it while walking in nature if the interview can be recorded. It's also possible to conduct the interview indoors.		
Duration of Activity (in minutes)	30 minutes - 1 hour	Learning Outcomes	<ul style="list-style-type: none"> • Understand whether an intended solution is valued by the young person • Understand the needs, behaviors, and motivations of youths more deeply • Examine whether you are focusing on the crucial issues in the project
Number of participants	2-3 participants		
Introduction	<p>The point of the solution interview is to test solutions that were developed in the project and see whether they are accepted by the youth addressed. This activity is ideally done with two people in an informal interview setting. One person will be asking the questions following the interview guide, and the other one will reply.</p> <p>This exercise is helpful at the prototype stage of the process in order to check with the young person the findings of the youth worker. Here is where the youth workers would see if they go on with their solution or they go back and change something. This is important since it puts the human in the center to make sure that the proposed solution makes sense for them.</p>		
Resources, equipment or materials needed for the lesson	Interview guide Paper Pens and pencils Recording device (if accessible)		
Methodology	Introduction, activity, feedback.		
Procedure / Instruction for the activity			

5 minutes - Welcome and check-in with participants

We will introduce ourselves if this has not been done, and we present the activity.

30 minutes - Solution Interview

A given topic is presented, which will be the issue that the group is trying to solve. Ideally the topic is framed as a question, and the participants share their ideas out loud with the group.

The aim of this activity is to get as many ideas as possible about a given topic, in order to choose the most relevant topic at the end. Therefore, remember to invite everyone to share their ideas with the group without

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	etask?	erview?	
2. Interview planning	Interview candidate	Interview candidate	Material What materials are needed?

	v i e w c a n d i d a t e s ?	? W h a t a r e t h e r o l e s ?	
3 · I n t e r v i e w g u i d e	A g e n d a H o w i s t h e i n t e r v i e w	C o m m e n t s W h a t a r e t h e i m p o r	C o m m e n t s

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5 minutes - Wrap up and reflect on results

After the activity, we will check with the person interviewed how did they feel during the activity, and if they have any questions or comments to share.

Reflection and self-evaluation for participants

The last 15 minutes of the training sessions will be dedicated to questions and feedback. The participants will be asked to fill in a short online survey to give feedback on the lesson: **to create by each organisation**



Partners:



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