

**SHOUT
“LET’S DO THIS!”
ON YOUR MOTHER
TONGUE EVERY
TIME THE
FACILITATOR
EXPLAINS AN**



**SWITCH OFF THE
LIGHTS EVERY TIME
YOU ENTER A
ROOM AND YOU
FIND THEM ON.**



**EVERY TIME
SOMEONE SITS
DOWN NEXT TO
YOU, MAKE THEM
STAND UP AND
CHANGE PLACES
WITH YOU.**



**INTRODUCE A NEW
HAIRSTYLE AND
MAKE AT LEAST 3
PEOPLE WEAR
THEIR HAIR LIKE
THAT ALL DAY.**



**ORGANISE A
ROMANTIC
CANDLELIGHT
LUNCH AND/OR
DINNER FOR THE
PROJECT LEADERS.**



**INITIATE A
CHALLENGE
ACTIVITY TO BE
PLAYED DURING
THE NEXT DAY.**



WRITE A SECRET MESSAGE TO AT LEAST 5 PEOPLE AND GIVE THEM WITHOUT THEM RECOGNISING IT.



SAY "ARE YOU SURE?" EVERY TIME SOMEONE SAYS YES.



FIND AT LEAST 3 PARTICIPANTS WHO HAVE THE SAME HOBBY THAN YOU, GATHER THEM UP AND IF POSSIBLE DO IT.



TALK TO PEOPLE ABOUT THEIR STUDIES AND PRETEND THAT YOU ARE AN EXPERT ON THE SUBJECT.



DRAW THE FAVORITE ANIMAL OF 5 DIFFERENT PARTICIPANTS. SIGN YOUR DRAWINGS AS AN ARTIST AND SURPRISE ANOTHER PARTICIPANT WITH IT.



SAY "PLEASE DON'T BE SO NEGATIVE" EVERY TIME SOMEONE SAYS NO.



SAY "YOU ARE A DANCING QUEEN" EVERY TIME YOU SEE SOMEONE DANCING.



INVENT A STORY OF YOUR CHILDHOOD AND TELL IT TO EVERYONE.



INVENT A WORD, GIVE IT A MEANING AND USE IT DURING THE DAY.



ASK 10 PARTICIPANTS ABOUT WHAT THEY HAVE LEARNT TODAY AND SHARE IT WITH EVERYONE.



PREPARE A COFFEE OR A TEA TO SOMEONE.



FIND OUT A SECRET OF ONE OF THE PARTICIPANTS.



MAKE A LIVE ON SOCIAL MEDIA TO PROMOTE ERASMUS+ PROJECTS.



TAKE A PAPARAZZI PHOTO AND CREATE GOSSIP AROUND THE SITUATION IN THE GROUP.



SHOUT OUT LOUD "I AM A PARTY ANIMAL" IF SOMEONE SAYS "OKAY"



JUMP ON A CHAIR AND SAY "I AM SCARED OF SPIDERS" IF SOMEONE PUTS SOMETHING ON THE FLOOR.



SAY YES FOR EVERYTHING TODAY.



SIT NEXT TO SOMEONE WHO IS WEARING SOMETHING PINK. REPEAT IT EVERY TIME THEY CHANGE THEIR POSITION.



**SHOUT OUT LOUD
“LET’S DO THIS”
EVERY TIME YOU
HEAR THE WORD
“ACTIVITY”.**



**FREEZE FOR 10
SECONDS IN A
STANDING
POSITION EVERY
TIME YOU HEAR
MUSIC.**



**SAY “ENJOY YOUR
MEAL” ONE BY ONE
TO ALL THE
PARTICIPANTS
CALLING THEM ON
THEIR NAMES.**



**INITIATE A HUMAN
TRAIN DANCE AT
THE BEGINNING OF
EACH ACTIVITY IF
MUSIC IS PLAYED.**



**SING (OR SAY)
“HAPPY BIRTHDAY
TO ME” SONG AT
THE BEGINNING OF
DINNER.**



**FIND OUT 3 FACTS
ABOUT ERASMUS+
PROGRAMME YOU
HAVE NOT KNOWN
YET.**



**SHAKE HANDS
WITH THE PERSON
WHO TELLS YOU
“THANK YOU”
DURING THE
WHOLE DAY.**



**INVITE ANOTHER
PARTICIPANT FOR
A SHORT WALK
AROUND THE
VENUE.**



**HAVE A
CONVERSATION
WITH 3 DIFFERENT
PARTICIPANTS
ABOUT “WHAT IS
NORMAL?”**



**SIT AND TALK
WITH DIFFERENT
PEOPLE TODAY FOR
LUNCH AND
DINNER.**



**TAKE A PHOTO
WITH A STAFF
MEMBER AND
SHOW THEM YOUR
GRATITUDE FOR
THEIR WORK.**



**WRITE A POEM OF
THE DAY AND
PRESENT IT
TONIGHT TO THE
GROUP.**



**CREATE A UNIQUE
FIST BUMP WITH
SOMEONE, AND USE
IT EVERY TIME YOU
SEE EACH OTHER.**



**SEND A MESSAGE
TO SOMEONE AT
HOME AND TELL
THEM ABOUT YOUR
EXPERIENCE IN
THIS PROJECT.**



**TAKE A CREATIVE
PHOTO WITH A
FRUIT.**



**CHOOSE AN UGLY
SONG AND INSIST
ON PLAYING IT ALL
DAY LONG.**



**SET A PLAYLIST
WHERE
EVERYONE'S
FAVORITE SONG IS
LISTED.**



**INITIATE A GROUP
HUG AT THE END
OF EACH ACTIVITY.**



**MAKE AT LEAST 5
PEOPLE IN THE
GROUP WEAR THE
SAME COLOR
TODAY.**



**GATHER AT LEAST
3 PEOPLE AND
PLAY A BOARD
GAME TOGETHER.**



**TEACH AN
ENERGIZER TO THE
GROUP.**



**MAKE A BALLET
POSE EVERY TIME
YOU STAND UP
DURING THE DAY.**



**TIDY UP IN THE
MEETING ROOM
SECRETLY.**



**DECORATE THE
MEETING ROOM
FOR THE EVENING.**



**SHOW YOUR
SPECIAL TALENT TO
THE GROUP.**



**TAKE A GROUP
PHOTO AND MAKE
A PROMOTION OF
THE PROJECT ON
SOCIAL MEDIA.**



**MAKE OTHER
PEOPLE SMILE
USING ONLY YOUR
SMILE.**



**OFFER SOMEONE
THEIR FAVORITE
SNACK SECRETLY.**



**SHOUT JUMANJI
EVERY TIME YOU
ENTER THE
MEETING ROOM.**



**GIVE A HUG TO AT
LEAST 5 OTHER
PARTICIPANTS
TODAY. (IF
HUGGING IS NOT
COMFORTABLE TO
YOU, GIVE A
COMPLIMENT.)**



**TAKE A SELFIE
WITH EVERYONE
AND SHARE IT ON
A SOCIAL MEDIA
PAGE.**



**WEAR SOMETHING
PINK FOR THE
WHOLE DAY.**



**CREATE A MAZE
USING ALL THE
CHAIRS IN THE
ACTIVITY ROOM.**



**LEARN TO COUNT
UP TO 10 IN
ANOTHER
LANGUAGE.**



**YOU CAN NOT USE
THE WORDS YES
AND NO DURING
THE WHOLE DAY.**



**LEARN THE SAME
WORD IN ALL THE
LANGUAGES BEING
PRESENT IN THE
PROJECT.**



