



WHAT WOULD YOU LIKE TO DO IN YOUR FREE TIME?

That's the basic question, and if you go through the selected pages of this booklet step by step, you will receive personalised suggestions how to use your free time.



HOW TO USE THIS BOOKLET?

After reading these instructions, you turn on next page, and you just simply „follow your heart” – there are questions, and you have several possibilities to choose. Your choice is giving you the number of the next page you need to search, and continue with the questions, answers and next pages.

WHAT IS THIS BOOKLET GOOD FOR?

The idea behind this booklet is the fact that all of our life is a big project composed by many different little projects. Every day we are planning and organising our activities, so it's necessary for young people to start thinking more structurally. As youth workers we decided to create a tool to help starting the project creation process.

Experts from Greece, Hungary, Montenegro, Romania, Slovakia organised **project ON seminar** in August 2015 in Szeged (Hungary) financed by the European Commission's **Erasmus+** programme and they created this booklet as an open source for everyone who is interested. Parallely they realised a boardgame too which can be used during field work with young people.



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WHY IS IT GOOD FOR ME?

It's a creative way to compose your own booklet, which can be each time different and giving different answers to the questions. You can feel that you are the composer of this booklet, and each time you can have a different adventure. We collected suggestions to you giving the first steps to start your free time project alone or together with your friends.

The choice is always yours, try it again and again to see the different alternatives of the questions because they are all showing you interesting alternatives.



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WHAT WOULD YOU LIKE TO DO IN YOUR FREE TIME?

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&
START YOUR ADVENTURE 😊

Do you have enough money to cover your experiences?

If not, would you like to change it?

Are you willing to invest a few hours of your time to earn money?

Would you like to contribute to your family?

Do you like being around nature?

Are you interested in protecting nature?

Do you recycle or save energy?

Would you like to have sport activities in your free time?

Do you like physical activities?

Are you active?

Do you like to be involved in community activities?

Do you like helping people / animals / organisations?

Would you like to spend more time with charity?

Are you interested in music, dancing?

Do you like to go to theatre or to cinema?

Are you interested in literature, folklore or painting?

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Would you like to build a start-up business?

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Would you like to get work experiences having an internship project?

Are you a student and you would like to get some money?

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PAGE 6

Do you have enough time in your summer holiday to have a job?

Do you have any business idea?

GO TO
PAGE 7

Do you find yourself mature enough to lead a group of people?

Do you want to gain some relevant working experience?

GO TO
PAGE 10

Is it important for you to be surrounded by profs and gain some relevant career experience?

Do you have any plans for the summer?

Would you like to earn some money during summer?

Would you like to combine having fun and working?

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PAGE 13

Do you think you can work and study at the same time?

Do you want to be independent from your parents and having your own pocket money?

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Do you prefer working alone?

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Do you want to start something only by yourself?

Do you want to start a buisness with some friends that are eager to start a buisness?

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Do you prefer working with your team?

START UP - ENTREPRENEUR

Based on your answers you prefer to work alone, so start up business as entrepreneur is for you.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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START UP - PARTNERSHIP

Based on your answers you prefer to work in a group, so start up business in partnership is for you.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Is gaining relevant working experience more important to you than working for money?
Do you have enough time to work unpaid?

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Do you have enough time to commit to your job?
Are you skilled at time management?
Are you willing to work for a longer period of time?
Do you think you are mature enough to handle a stress on the work?

**GO TO
PAGE 12**

INTERNSHIP - volunteer / half paid

Based on your answers taking part in an internship program as volunteer is for you.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Would like to get more info about the voluntary activity which suits you?

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INTERNSHIP – paid internship training

Based on your answers taking part in an internship program is for you. You maybe prefer to gain some money as well, so you can search and apply for a paid program.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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SUMMER JOB

Based on your answers you would like to work to gain some pocket money, but not all year, only during the holidays.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Would you like to work during the entire year?
Are you prepared to work 4h during the working days?
Do you have enough time for other activities?

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Do you want your work time to be flexible?
Do you want your job to take as little time as possible?

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PART-TIME JOB - PERMANENT

Based on your answers you have enough time to apply for a permanent part-time job and gain some money.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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PART-TIME JOB – STUDENT JOB

Based on your answers you haven't got enough time to apply for a permanent part-time job, but time to time you can apply for student jobs / occasional jobs.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Would you like to spend more time with animals?
Would you like to protect our environment?

GO TO
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Would you like to have some outdoor sport activities?
Would you like to spend more time in natural areas?

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PAGE 19

Would you like to start your own garden?
Do you like bio vegetables?

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PAGE 20

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Do you like to care about animals?
Are you interested in observing animals in nature?
Would you like to help animals?

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PAGE 21

Do you feel like you want to do something for the mess you see around?
Do you always feel sorry for a plant or animal who dies or suffering?
Do you wanna keep nature diversity around you?

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projectON

Are you interested in landscape photographs or fresh air?
Do you prefer to take a walk in a forest instead of getting lost in a city-jungle?

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Are you interested in running in the nature instead of the gym?
Do you enjoy hiking?
Aren't you afraid of getting wet in a wild water?

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Do you love your grandma's garden fruits?

Are you interested in learning how to grow green organic food?

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project  N

DR. ANIMAL!

Try seeking a projekt with animals in your local NGOs and charities. You might also try a work camp abroad! You will love it!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

YOU ARE THE GUARDIAN OF NATURE!

Discuss with your biology-teacher to join or organise some activity for protecting nature!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

YOU ARE AN EXPLORER!

Have you look at touristic projects, choose a country with mountains and if you would like to learn how to take beautiful pictures, consider a media topic too! Enjoy your moments!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

LET'S DO SOME SPORTS IN NATURE!

A sporty youth exchange is right for you! Ask at your school or any NGO working with youth. Give it a try!

Would you like to get more info about the sport activities which suits you?

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

YOUNG FARMER!

Have you look at touristic projects, choose a country with mountains and if you would like to learn how to take beautiful pictures, consider a media topic too! Enjoy your moments!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Are you good at collaborating with others?

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Do you feel confident on your own?

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Do you feel comfortable in nature?

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Do you prefer indoor spaces?

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Do you feel comfortable in nature?

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Do you prefer indoor spaces?

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project  N

Do you enjoy adrenaline rush?

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Do you prefer being in your comfort zone?

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Do you enjoy adrenaline rush?

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Do you prefer being in your comfort zone?

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Do you enjoy adrenaline rush?

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Do you prefer being in your comfort zone?

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Do you enjoy adrenaline rush?

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Do you prefer being in your confort zone?

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project  N

TEAM SPORT | OUTDOOR | HIGH INTENSITY

Based on your answer you could start a sport like: Football, Rowing, Rafting or Tennis. Try to find some youth projects wich are related to this parts. Have fun!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

TEAM SPORT | OUTDOOR | LOW INTENSITY

According to your answer you are good in team sports which take place outdoor and are of a low activitiy. Such as: Baseball. Have fun!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

TEAM SPORT | INDOOR | HIGH INTENSITY

Team Sport is the best choice for you. What do you think about Handball, Volleyball, Basketball, Water polo, or Ice Hockey.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

TEAM SPORT | INDOOR | LOW INTENSITY

Have you heard about curling? That's a sport played in teams and it takes place indoors. Also badminton is right for you. Ask some friends and play together. 😊

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

INDIVIDUAL SPORT | OUTDOOR | HIGH INTENSITY

You said you like nature so go out and try Horse Riding, Hiking, Running, Cross country, Moto Cross skiing, Surfing or Canoeing. What do you think about it? :)

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

INDIVIDUAL SPORT | OUTDOOR | LOW INTENSITY

So, you don't like exercising too much?! Then you could start swimming, walking, yoga, golf, fencing, or sailing...

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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INDIVIDUAL SPORT | INDOOR | HIGH INTENSITY

If you prefer indoor activities then you can go to the gym, crossfit, ballet, boxing, weightlifting or martial arts. :)

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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INDIVIDUAL SPORT | INDOOR | LOW INTENSITY

Probably you are a smart person! How about if you start playing chess? Otherwise you could try archery, pilates, poker or cycling. Have fun :)

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Do you like to help old people?

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Do you like to help people with special needs?

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Do you like to help animals?

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Do you like to take care for children?

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Do you like to help poor families?

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Do you like to help to teach youngsters?

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Do you know how to help NGO?

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Do you like to help old people?

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Do you like to help old people in your family?

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Do you like help to old people in your neighbourhood?

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Do you like to help people with physical disabilities?

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Do you like to help people with mental disabilities?

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Do you like to help people with fewer opportunities?

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Do you like to help wild animals?

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Do you like to help house animals?

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Do you like to help animals in the city?

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Do you like to take care for children in your family?

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Do you like to take care for children in your neighbourhood?

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Do you like to take care for single parent's children?

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project  N

Do you like to help poor families from villages?

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Do you like to help poor families from cities?

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Do you like to help poor people from suburb?

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project  N

Do you like to teach youngsters how to do sports?

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Do you like to teach youngsters how to paint, draw?

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Do you like to teach youngsters how to create music?

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Do you know how to find money for an NGO?

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Do you know how to create a website?

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Do you know how to find volunteers for an NGO?

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project  N

Helping old people on the street is for you! :)

Find an asylum organisation, where you can take care and help for old people.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Helping your old family members is for you! :)

Find someone in your family and help to him/her in the day by day program.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Helping your old neighbours is for you! :)

Make some activities together!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Helping people with physical disabilities is for you!

Learn something about the different types of disabilities and help people in their everyday life.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

Helping people with mental disabilities is for you!

Walk with them. Spend time in the nature with them.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

Helping people with fewer opportunities is for you!

Communicate without words. Try to organise free programs for them, so they can have special moments.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping wild animals is for you!

Join a national organisation and try work with them in the wild nature.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

Helping house animals is for you!

Go to a petshop and take some activities. Or you can be a volunteer in an association taking care of animals.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping animals in the city is for you!

You can join some animal foundation and take care them.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Taking care of children in your family is for you!

Spend more time with children in your family.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Taking care of children in your neighbourhood is for you!

Ask your neighbours if they need help with a children.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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project  N

Taking care of children in your neighbourhood is for you!

Ask your neighbours if they need help with a children.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Taking care for single parents children is for you!

Take care of a child like a volunteer babysitter. It can be a big help.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping poor families from villages is for you!

Visit some villages and you can give to poor families some clothes, money and food.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping poor families from cities is for you!

Join to an organisation and try to help them to improve the families life.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping poor people from suburb is for you!

Collect some clothes and food in your neighbourhood.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Teaching youngsters how to do sports is for you!

Guide them to a sport club.

Would you like to find suitable sport activities?

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Teaching youngsters how to paint, draw is for you!

Make a workshop with youngsters.

Would you like to check which artistical activity suits you / the children?

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Teaching youngsters how to make music is for you!

Find an instrument and teach them how to play it.

Would you like to check which artistical activity suits you / the children?

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping an NGO to find money is for you!

Go to search sponsors for NGO. Try to be creative :)

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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projectON

Creating a website for an NGO is for you!

Find courses for webdesign where can you get the knowledge.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Helping an NGO to find volunteers is for you!

Collect the information on the internet about youth organisations. Call them to attract volunteers.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Do you like music or dancing?

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Do you like theatre, cinema or literature?

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Do you like folklore or painting?

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Do you want to play an instrument?
Do you want to meet/listen to other musicians?
Do you want to experience other kinds of music?

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PAGE 75

Do you want to create a coreography?
Do you want to meet new dancers?
Do you want to experience other types of dances?

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PAGE 73

Enjoy theatre or cinema? Would you like to...

- act?
- direct?
- write your own play / script?

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PAGE 77

Are you always reading something?
Do you want to discover new authors?
Or do you have a good story – why don't you write it?
Would you like to learn some basic principles/tips about creative writing?

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What do you know about traditions? Do you want to find out more about

- traditional cuisine?
- folk dances?
- traditional costumes?
- folk art?

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Do you want colours in your life?
Do you spend more in crayons and sprays than you should?
Can you draw either a sheep or Mona Lisa?

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Do you play on any musical instrument?
Would you like to teach others?
Would like to play with others?

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Do you like musical programs?
Are you interested in listening different types of music?
Would you like to organise a musical festival?

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Would you like to learn new dance styles?
 Would you like to be part of a dance crew?
 Would you like to learn from / teach others?

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Would you like to be a professional dancer in the future?
 Would you like to get new experiences by watching professional shows?
 Would you like to meet different dance styles?

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project  N

Would you like to join a drama club?
 Would you like to try yourself as an actor/actress?
 Would you like to direct your own drama play with your friends / classmates?
 Would you like to shoot your own movie with friends?

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Are you excited to take part in theatre / cinema festivals?
 Would you like to watch the latest movies / theatre plays?

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Would you like to get together with young writers and slammers?
 Would you like to be actively involved in literature events?
 Would you like to share your own creations with others?

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Would you like to listen to contemporary writers' latest creations?
 Would you borrow books from a library?
 Would you like to swap books with others?

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project  N

Keeping the traditions alive is for you!

Joining / funding a club is a good opportunity to meet new people with the same interest. You can practice new folkdances, learn how to cook traditional meals and familiarize with traditional know-hows.
 It's easier to join an existing club, but if you have some friends with who you would like to fund your own club / event, do not hesitate!

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Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Creating alone / with others is for you!

You can learn from each other and have fun. You can also teach others who have less experiences than you.

You can take part in art camps, art workshops, go to exhibitions. If you have some friends with who you would like to fund your own club, do not hesitate!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Joining or funding a band is for you!

You can learn from each other and have fun. You can also teach others who have less experiences than you. It's easier to join an existing band, but if you have some friends whith who you would like to fund your own crew, do not hesitate!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Musical events are for you!

Get more information about the musical events in your neighbourhood, and take part in them!

If you are more enthousiastic you can organise your own musical program with your friends.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Joining or funding a drama club / movie club for you!

Joining / funding a club is a good opportunity to meet new people with the same interest. You can create drama plays / movies together. You can learn from each other.

It's easier to join an existing club, but if you have some friends with who you would like to fund your own crew, do not hesitate!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Cinema / theatre events are for you!

Get more information about the latest theatre / cinema events in your neighbourhood, and take part in them!

If you are more enthusiastic you can organise your own theatre / movie program with your friends.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Joining or funding a dance club is for you!

Joining / funding a club is a good opportunity to meet new people with the same interest. You can practice new dances and movements, create coreographies. You can learn from each other.

It's easier to join an existing club, but if you have some friends with who you would like to fund your own crew, do not hesitate!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Dance programs are for you!

There are dance schools and performances everywhere. Get more information about the latest events in your neighbourhood, and take part in them!

If you are more enthusiastic you can organise your own dance show with your friends

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Joining or funding a literature club is for you!

Joining / funding a club is a good opportunity to meet new people with the same interest. You can share your creations, give advises and discuss about social problems. You can learn from each other to be more openminded.

It's easier to join an existing club, but if you have some friends with who you would like to fund your own crew, do not hesitate!

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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Reading is for you!

There are libraries, book swap shelves and cultural centers everywhere. Get more information about the latest events in your neighbourhood, and take part in them!

If you are more enthusiastic you can organise your own literature events with your friends.

Do you feel ready to realise your ideas? How to make the first steps? If you go to page 89 you can start the planning 😊

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WHAT IS A PROJECT?

It sounds so serious, but basically everyone of us is organising many many projects each day!

Do you believe it?

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LET'S SEE AN EXAMPLE!

You would like to eat an ice-cream. What do you do?

you check the time to see if the shop is still open or not → you check if you have enough money to buy an ice-cream or you need to ask from your parents → you think about how it fits in your day you go to the shop → you buy your ice-cream → you bring it home → you eat it together with your family → you do the washing-up

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What do you think about projects now?

CARACTERISTICS OF PROJECTS

Projects have a purpose: projects have clearly-defined aims and set out to produce clearly-defined results. Their purpose is to solve a “problem”, and this involves analysing needs beforehand. Suggesting one or more solutions, it aims at lasting social change.

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CARACTERISTICS OF PROJECTS

Projects are collective: projects are the product of collective endeavour. They are run by teams, involve various partners and cater for the needs of others.

Projects are unique: all projects stem from new ideas. They provide a specific response to a need (problem) in a specific context. They are innovative.

Projects are an adventure: every project is different and ground-breaking; they always involve some uncertainty and risk.

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CARACTERISTICS OF PROJECTS

Projects can be assessed: projects are planned and broken down into measurable aims, which must be open to evaluation.

Projects are made up of stages: projects have distinct, identifiable stages.

(Source: T-kit 3: Project management [<http://pjp-eu.coe.int/en/web/youth-partnership/t-kit-3-project-management?inheritRedirect=true>])

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HOW TO PLAN YOUR PROJECT?

- 1) Defining aims, objectives, context and target group
- 2) Content of the project
- 3) Where and when
- 4) Practicalities
- 5) Funding
- 6) Partner
- 7) Means of action
- 8) Communication
- 9) Evaluation and follow-up

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1) Defining aims, objectives, context and target group

In what context will the project take place?

What changes will it entail?

Why carry out this project?

What is the expected result?

Who is the project designed for?

What are the issues at stake?

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2) Content of the project

What is the theme and content of the project?

What is the chosen approach (methodology)?

What activities are involved?

What is needed for the project to go ahead?

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3) Where and when

Where will the project be implemented?

How long will it last?

When does it start/end?

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4) Practicalities

What logistics are required?

What practical matters must be dealt with?

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5) Funding

What is the overall cost? (planning/ implementation and evaluation)

Where will the necessary funding come from?

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6) Partner

Who are the partners?

What is their role?

What are the arrangements for co-ordination?

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7) Means of action

Does the project qualify for any financial assistance?

Can it use existing facilities?(conditions?)

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8) Communication

Internal communication: how does information circulate within the project team?

External communication: does the project need media coverage? (Why? How? Which aspects?)

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9) Evaluation and follow-up

How and when should it be evaluated?

Which aspects? Why? What follow-up is planned?

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Dear Adventurer,

We hope you enjoyed this little trip & you could find the suitable free-time activities. We wish you good luck and a lot of enthusiasm realising your wishes. Plan your own project(s) and little by little you can reach your goals.

Have a nice day, and do not forget:

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THANK YOU VERY MUCH...



... for the European Commission's Erasmus+ programme that we could organise our *project ON* seminar to realise this *Adventure Booklet and boardgame*,

... for all the organisations and youth workers who put a lot of creativity and energy in the realisation of this booklet and boardgame,

... for Everyone who used, promoted, shared this Adventure Booklet! We hope you received new ideas each time you go threw the questions.

