

YOUTH WORKER'S TOOLKIT

TRAIN YOUR DRAGON

*Thinking, playing, acting metaphors for
change in youth*



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Material made in the project "Train your Dragon: Thinking, playing, acting metaphors for change in youth"



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Coordinator:

**Institute for Study and Research of Quantum
Consciousness - Gamma Institute, Iași**

Partners:

CheckIN Association - Beja, Portugal

**CEIPES - Centro Internazionale per la Promozione
dell'Educazione e lo Sviluppo, Palermo, Italy**

ASPAYM Castilla y Leon, Valladolid, Spain

**IAIRS - Institute of animation and Social Development,
Lublin. Poland**

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CHAPTER 1

TRAIN YOUR DRAGON

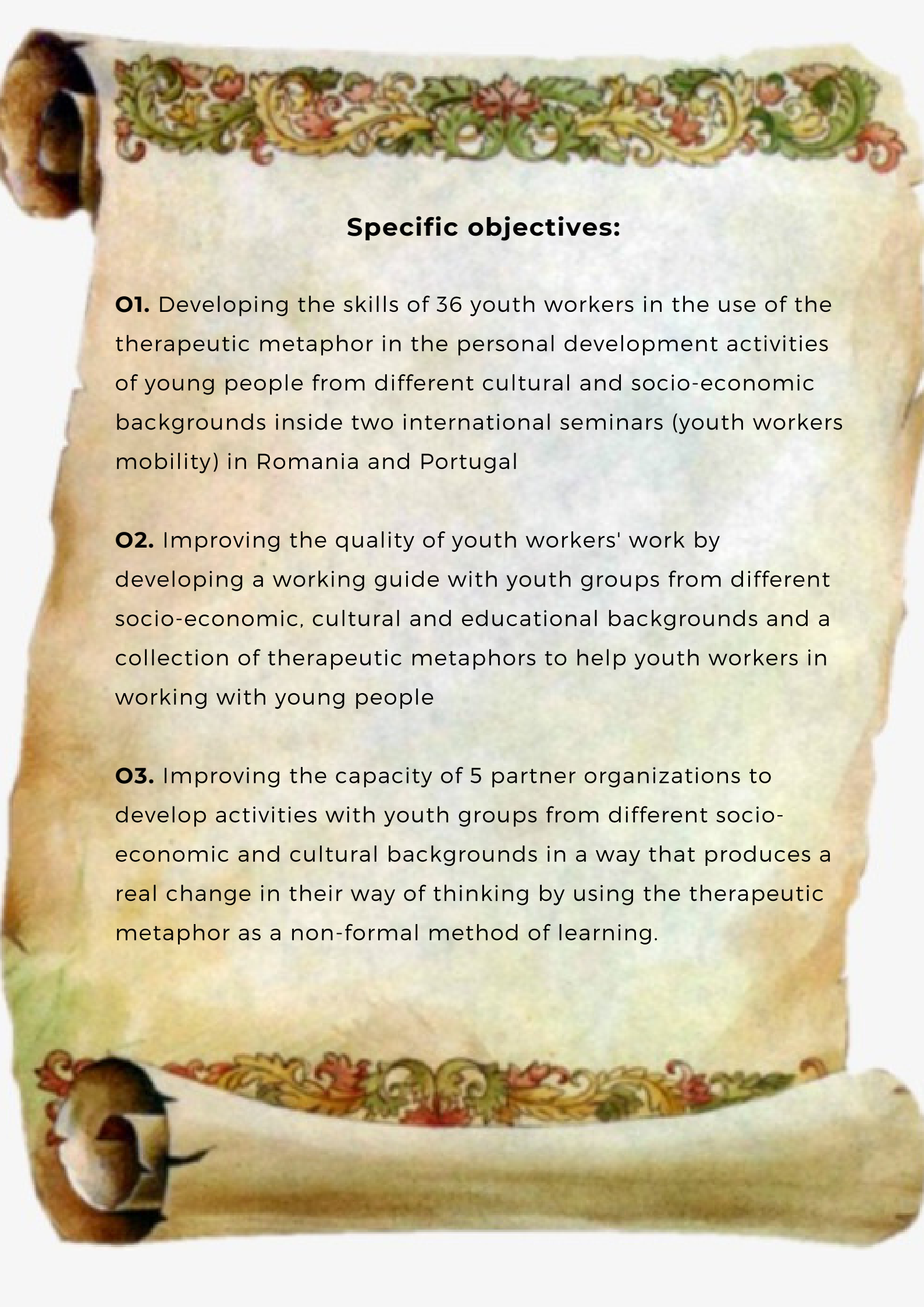
A project for youth work improvement



The "**Train your Dragon: Thinking, playing, acting metaphors for change in youth**" project is a project of youth workers mobility (seminar), taking that took place for a period of one year, with the collaboration of 5 partner organizations from 5 European countries (Romania, Poland, Italy, Portugal and Spain).

The main purpose of this project is to improve the quality of the activities made by the youth workers from the 5 partner countries in their work with heterogeneous youth groups which come from different educational and cultural backgrounds through a non-formal learning method - therapeutic metaphor - a method that strengthens the main message sent and facilitates the change at a profound level.



A decorative scroll with a floral border at the top and bottom. The scroll is unrolled, showing a light beige background. The text is written in a black, sans-serif font. The scroll has a dark brown binding on the left side.

Specific objectives:

01. Developing the skills of 36 youth workers in the use of the therapeutic metaphor in the personal development activities of young people from different cultural and socio-economic backgrounds inside two international seminars (youth workers mobility) in Romania and Portugal

02. Improving the quality of youth workers' work by developing a working guide with youth groups from different socio-economic, cultural and educational backgrounds and a collection of therapeutic metaphors to help youth workers in working with young people

03. Improving the capacity of 5 partner organizations to develop activities with youth groups from different socio-economic and cultural backgrounds in a way that produces a real change in their way of thinking by using the therapeutic metaphor as a non-formal method of learning.



PARTNERS



GAMMA INSTITUTE
Sănătate, Educație, Cercetare

COORDINATOR: GAMMA INSTITUTE, IAȘI

The aim of Institute for Research and Study of Quantic Consciousness - Gamma Institute is the promotion, development, research and initiative for activities in the field of psychology, psychotherapy and mental health, in particular through training programs, workshops, psychological services and psychological assistance, counseling, psychotherapy and training of specialists; also, another aim is to facilitate the cooperation between Romanian specialists from the fields mentioned above and other specialists from international area.

Gamma Institute has 3 departments:

Gamma Training - education department, that has 2 training schools - Systemic Training School (accredited by Romanian Psychologists Association) and Self Reconstruction School (personal development for adults). In both schools, each week, participants are experiencing new instruments for personal development and training and approximately 100 people are enrolled in these training schools.

Gamma Clinic Psychology - health and intervention department. It has Gamma Kids (addressed to kids and parents) and Gamma Family Academy (psychological and personal development services for entire family). In this department, there are available different psychological services, in individual sessions, couple, family or group sessions and workshops on interesting topics. Each year, this department has at least one free project, with activities offered to interested people.

Gamma Projects & Research is the department that develops European projects and research in the field of psychology, with the aim to promote self awareness and to promote the benefits of mental state on the individual and familial life quality. Also, through this department, we make mobilities and good practices exchange for psychotherapists and students from the training school in systemic psychotherapy.



PARTNERS CHECK-IN

PARTNER: Check-IN Association, Beja, Portugal

Check-IN - Cooperation and Development is a non-profit organization founded in 2010, based in Beja, operating with its headquarter in Lisbon.

The main objectives of our action are to promote lifelong learning opportunities, to encourage young people to be active citizens and participants in the local community, to encourage social integration and inclusion, and to enhance education on sustainable development. Furthermore, we pay special attention to young people who have difficulty to access information due to their geographical location, social and economic status or personal situation. In fact, Check-In has been involved in the creation of local projects in sensitive neighborhoods and urban areas of Lisbon.

Our working methods are deeply rooted in European fundamental values, such as respect for human rights, democracy, gender equality, ecological awareness, intercultural tolerance and solidarity among people. To achieve our goals, we participate and develop a wide range of different activities and projects, at local and international level through the implementation of workshops, seminars, team-building activities, youth exchanges, training courses, information sessions, etc. .



PARTNERS

 fundación
aspaym
castilla y león

PARTNER: ASPAYM Castilla y Leon, Valladolid, Spain

The foundation ASPAYM Castilla y Leon was founded in , after 12 years from the establishment of ASPAYM in the region. The main aim is to promote autonomy, equal rights and opportunities for increasing the quality of life for disadvantaged people.

The main objectives:

- to encourage the autonomy of people with physical disabilities
- to promote the development of activities and programs for sustaining inclusion and active participation in community of people with lower opportunities

Activities and centers:

- physiotherapy center for improving mobility on people with physical disabilities
- CIDIF: research center in physical disabilities
- ICTIA - focused on vascular diseases and cerebral accidents
- ASPAYM YOUTH - coordinating volunteers and activities for youngsters with lower opportunities of disabilities
- training center
- career counseling center for people with disabilities



PARTNERS



INSTYTUT
AKTYWIZACJI
I ROZWOJU
SPOŁECZNEGO

**PARTNER: Institute for Animation and
Social Development, Lublin, Poland**

The Institute for Animation and Social Development is an NGO from Lublin, Poland, which began the activity in 2012 and is acting in the field of personal development of people and groups from the local community.

We are trying to identify the challenges from the continuous change of society and to create an environment appropriate for innovative solutions. For answering to these challenges, we use non-formal education methods, we are working on developing the skills and competences needed for active involvement of youngsters in community's life and to sustain the potential of all the people we are working with.

The main target groups are children, teenagers and youth and we work for develop on these the teamwork, motivation, expression through art and outdoor activities.



PARTNERS



PARTNER: CEIPES, Palermo, Italy

CEIPES–International Centre for the Promotion of Education and Development is a global and non-profit association founded in Palermo in 2007 and with antennas in other 8 European countries.

CEIPES works at local, European and international level in synergy with more than 100 organisations, bodies and institutions with the objective of improving methodologies and technologies in the field of education, developing innovative strategies and participatory tools in the work with youth and adults, in the field of education and research through local and international cooperation.

At local level CEIPES coordinates the CEIPES Network, which is based in Sicily and counts more than 40 members among organisations, public and private bodies. The aim of the network is to promote the cooperation among different stakeholder at local level and to facilitate the access to European opportunities, such as learning mobilities and European cooperation.

At European and international level CEIPES works has a strong cooperation with more than 50 NGOs, universities and public bodies. The common pursued by all the partners is to realize a positive change, to facilitate the social cohesion in the respect of human rights and the active participation of all individuals for their full personal and collective fulfillment.

What is a therapeutic metaphor?

Our brain love the stories. People love stories and we like the ones in which the heroes are successful, in which the love is winning, in which life is perpetual and in which the vitality persists. And we know that the life of each of us is a story and we want that this story to be heard and lived with the beloved ones, with creation moments and joy.

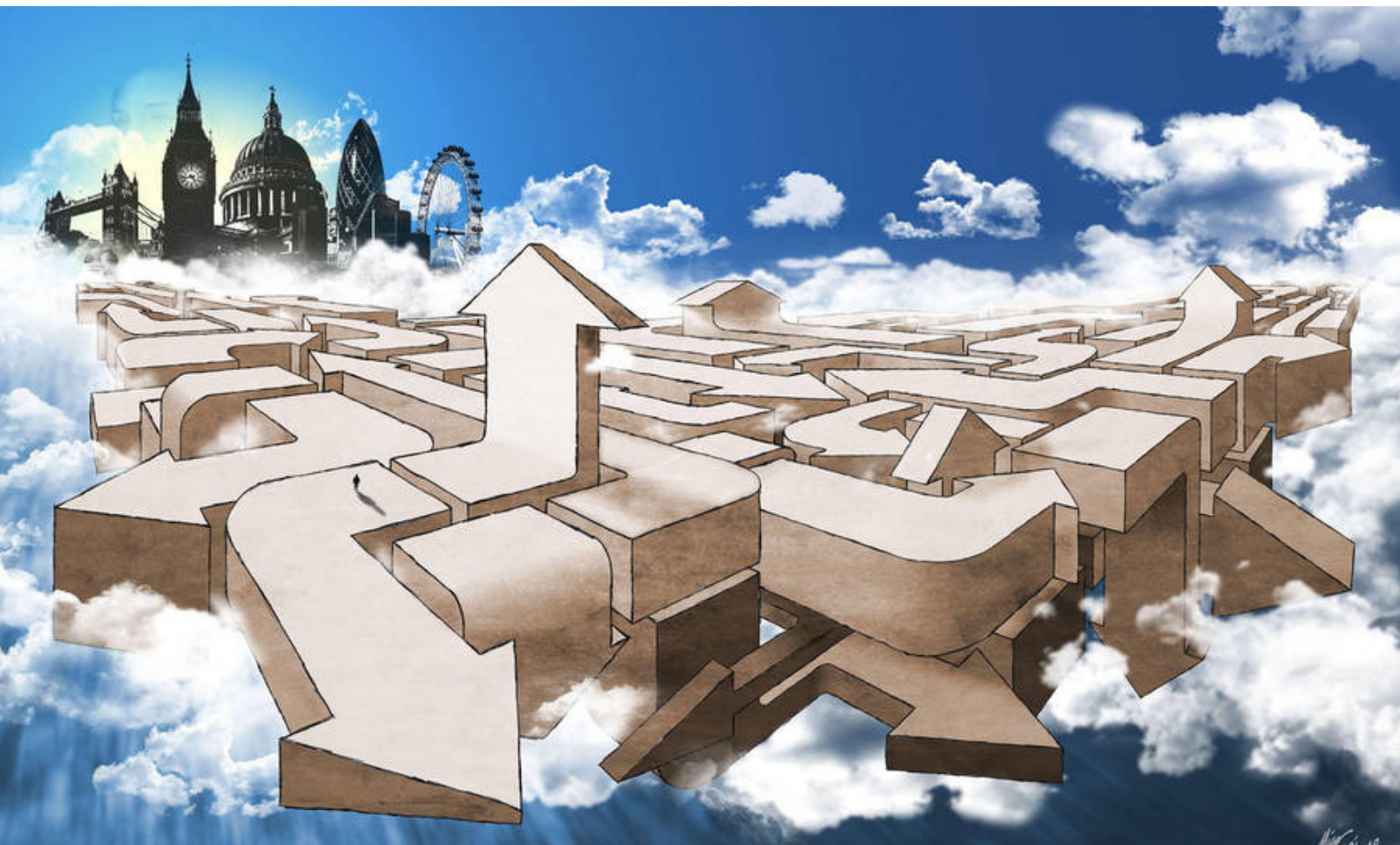
We can heal and create some moments from our story, living the new story a a new reality and create in that moment a new story of life. This is the way in which the therapeutic methaphor is working in the changing process - makes us understand the journey, make us have the courage to get out of the confort zone, as the hero does and make us believe the good and happiness.

Working with the stories ans metaphors is an art of creating new realities for the future.

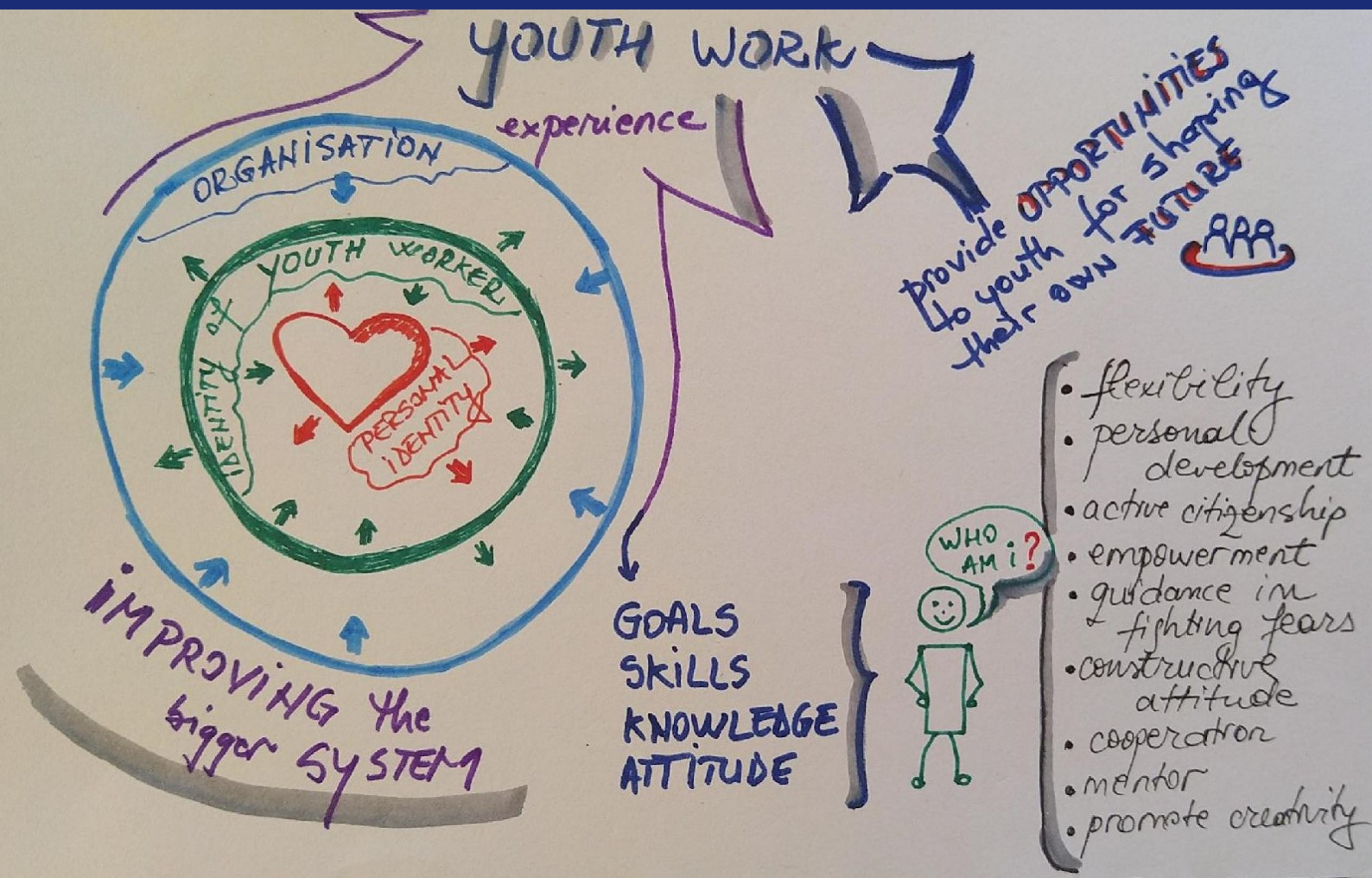


How can you use this toolkit?

- In individual or group sessions for empowering youth
- You can understand the phases of change and you can adapt your counseling process to facilitate the personal development of the youngsters you work with
- You can understand the parts of a story/ movie and if you read to your group a story, you can extract the learning point of view and you can transmit your message more powerfull.
- You have in this toolkit, exercises for each phase of change and you can extract them as independent exercises and you can adapt them for your specific activities with youngsters
- you can develop motivational stories and activities which can be used in team-building activities or in your goal for coordinating a working team
- You can use the process of change in your own personal and proffesional development, being aware of the way the story heard from the others and the story that you are telling about yourself is influencing your present reality. .



Who are you as a youth worker?

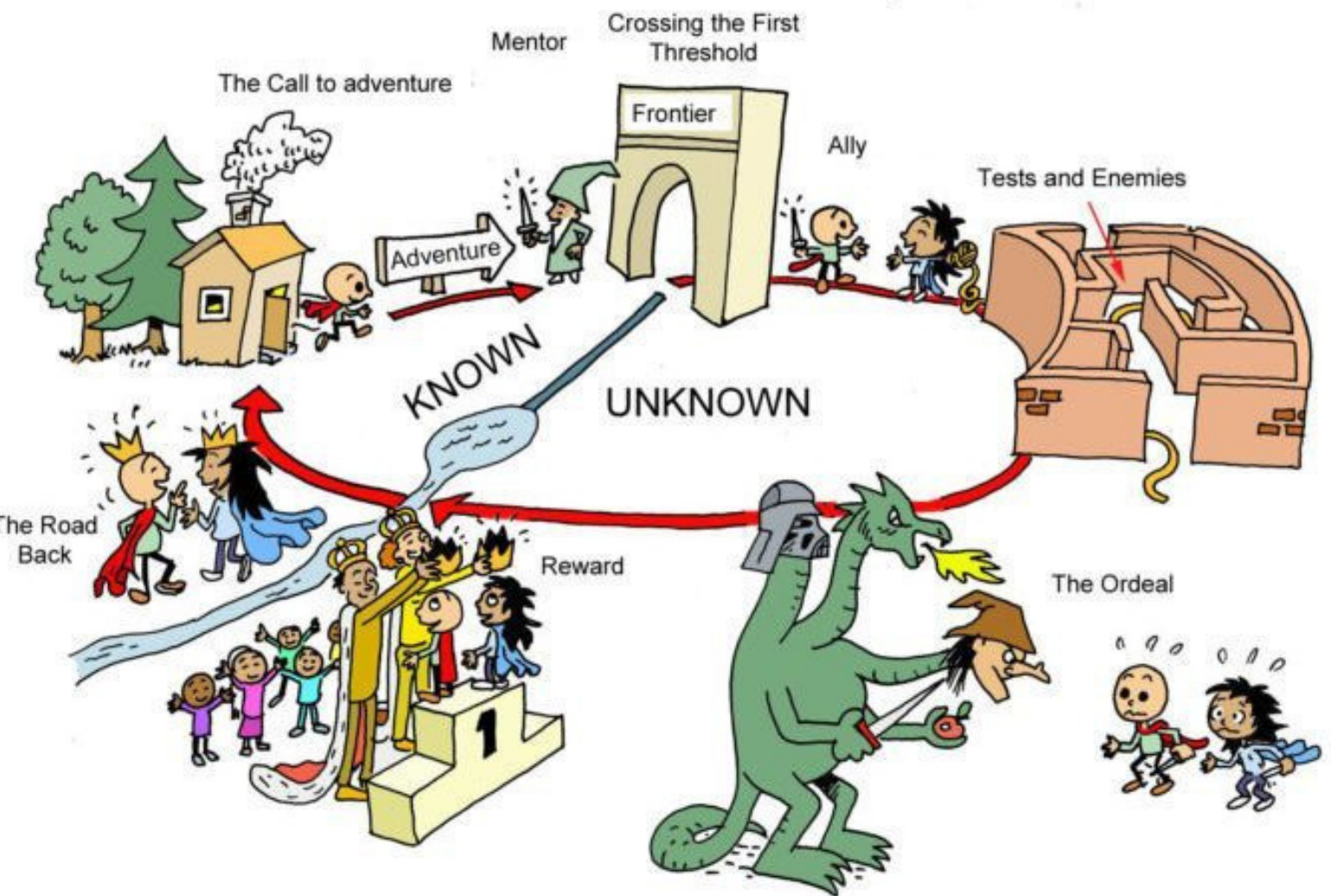


CHAPTER 2.

NON-FORMAL METHODS FOR EMPOWERMENT IN YOUTH

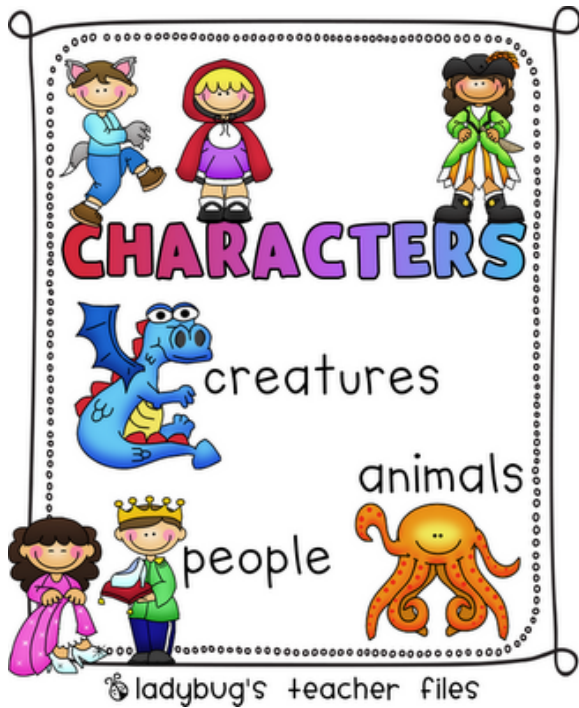
THE STORY

WHAT ARE THE STEPS OF A THERAPEUTIC STORY/ METAPHOR



ONCE UPON A TIME....

it was a character



living in a context

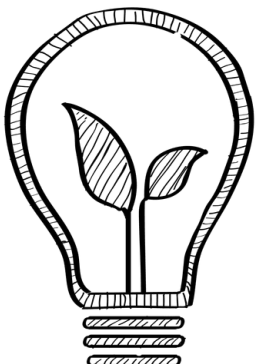


One day, he had a challenge (the problem)

so he started a journey for solving the problem (out of the box)



And he found a solution



that helped him create a new reality

EMPOWERING YOUTH & CREATING NEW REALITIES



STEP 1. IDENTIFY THE CHARACTER

What are the personality traits of the character?
What are his resources?
What are his vulnerabilities

STEP 2. IDENTIFY THE PROBLEM & THE CONTEXT OF THE PROBLEM

What are the obstacles in front of the character's happiness?
What is his challenge?
Why this problem appeared and what is it's context?

STEP 3. THE JOURNEY OUT OF THE BOX

What the character has to do for solving the problem?
What unknown resources can he use for getting out of this difficult situation?

STEP 4. THE SOLUTION & THE CONTEXT OF THE SOLUTION

What solution did the character found for solving the problem?
What were the resources he used? (inner or outer resources)
What is the new context in which the solution can manifest?

STEP 5. THIS IS THE NEW REALITY

What is the new reality of the character?
What does he learned about himself during the journey?



**So now you can create your own story
following the next steps:**

Once upon a time....

But in one day, something happened...

On his journey, he met...

But the obstacle was...

**He discovered that he has a
superpower of...**

And he lived...

The end...

What are the important steps for the character during his journey and how can you transfer this knowledge in empowerment process of youngsters



Inspire them and challenge them through a question about the present reality



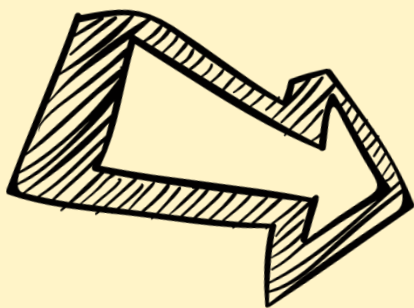
Go in an experimentation phase and risk to go out of the comfort zone



Validate the new experience and reflect on it



Observe how the changes were made and expend the story to the whole life



THE NEW REALITY



TRAIN YOUR DRAGON TOOLKIT

ACTIVITIES

Inspire and Challenge

This kit contains two exercises, a video and a game related to the theme

- we first recommend that you begin with exercise 1, an exercise that instigate self-awareness, namely through the recognition of emotions
- Then, the video that will help to reflect on the subject and the previous exercise
- followed by another exercise that fosters great personal introspection about feelings, especially love and hate
- In the end, we recommend you to do a game Imaginary jar game of happiness, where everyone can reflect about what makes them happy

EXERCISE:



Be team leader

Start by forming a circle with all participants:

1. Tell them to imagine that they will have to be the leader of a new group and ask them what they think they should do first
2. Make sure everyone participates
3. Tell them to imagine that this group that you mentioned is inside them and that it's not made of people, it's made of emotions and ask them what they should do to get to know them
4. Make sure everyone understands and guide them through the process
5. You can show short clips from the movie Inside Out that illustrate the team of emotions that we have inside us
6. Reflect on group about the power of emotions and what can they do to know them better.

VIDEO:

Boudin

Start by playing the video: Boudin Pixar HD Short Film available on Youtube

1. Give them time to reflect
2. Ask them to share their thoughts
3. Instigate self-reflection and try to make them understand that they are responsible for the way they see the world and how they face it. Some things you can ask/ say to them in order to challenge them to look inside and to make lifelong self-commitments:
 - Do you want to face positivity or negativity?
 - No one has the power to throw you down, because you have the power to stand up always, even if you go through moments of great sadness, you know how to keep going
 - For this you need to know yourself and your emotions. You are your first support from the day you are born.

EXERCISE:

Where is it?

Start by forming a circle with all participants:

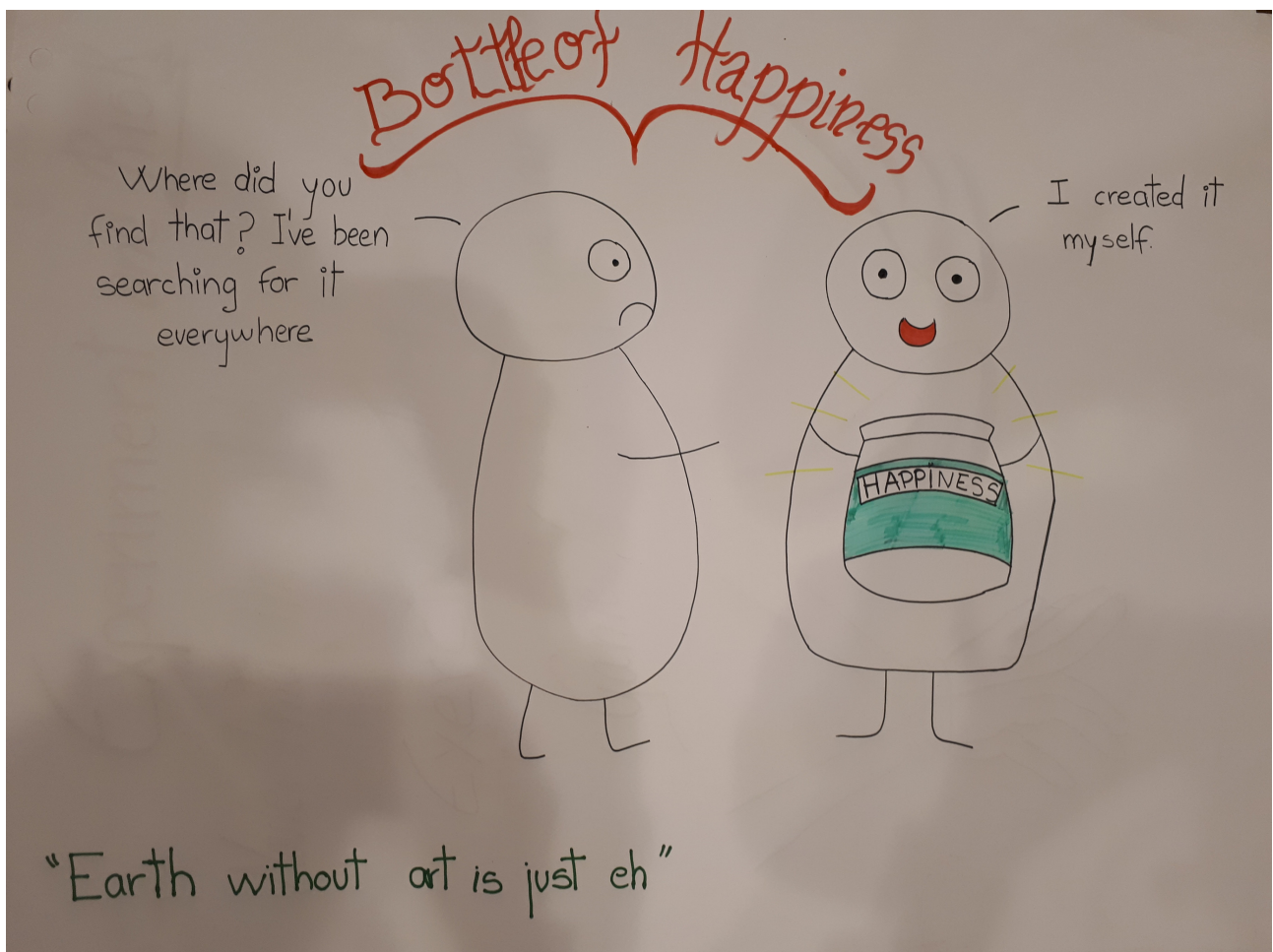
1. Ask them how often they think, feel and say - I hate/dislike this person or that person
2. Give them time to think about it
3. Ask them how often they think, feel or say - I love/ like this or that person
4. Ask them how do they feel about it
5. Ask them where is the hate or the love they feel, challenge them and make sure that they understand:
 - We are responsible for what we are feeling, the hate can be or not part of who we are, just like Love or other feelings
 - So...do we want to feel hate? Does that change everything about our situation? What we can change our situation if we are in a bad day or with a bad mood? The answer is always within ourselves.

GAME:

Happiness

Start by forming a circle with all participants:

1. Ask them to imagine that they have an imaginary bottle in their hands where they can create a potion of happiness
2. Ask them to write on a piece of paper a potion of happiness/ what make them happy
3. Ask to put the paper in the bottle of the person on the right side
4. Ask them to switch places in the circle
5. Ask them to read the message out loud
6. Reflect about the origin of happiness that is inside of each one of us.



TRAIN YOUR DRAGON TOOLKIT

ACTIVITIES

Validate and reflect

EXERCISE:

A


1. Think on your strenght
2. Find an a animal that reflect it an d draw it on a piece of paper
3. Close your eyes and imagine that you are that animal. How do you feel? Imagine your strenght growing
4. Open your eyes, connect to the animal and the strenght a nd find a solution for a difficult situation you are confronting with

B

Using the website www.menti.co; we create 3 questions that are reflecting your emotions about the day and exercise:

- Three words that would describe your day
- If you would change 3 things about your day, what would be?
- What is your AHA moment of today?

GAME:

1. People need to stay in a circle.
 2. One person goes to the center of the circle and mime a  or another emotion that felt in the day
 3. The rest of the group should guess the emotion
- The game is continuin g for the rest of the participants in the game.

TRAIN YOUR DRAGON TOOLKIT

ACTIVITIES

Observe and extend the story

- The target group are youngsters which are launching in their independent life
- This tool is developed in order to observe and extend the changing process
- Observing the evolution, using dynamic tools, leads to a higher level of empowering and facilitates the extend of the story.

EXERCISE

The change of frequency

This exercise can be used in groups or with one person. You need 2 flipchart papers. In the first part, you ask the participants to lay down on the paper. Then you take a pencil and you mark the contour of the body. You do the same with the second piece of paper. The first drawing will represent the person before implementing the changes and the second, the person after. You will ask, in the both situations, what are the persons feelings, thoughts and actions, related to the situation. You can use crayons, images and all that is necessary to create the bodies.

The purpose of this exercise is to observe the changes and what resources did she/he have to make the dreams come true.

GAME:

Re-Invent the wheel

Use a spinning wheel divided in 16 to 20 sections , each sector contains a sticker with a daily activity written on it (ex: personal challenges , professional zone, relationships , free time , etc.).

After a spin, the sticker is put on a zone felt appropriate by the participant. Every zone has a number of points, with the maximum in the learning zone (could be 0 for panic zone, 1 for comfort zone and 3 for learning zone).

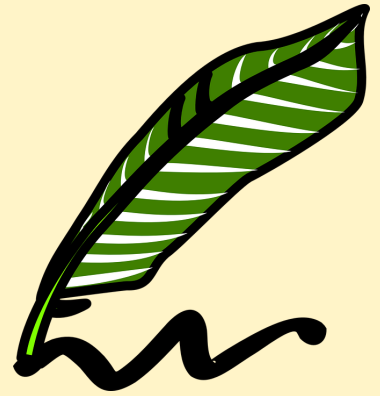
After 6 turns , you have a total of points from those 6 activities .

The game has 3 objectives :

1. to observe how a specific activity developed in time
2. overall progress (total points)
3. next period priorities



STORIES COLLECTION



and memories from the project

Story 1. The story of names

The task of the participants was to create a story using the names of all the people inside the room.

Once upon a time...

There lived a princess inside a tall castle. Her name was Laura and she had long hair. She had a mother named Helena and a father named Rui, who put her in the highest room of the tallest tower. Laura had a lot of brothers: Lorenzo, Toninho, Sebastian, Gabriele and Michal, but they were really occupied to search the sense of life (anyway...).

Laura sings a lot in the tower and very loud. So a woman, Diana, and her daughters Ginevra, Lucia, Beata, Marica, Raluca were musicians and they wanted to make a band. So they called to their friends to pick Laura up.

They called to Giulia, Susana, Ola, Natalia, Marcela, iris, Stela, Gabriela and Gosia and make a pyramid to pick her up and get her down on the ground. When they all got to the park, they made the best concert EVER!

The end...

The task of the participants was to create a story of their organisation, using the organisation as the main character

Story 2. Develop - spreading beauty and connection

Once upon a time, there was a little entity called "Develop. And he loved beauty and connection and had the superpower of joining both. But no matter how much he tried to reach this beauty, he was feeling oppressed by social judgement that made him feel alone, useless and lost. No matter how much he tried to reach others, there were always closed mind people dragging him down.

After a while struggling, he became depressed and almost gave up. The only thing that didn't let him hit the bottom, was the constant wish for beauty and connection and the thought that one day it would be actually possible.

Slowly, every day, when he wake up, he would say to himself ~I CAN DO IT!...IT'S POSSIBLE! and he repeated it over and over again...

Until one day, when he realised that he actually truly believed those thoughts and he had all the power to make his wishes come true.

So he came out into the world and started spreading his ideas, wishes and dreams. And, even if were some sceptic people which even moked him for his ideas, he continue spreading his vision.

One day, he realised that he isn't alone anymore! First, he encountered a girl who, like him, was fascinated by beauty and connection. After that, he acctually gathered 7 friends with whom he started a project to go outside the town and outside the country and...why not? outside the continent. And into the BIG WORLD!

The end...

Or the beginning of a new level of consciousness?

Story 3. Maga and the Land of the Fantasy

Once upon a time, there was a girl. The name of the girl was Maga. She lived in a small town called Land of the Fantasy. Maga loved to help people who couldn't use their imagination, she was the healer of the town. One day, MAGa realised that she could help more people, but a lot of them don't believe that they need to use their imagination and this was not useful for them. She had a problem with expressing herself because she was shy with new people and she didn't know how to connect with the others.

One morning, Maga read that in the Land of Strategic Thinking lives a magician who could teach her how to reach people. The problem was that the Land of Strategic Thinking was far away from the Land of Fantasy. She was thinking for a long time that she must go there, but she didn't know how. Then, she remembered that she has a little dragon named Flow, who was very little and shinny. After two month of taking care of him and feeding him with good food, he was strong and big enough to take her to the Land of Strategic Thinking.

When she got there,, she met this magician guy who teach her how to be more organized. After this, she come back to her Land of Fantasy and developed the biggest healing company in the town.

The end...

Story 4. LifeLong Experiences

The name of our association is Check IN - Cooperação & Desenvolvimento, but we can call it just Check IN. We're here to tell you one story, and that is the story of how Check IN was born.

IN the 70s, in the far, far, faraway land of Alentejo, there was the mummy and daddy Gomes, who had their baby: António Gomes (Toninho, for his friends). Toninho grew up living many adventures and he couldn't keep all his craziness just for himself, so, in the fantastic year of 2010, he decided to found Check IN.

At first, Check IN had its main headquarters in Beja, but later Toninho and his teammates transferred it to Lisbon. Beginning their journey in Lumiar, Check IN then passed to a new home, in Centro Social Laura Alves. Recently, not happy with all the long hills that the visitors had to climb in order to get to Check IN, Toninho found some new headquarters so now, since September, Check IN is located in Centro da Juventude.

Now, about the important stuff. Check IN's main goal is provide lifelong experiences and learning opportunities, also. Its main target are both children and teenagers, but also young adults. Finally, Check IN's activities focus on being responsible for putting together workshops, seminars, team building games, international and national internships, youth exchanges, training courses, EVS programmes and, lastly, traineeships to all people interested.

The end...

Story 5. I believe I can fly

Once upon a time, there was a little airplane named CheckIn, who wanted to explore and see the world. But he had one big problem - he couldn't fly. He didn't know how to manage this problem. Others airplanes were easily flying, but even though he was trying, he still couldn't get off the ground. Days went by and CheckIn was even sadder.

One day he decided to do something with his problem. He decided to step out of his box and start looking for a solution. Then his great journey began. But it wasn't an ordinary trip. It was also voyage of self-discovery, self-awareness and self-knowledge.

Firstly, on his way he met a bird and asked him:

- How do you do it? How do you know how to fly?

Bird responded:

- I just keep myself open.

With this knowledge CheckIn moved on and met another friend, dragonfly, and asked him:

- You are so small! How do you have the courage to fly?

The answer he received was very simple:

- I'm just brave.

CheckIn was trying to understand this and he was thinking: "It can't be so simple... I just have to be open and brave?" After these reflections he tried to fly again but it still didn't work. Resigned was walking till he encountered huge dragon and admiringly said:

- You have so much energy! How do you do it?

Dragon looked at him and after consideration responded:

- The power is inside you. You have to rediscover it.

And then little CheckIn understood that he has to unit all these advices together and simply believe in himself. So he used everything he learnt and suddenly he was flying! He couldn't believe that it happened. Now he was free and the world was open for him. Before he flew away to explore the whole world he thought: "I will take the box with me because size doesn't matter".

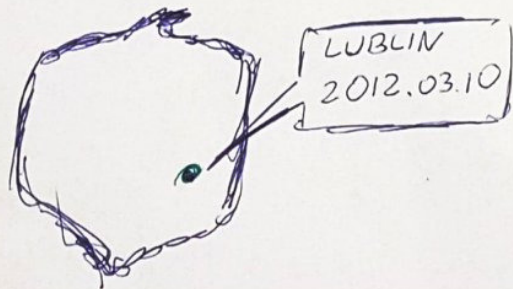
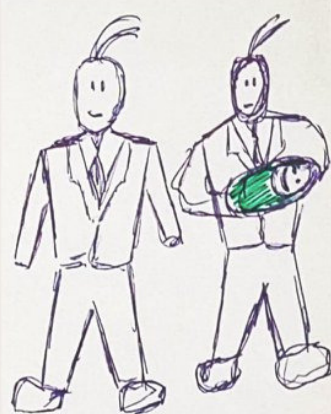
In the end, CheckIn happy as never before flew toward the sun with the box ready to do what is impossible, ready to spread belief, courage and energy all over the world.

The end...

Story 6. IFASD and his friends

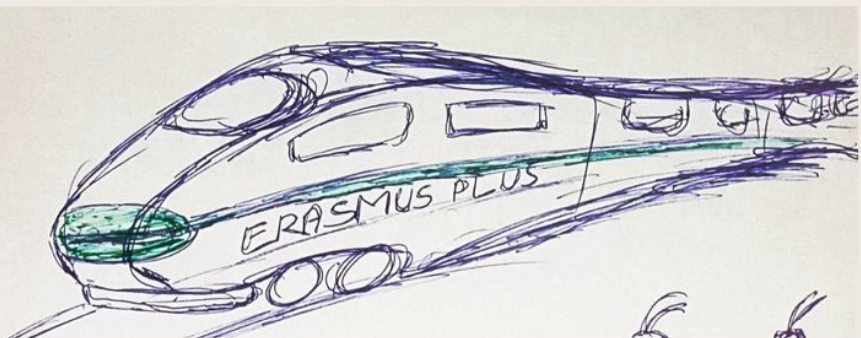
Once upon a time,

there was a boy named IFASD, from Lublin (POLAND). He was born in 2012 and he was very cute and sweet baby with two fathers. His family was poor but with a big heart.



During his six years of life, he has met a lot of people who have become his friends. Those friends inspired him to do a trip to other countries, using a train named ERASMUS PLUS,

so he started travelling and making new friends like CEIPES, Check in, ASPAYM, Gamma and many, many more.



His hobbies were hiking, canyoning, swimming, connection with nature and using outdoor methods. He had a lot of ambition, empathies, love for people. He was also very intelligent. IFASD wanted to support young people doing cultural, artistic and ecological events.

His biggest dream was to be a marketing specialist and that's why he started to do this.

He hoped to make money to his hobbies, and help people by supporting them. In his journey his friends and he had a lot of them 46 young people, were always with him.



The task of the participants was to create a story reflecting the entire process of change, pointing out the steps of the story

Story 7. Planet of Disconnection

1 - Planet of Disconnection

Once upon a time, in the disolation of the Planet of Disconnection, there was a small community of robots. These robots, in some remote times, had been humans, but with the evolution of time, and the harsh conditions they had to endure in that planet, they had slowly evolved into robots: machines without a soul and with no need for contact with others.

Centuries had passed since the last time they had felt the need to connect with other robot, because the planet had such a difficult environment, that they had been forced to escape into isolated capsules, with all the necessary tools to survive alone. Inside those capsules, they felt protected and had everything they need to survive. And their own company was the only thing they needed to exist. And so, as millenials passed on and on, without contacting with others, this robots turned into stone cold machines, almost forgetting what it was like to be human.

2 - The F... Meteorite

But, one day, something unexpected happened. The news of a huge meteorite that was en route to that planet came out. There was no way of changing its course and we are talking about an enormous meteorite: one so big that would definetly destroy the entire Planet of Disconnection. And the robots faced themselves, for the first time, with a giant problem in their hands.

3 - Decision Time

Facing this terrible problem, the robots felt that they needed to gather all to discuss what to do. So, feeling a bit weird at first, but feeling that this should be done, all robots reunited in a big capsule in that red planet. This was an historic moment, because, for the first time in centuries, they were all together in the same room, communicating and trying to find a solution for they commun problem. But finding a solution turned out to be more difficult to do than it seemed, at the begining. What would they do? Stay in that planet, trying to build a giant capsule under the soil, and expect the meteorite not to destroy them, or enter their big spaceship, and adventure themselves through space, in order to find a new home for them? There seemed to be no agreement.

But there was one robot that was more inteligent than the others. He had done some studies about spaceand still had a small fragment of memory that reminded him of what it was like to be human and to take risks. So, he told them not to be afraid! They should leave that planet that already had nothing to give to their community, and try and find hope somewhere else. They all should leave in search for the unknown.

4 - The Unknown

And so they did. They turned their back to that planet of solitude and disconnection, and entered their giant spaceship. All together, they started a journey that took them many years and dangers to face. But that is part of every unknown, isn't it? At the beginig, we find it stange, but then we get used to its difficulties and mysteries, and get the courage and resilience to face them.

5 - New Perspective

And one day, out of the blue, they saw a new planet approaching. It was big and seemed warm, with more colours than the monotony of the red from Planet of Disconnection. It was blue and green.

In a consense, all the robots decided to land their spaceship, and agreed that that was the place where they'd begin their new lives. And so they did: they gained a new perspective of things in this new place they would call home, from that moment on.

6 - New Reality

And so, they entered a world of colour, new senses, feelings and life. They no longer felt the need, in this planet, to isolate themselves in capsules, as the conditions in this place were good to live, and this made them feel closer amongst their community, but also with the community of the other inhabitants that lived in this paradise.

Slowly, they started to talk and to interact with everyone, and eventually came out of their boxes. Lately, with time, they gained flesh, eyes, hairs, skins, even a soul, and let go of their old machine bodies. They turned into humans again!

The end...

Story 8. The leader story

Once Upon a time there was a rooster who lived in a farm called Iasi. This rooster, Rocky 4, was the leader of a big chicken community and had the responsibility to wake up everyone in the farm at 5 Am. He also made some daily announcements in the community. In that community lived a little chick named Julius. Cute, sweet, curious and like to explore the farm. He also was communicative and sociable just like Rocky 4. But he had a different perspective about living in Iasi. He wanted to go out and see the world outside, so he was always breaking rules and got punished by Rocky 4. Because Rocky 4 was enough of punishing Julius, he came with a new approach. He called him and said:

-Julius tomorrow you will lead the community. You will have to wake up everybody in the morning, make all the necessary announcements and keep everyone safe."

Julius was really really scared but even though he had to do what Rocky 4 said. When Julius woke up at 4.55 AM Rocky the 4 was still sleeping. He looked around and saw everyone sleeping too.

"I have to do something. "

So he started training his voice. At first nothing came out, then he went to see Cesar the dog, he asked him for help. They both started to play with sticks and also singing to wake everybody. Julius at the fence and Cesar on the ground below him. Everybody woke up and Julius was really glad he could play the role of the leader. During the day he had Rocky 4 help because he was behaving well and although it was a hard job, he felt rewarded for having the opportunity to walk in the leader shoes and taking care of the community. In the few years Julius became the community leader and was still Cesar friend.

The end...

Story 9. The magic in life

Once upon a time there was a prince and a princess who lived in a beautiful castle which was given as a wedding gift by prince's parents. A long time ago the prince saved the princess from the dragon and that's how they met and fell in love. The life of this princess consisted in making the castle presentable for their guests. She organized charity events, she talked to servantes, gardeners and cooks. The prince was very busy meeting a lot of foreigners, and maintaining the peace on his land. One night the princess had a strange dream fighting the dragon that made her captive. Next morning the princess was confused about the dream, and didn't know what it meant, that's why she went to the oldest lady on her land, to tell her what it meant. The old lady said: "My child, you need to begin a journey that will reveal your true destiny. For this you will need to take with you 3 objects from the castle. And you must to start now or you will lose your soul. The princess got scared but she realized that this was the only way to save herself. So she choose a clock, a pen and an apple and she left the castle. She entered a darkest and the scariest forest. She was afraid to sleep, to walk, or make any noise. Then she sat down near a tree and looked at the 3 objects and started to think about them and about her life. She realized that she was a saved princess and she never tried to save herself, she never tried to use her potential. She started to think about the other moments in her life when she was strong, courageous, creative and aware of her power. Then she looked at the clock, it was almost midnight, she took the pen and started writing a new story of her life in the air. IT WAS MAGIC. She felt the power in herself. Then she slowly closed her eyes and fell asleep in peace. When she woke up and she was in her royal bedroom. At first she was confused, she didn't understand what was a dream and what was reality. But suddenly she looked at her nightstand and the princess saw the 3 objects that she chose. That was the moments when she felt the power in herself and power to change her story. And then, she took the apple and had her first bite.

The end...

Story 10. Little sardina boy

Once upon a time there was a little Sardina, who lived in a large group of Sardines and who was always following the rules. His mother and father were always with him and so were his brothers, his sisters, his cousins, his uncles, his aunts and all the Sardines that he ever met. They were such a big family. But our little Sardina didn't have any moment of privacy. On top of all things, his colour was very different from the one of his family, because through a mysterious event, our Sardine was yellow, a bright yellow that was visible from a long distance. One of his cousins, once for fun, called him Banana, but the others thought that this was so funny that everybody started calling him Banana.

Banana knew that he was different from the rest of his group. Somehow, he felt that in the middle of his bright yellow body but couldn't really understand what to do with that. One day, as they were always travelling in a large group, little Sardina thought that he saw something as bright as himself somewhere in the ocean, but when he wanted to go see what it was all the Sardines came and stopped him:

- No, where are you going? It is not safe, you must stay in a group, we cannot go on our own, if you will do that, you will die. Stay with us, it is much safer here!

At the beginning, he did as they asked, but as days went by, our Banana got tired of always being afraid, of all the little jokes of his cousins, and most of all, he started to become very curious:

- I wonder what is out there, what was that little light I saw in the dark? We always stay in a group, where there is little light so the danger is small, but I want to know what is out there? How does it look? How does it feel?

So, on day, when no one was looking, because they were too busy with some group decision, our little Sardina just decided to escape. He wasn't a prisoner, but he felt like one. He was very excited and he simply went to where he remembered that he saw those bright colours before. And as he was swimming alone through the ocean, he started to miss a bit the noise and the feeling of being in a group, he started to feel lonely. He was never alone before, and the silence was a bit awkward for him. When he felt that he was lost and he didn't know where his family was but neither how to get to the colourful part of the ocean, unexpectedly, a big shadow comes towards him. At the beginning he was scared, but the noise that that creature was doing seemed cheerful and happy. It was a dolphin!

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- Hi, I am Squeaky. You seem so sad, what is going on?
- I lost my family and now I don't know where I am. I wanted to go to the colourful part of the ocean and I don't know where that is either. And I have no friends!
- Hey, don't be sad! I can be your friend, I know where that colourful part is, I can take you there, you probably mean the corals.
- Oh, I don't know how to call it, I am just curious to see if there I can fit in. You know, as a Sardina with such a bright colour, I don't really feel I belong there.
- Well, I can take you there, if you want, we can both swim together.

So they started to go and see the corals. It wasn't very far, but on the road the two friends started to talk about each other. Squeaky taught Banana his favourite way of swimming, it wasn't an ordinary way either, and sometimes the other dolphins were laughing too, but Squeaky loved to swim in circles, he felt he was very good at that and he taught Sardina how to do that too. A Sardina and a Dolphin were swimming together in circles and it was so much fun. If the family would see them now, free of worries, they would call them crazy. But, as they were enjoying their swimming, they didn't realise they had already arrived, there they were - the beautiful corals. Wow, it was such a splendid view!

Banana and Squeaky were overwhelmed with joy and amazed by the beautiful colours around them. That kept them from seeing the danger that was watching near by: a shark that was very hungry and started following them. Suddenly, the shark attacked them. Squeaky, who was bigger, got enough speed and could outrun the shark, but our Sardina was small and seemed unprotected in front of the danger:

- Oh, what should I do, what should I do?

In a split second, tormented by fear and alone, unprotected by his family, our Sardina decided to do something smart, so he started to swim in circles, just as the dolphin taught him. And when he did that, he managed to outrun the shark and got to hide under a small cave that he saw in the corals. The shark couldn't reach him, and after several attempts, he gave up. Squeaky was hiding too somewhere, or at least, that is what Banana hoped.

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It took him several hours to be courageous enough to get out of the cave, but when the danger was really gone, he was able to understand what had happen - he was brave enough to save himself without the help of his family, and because he had met Squeaky, he then knew to swim in such a way, that it was both fun and helpful. Our Sardina managed to get back to his family and he tried to teach them about his new way of being - how he liked to travel alone and that they could all do that and swim in such a way that it would also be fun, but all his family thought that he was crazy because they were too scared to try to be more like Banana. Banana kept living with his big family, but from time to time he would simply go on his own to visit the corals. He knew the others thought that he was crazy, but only this way he could be free. And for that he was thankful to himself, for having the courage to explore the colourful side of the ocean.

The end...



Story 11. The naughty monkey and the little turtle

Once upon a time there was a little turtle who lived in the animals kingdom, ruled by the big, wise and strong bear. In the middle of the kingdom, there was a high hill and on top of it, there was a beautiful playground, in the middle of an amazing landscape. All the animals were excited to come there and play with everyone. Our little turtle woke up every morning with a strong wish to be there with her friends. It was a long, exhausting climb and it took many hours for her to reach the top of the hill. Every day, when she was almost there, a naughty monkey came in her way and pushed her down the hill. All other young monkeys started to laugh loud. The little turtle felt so embarrassed and powerless and it seemed that she will never be there in that great playground.

Every day, an eagle, flying over the forest, was looking at this scene and did nothing to stop it. After many attempts, our turtle stopped and started to cry in silence, alone. The eagle landed next to her and told her:

"I saw what happened to you every day, how do you feel?"

"I really want to play with my friends and I don't understand why is the monkey so mean to me. I don't know what to do and I feel so bad about it."

"I don't know what to say, but maybe you should go talk to the wise bear. He will know what to do and I want to come there with you."

The bear listened the turtle's story and he decided that this is an important issue and it should be discussed with all the other animals. In front of the council, the bear asked the turtle, the monkey and the eagle, to tell their story. Then he had something to say to each of them.

"Little turtle, you were very brave to come here and say what happened. This is what everyone should do when something like this happens."

"Eagle, you were a true friend to support the turtle and your advice was very good."

"Monkey, what makes you act like this? What can we do for you?"

"The other animals don't let me play on the hill and if I cannot play there, neither should others."

"Do you think that hurting others will help you get what you want?" asked the bear.

The monkey remained silenced and she looked down for a while. For the first time she wanted to listen to someone else's idea.

"What would you do tomorrow if you could play with everybody in the playground?"

"I would help the turtle to climb the hill", said the monkey and the other animals started to smile.

The next day, the monkey kept her word and after that all the animals played happily together, on the hill, in that amazing landscape.

The end...





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