



Outcomes



Colophon

This is a publication of Don Bosco Youth-Net ivzw. Don Bosco Youth-Net ivzw is an international network of Salesian youth work offices and youth organizations which work in the style of Don Bosco.

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Camino

Project summary

'CAMINO' was a 6-day training course on value-based assistance in non-formal education. It aimed at training experienced educators and trainers in youth work to become equipped in dealing with intra- and interreligious dialogue within an intercultural youth work setting. With this training course, DBYN wants to commit developing and transferring our expertise in interreligious dialogue from grassroots level to European level.

The training course took place in Benediktbeuern, Germany from the 26th of August until the 2nd of September 2019.

Aim and objectives

The main aim of this training course is to develop and implement a qualitative learning programme on value-based assistance in non-formal education, aimed at generating strategic impact on DBYN and the wider European youth sector. In order to put achieve this aim, we put forward 3 objectives:

1. To train 25 young educators and trainers in value-based assistance through a qualitative non-formal learning programme, aimed at setting up a sustainable pool of Salesian chaplains.
2. To collect new methods, approaches, insights and policy recommendations for value-based assistance within non-formal learning, from the perspective of intra- and interreligious dialogue, and make them available as resource through online platforms.
3. To develop a qualitative non-formal learning programme, and publish it the format of a training manual which can be disseminated within our network, to other faith-based INGYOs and the wider European youth sector.

Profile of participants

The pax of this training course are expected to become active as Salesian Chaplains on future activities of DBYN's training strategy. This includes young exchange, seminars, training courses, symposia and study visits. Alternatively, they can also become active on local, regional or national within one of our Member Organisations (MOs). The profile we are looking for is experienced volunteers of our MOs:

- Experience as trainer or educator in youth work
- Experience in developing educational curricula
- Experience in producing didactic materials
- Experience in intercultural learning and team work
- Experience in Chaplaincy on local level
- Experience in self-directed learning and self-reflection
- Capable of working in English
- Open for to a continued engagement in DBYN's pool of Salesian chaplains

Essential for securing the intra- and interreligious dialogue, is balancing the religious and cultural worldviews of the pax. There is the regional balance between Western, Eastern and Southern European spirituality. There is the balance between religious worldviews in a secularized societies compared with societies which have a clear religious worldview. There is a balance between belong to a religious majority compared to a religious minority. This balance is reflected in the selection of pax.



Team

Role division

Trainers

- Katharina Gregull
- Sarah Beeftink
- Thomas Roesch

Project administration:

- Aubérie Samson: Resource person, overall coordination, leading team meetings, financial administration, reports of team meetings, communication work

Experts:

- Helene Gesswagner
- Niklas Gregull

Host team:

- The staff of the Aktionszentrum provides all hosting services
- Niklas Gregull: liaison with AZ staff

Salesian chaplain:

- Katharina Gregull
- SDB priest for Mass is a participant of the study session and can do the Mass in English.



Participants

All the participants from the training course participated together in the creation of the good mornings and the good nights. They also suggested some tools that can be helpful to know more or to gather inspiration that are included at the end of this publication.

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Introduction to the Good Mornings and the Good nights

When

Daily in the morning before the start of the sessions and in the evening after the end of the sessions
It is important for us to assign time in the programme for the participants to reflect on what gives meaning in their lives.

Why

In the Don Bosco Movement there is a tradition of over 168 years (since May 1847) closing the day with a “Salesian goodnight”. This is a tradition which all organisations, schools, youth care facilities... in the Don Bosco Movement maintain up to today. DBYN uses this as well in all its activities. It creates a recognisable identity, as all participants are familiar to this. At the same time, it offers the opportunity for intercultural dialogue, as all countries have a different tradition. In DBYN we also start the day with a “Salesian good morning”, to offer more participants to deliver such a reflection.

- Install an intercultural atmosphere and to create a moment of reflection
- Celebrate cultural diversity
- Connect with the worldwide Don Bosco Movement
- Explore cultural differences in animation
- Prepare or closure for the learning programme of the day

How

Each morning and evening the participants prepare a reflection session to start-off the day in small groups. In this way the differences in reflection which exists between the countries are shared, which will help to create an open atmosphere towards the cultural differences amongst the group.

There will be given an attention on how to develop good mornings and good nights from a methodological perspective. The participants are challenged to connect the good mornings and good nights to the topics of the day and the feeling of the group.

The group might give feedback on making improvements during the cooperative working space.

Where

We chose to do them in the chapel of the Youth Centre from the Aktionszentrum as it is a space that leads to reflection and prayer or meditation.

What

The materials change depending on the day but the generalities are below:

- Candles
- Matches to light the candles
- Loudspeaker
- Pen and paper
- Computer
- Projector and screen

Outlines of the Good Mornings

Believing in a good core

Description	<p>Start with reading the story of Don Bosco and Bartolomeo Garelli. Give short impulse concerning the good core of every person, which was very important to Don Bosco and you can also find in the Bible. Now, every person gets a mirror or a reflecting object in front of them and is supposed to look only at themselves. While they do that you read Isaiah 43, 1b-7 to them. Now, every person gets a pen to write on the object what they think their good core is. If you want, you can give them to the people as a give-away. Close with a prayer or a blessing.</p> <p>An example: Today I want to live in the knowledge that God is with me and guides me. It makes me happy to know that I am loved and that I can count on this support. Let me be a light of happiness like you are for me. Let me be there for others. Every day let me be your tool to be a force of good. And let me believe in the good in every person.</p>
Duration	20 min
Age	16+
Group size	Any
Space	Anywhere
List of materials required	<ul style="list-style-type: none"> • Mirrors or something similar • Pens
Annexes	<p>Israel's Only Saviour</p> <p>1 But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.</p> <p>2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.</p> <p>3 For I am the LORD your God, the Holy One of Israel, your Saviour; I give Egypt for your ransom, Cush and Seba in your stead.</p> <p>4 Since you are precious and honoured in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life.</p> <p>5 Do not be afraid, for I am with you; I will bring your children from the east and gather you from the west.</p> <p>6 I will say to the north, ‘Give them up!’ and to the south, ‘Do not hold them back.’ Bring my sons from afar and my daughters from the ends of the earth—</p> <p>7 everyone who is called by my name, whom I created for my glory, whom I formed and made.”</p>

When Jesus says yes

Description	<p>This is a quick good morning. You find a space and read the story how Jesus feeds the 5000 (John 6, 1-14). You explain your own reaction/interpretation of the story. It is a mysterious story. Sometimes we can just marvel in the mystery. It also shows that Jesus and God didn't just have one way of working miracles. You finish with the song "When Jesus says yes, nobody can say no!". If your group is able let them express their joy and faith through dance. Our bodies are our tool to worship God so we can express our prayer in different ways, like through dance.</p>
Duration	5-10 min
Age	10+
Group size	Any
Space	Anywhere (ideally in a bigger space)
List of materials required	<ul style="list-style-type: none"> • Loudspeaker • Laptop/phone with the song
Annexes	<p>Jesus Feeds the Five Thousand</p> <p>6 Sometime after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), 2 and a great crowd of people followed him because they saw the signs he had performed by healing the sick. 3 Then Jesus went up on a mountainside and sat down with his disciples. 4 The Jewish Passover Festival was near.</p> <p>5 When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" 6 He asked this only to test him, for he already had in mind what he was going to do.</p> <p>7 Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!"</p> <p>8 Another of his disciples, Andrew, Simon Peter's brother, spoke up, 9 "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"</p> <p>10 Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). 11 Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.</p> <p>12 When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." 13 So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.</p> <p>14 After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world."</p>

If I were an object, I would be...

Description	<p>In the first meeting there is important first of all: create the welcoming environment (welcoming atmosphere) and to realise this context for to know each other.</p> <p>In circle sit down on the chair. The Salesian chaplain introduces the meeting each participant will say:</p> <ul style="list-style-type: none"> • name and his/her profession • “If I were an object, I’d be a...” <p>The participant can to choose an object, film, book, song (etc...) that represents them and describe the motivation.</p> <p>After this sharing, the group draws on the big flipchart on the floor this objects/element. The participants draw these elements and connect them to create a landscape. Expressive background music during this experience.</p> <p>This big flip chart represents the group. The flip will put on the wall in their meeting room.</p>
Duration	30 min
Age	14+
Group size	15
Space	Indoor / in the training room
List of materials required	<ul style="list-style-type: none"> • Big flipchart • Different coloured pencils • Music • Loudspeaker
Annexes	n/a

Colourful record

<p>Description</p>	<p>All the participants form a circle and are standing up. On the floor in front of each participant, there is a colourful record made of paper. On each record, there is a phrase or a question, but they don't have to read it immediately (tell them not to). The participants walk around this circle of records with music or no, until a signal. At the stop, the Salesian chaplain choose a participant, for example "read you ask who his in front of a red record" or for broken ice to start a volunteer. The participants read the questions and share with another participant. The questions are based of the meeting. For example, if is a first meeting this method is useful to know the participant.</p> <ul style="list-style-type: none"> • Your name is • Your job • Your favourite food • Your sport • You sing a spiritual song • You tell something nice <p>If, it is a spiritual meeting, you can use this method to train or to reflect.</p> <ol style="list-style-type: none"> 1. Sing a spiritual song 2. What is Love? 3. Do you believe in people or in something? 4. When did you meet your God? <p>When the participants have read a question and answered it, they start again and turn around the records' circle until the next stop. The person will be in front of another one.</p>
<p>Duration</p>	<p>20 minutes</p>
<p>Age</p>	<p>10+</p>
<p>Group size</p>	<p>any</p>
<p>Space</p>	<p>Outdoor or in a big room</p>
<p>List of materials required</p>	<ul style="list-style-type: none"> • Colourful paper with the questions on it <p><i>Optional:</i></p> <ul style="list-style-type: none"> • Music • Loudspeaker
<p>Annexes</p>	<p>n/a</p>

The Lord is my shepherd

Description	<p>This moment is based on the reading of psalm 23.</p> <p>In the morning, it is important to remind the participants that they are all welcomed in the house of the Lord.</p> <p>So the trainer will read the psalm 23 in its parts that are important. Then s/he will use the loudspeaker to listen to a song of psalm 23.</p> <p>The trainer will invite for meditation about the psalm. This moment will finish with a prayer (Our Father) while holding hands.</p>
Duration	15 min
Age	16-25
Group size	15-20 people
Space	Chapel
List of materials required	<ul style="list-style-type: none"> • Bible • Loudspeaker • A song about Psalm 23.
Annexes	<p>Psalm 23 A psalm of David.</p> <p>1 The Lord is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.</p> <p>5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.</p>

Outlines of the Good Nights

The boy and the starfish

Description	<p>You prepare a room with a beach and an ocean (Stones, fabric, shells, etc.) - small or bigger. and you create cut out starfish and put them on the beach-part. pencils or pens go on the ocean-part.</p> <p>You start the session by explaining how sometimes topics or issues can seem very big to conquer, like Climate Change, Secularization, Desensitisation, etc. and maybe make a connection with a topic you were working on.</p> <p>Then, you can either watch the video or tell the story of the boy with the starfish. Afterwards, give the group few moments to reflect on what big things seem too big for them to conquer and ask them to write one small thing they can do to change that big topic by themselves, write it on one of the cut out starfish and put it back in the ocean-part or let them take it with them as a reminder.</p>
Duration	15 min
Age	16+
Group size	any
Space	Indoor (ideally a chapel or space with spiritual significance)
List of materials required	<ul style="list-style-type: none"> • Paper (cut out as stars) • Pens/pencils • Decoration to create a beach scene <p><i>Optional:</i></p> <ul style="list-style-type: none"> • Video projector • Laptop • Speakers
Annexes	https://www.youtube.com/watch?v=PkV0jvmBLOc

Marble Miracle

<p>Description</p>	<p>The idea of this session is to create a miracle for each participant. This is supposed to awaken a sense of wonder in people.</p> <p>Every person gets an envelope with a marble inside. Make sure the marble is not visible. Explain to the group that they will experience a miracle today. This works especially well with children. Afterwards, every person gets two minutes to touch the marble without looking at it or taking it out of the envelope. Ask the group if the marble feels warm or cold, if it's smooth or rough and what feeling they get from the marble. Usually the first feeling they have is correct. now close the envelopes and write the name of each person on them.</p> <p>Give each participant a paper with a round form on it and a lot of pencils with different colours. Tell them they should draw the marble as they think it looks. When every person is finished take one envelope after the other and look into them secretly. Tell the participant to show their drawing to everyone.</p> <p>Now it's the moment to ask the right questions. Why did you choose a certain pattern or colour? Chose characteristics which they got correct. After you are done with all the participants tell them a little bit about the power of miracles or wonder. Finally, show all the participants their marbles. Try it. It works! Good luck!</p>
<p>Duration</p>	<p>15-30 min</p>
<p>Age</p>	<p>8+</p>
<p>Group size</p>	<p>any</p>
<p>Space</p>	<p>indoors</p>
<p>List of materials required</p>	<ul style="list-style-type: none"> • Marbles • Envelops • Pens/pencils of many colours • Paper with a circle on it
<p>Annexes</p>	<p>n/a</p>

The fire and the stars

Description	<p>STEP 1 The trainers will choose a clear night. The trainer will prepare the post for the bonfire in a place surrounded by nature. They will prepare for a comfortable place for every participant. They will look for firewood. They will write a motivational text about obstacles, self-esteem, faith. They will find calm songs like the melodies of Ludovico Einaudi. They will have prepared paper for each of the participants.</p> <p>STEP 2 The trainers will gather the guys and with them they will light the fire to prepare the atmosphere. Then they will invite the participants to sit and they will start to tell the motivational text they wrote, with the song of Ludovico Einaudi. Then they will ask the participants to write on the paper about the obstacles in their lives. After that they will burn the papers as a sign of liberation.</p> <p>STEP 3 The session will finish with a prayer, our father, while holding hands.</p>
Duration	90 minutes
Age	18-25
Group size	10-15 people
Space	Outdoors, a place surrounded by nature
List of materials required	<ul style="list-style-type: none"> • Papers • Pens • Loudspeaker • Pillows • Wood for the fire • Music of Ludovico Einaudi
Annexes	n/a

Tools

Interreligious dialogue

Description	<p>This session is important to increase awareness about the theme of religion towards the participants. The trainer will invite 2 or 3 participants who have another religion (depends on the total number). To begin, the trainer will invite the group to do a game to learn names and create a comfortable atmosphere for everyone. Then they will put in the middle of a circle approximately 20 questions about religion and faith.</p> <p>The participants will be divided into groups and each group will have a guest to talk to. Each group will choose 4 or 5 questions and talk about this for 20 minutes to foster interreligious dialogue.</p> <p>They will come back in the bigger circle to share some thoughts. This session will finish with the thanking of the participants.</p>
Duration	120 minutes
Age	18-26
Group size	12-14
Space	A silent room
List of materials required	<ul style="list-style-type: none"> • Paper • Pens <p><i>Optional:</i></p> <ul style="list-style-type: none"> • A Bible • A Torah • A Quran • etc.
Annexes	n/a

Swatch & pray

Description	Prayers and ideas from the UK. Publication
Type	Booklet
Additional info	<p>Board book: 60 pages Publisher: Don Bosco Publications (9 Oct. 2009) ISBN-10: 0955565448 ISBN-13: 978-0955565441 Product Dimensions: 21.5 x 1 x 6.5 cm</p>

The Bible Project

Description	An online tool with videos about different stories in the Bible, illustrated and explained.
Type	Website with texts, videos, podcasts and illustrations
Additional info	https://thebibleproject.com Available in French, German and English

Oremus

Description	A website for looking up bible verses, by topic or passage.
Type	Website
Additional info	https://bible.oremus.org/

Bienvenidos San Juan Bosco

Description	Song and dance about Don Bosco
Type	Song in Spanish with choreography
Additional info	<p>https://www.youtube.com/watch?v=zTlr8xVZwmw</p> <p>Lyrics in Spanish: San Juan Bosco, bienvenido, gran amigo de todos los jóvenes, ejemplar, muy querido, queremos seguir tu camino.</p> <p>Tu enseñanza vida nos da tu alegría y tu amistad eres tú, eres tú, eres tú, el que nos lleva a Jesús.</p> <p>Translation in English: Saint John Bosco, welcome, great friend of all young people, exemplary, very dear, We want to follow your path.</p> <p>Your life teaching gives us your joy and your friendship It's you, it's you, it's you the one who takes us to Jesus.</p>



The liturgists

Description	A podcast about different Christian topics. It can be an inspiration for a session or good night.
Type	Podcasts and videos in English
Additional info	https://theliturgists.com/podcast/ https://www.youtube.com/channel/UCGI GP0ubhOtcRWAO9fb7r3Q

Vapour meditation

Description	Meditation about the significance and insignificance of life.
Type	Video
Additional info	https://www.youtube.com/watch?v=d7bgMUykvE