

# WORKSHOP

## SOCIAL EXPRESSIVE LABORATORY: TO MY LEARNING TO OUR LEARNING

13<sup>TH</sup> – 17<sup>TH</sup> February 2012

### DAILY DIARY

Monday, 13th February 2012

*A friend in need is a friend indeed*

We had a very warm welcome from the L' Arcobaleno Servizi.

We found out very nice, positive and optimistic people, and we create an heterogeneous group. Together we played stimulating games, trough we learned interesting facts about ourselves and connections with the others.

Coffee break and lunch were other opportunitities to socialized, and know more about ourselves also the game we played in pairs, like the "Broken Circle".

The day was finished with a nice trip in Parma.

We are looking forward to meeting tomorrow to achieve new goals and to learn interesting facts about us and about italian culture.

*Emil Paul, Jarmila, Szabi*

Tuesday, 14<sup>th</sup> February 2012

In the morning we learnt about personal relationships and about handling conflicts with other people. More specifically, we learnt about the difference between passive and aggressive behaviours and how to replace them with assertive ones.

The best part of the day was the drawing and painting exercise. It was challenging and creative to express ourselves in similar ways as we did it as children.

In the afternoon, we had a very nice guided tour in the historical center of Reggio Emilia, where visited all the sites, despite of the cold weather.

During the visit, we had an homework to take two pictures: one to give as a gift to a friend and another one that it is similar to our home.

*Anca, Edina, Liga*

Wednesday, 15th February 2012

First of all we would like to say that it is a pleasure to be here with you!!

Today in the morning we had a role-play about real situation in our lives, we acted it. Then we drew our feelings and ideas about our Past, Future and Present. Also we showed and talked about the

materials which we brought from our countries and special for us. In the afternoon we had a Relaxation Lab which relaxed all of us... Thanks for your friendly and hospitable approach!!

*Bahar, Ali, Albena*

Thursday, 16<sup>th</sup> February 2012

Today was day of dancing morning and theatre acting.

That was one of the most interesting days in our workshop, because of a lot of actions and very dynamic.

Specially we loved movies and games in that special suites. That gives new experience, different feeling.

Some of us feel more safe and comfortable, but other restricted and tighted. There were also fun dancing: for start some participants do not feel free, after seems that everybody like moves and dancing.

At evening we have very tasty dinner at the restaurant.

That was the best day in workshop.

*Liga, Esra, Ilze*

Friday, 17<sup>th</sup> February 2012

Last but not least, I feel complex today. I am happy to meet all my friends from different parts of the world. I am sad to finish such a useful and effective workshop. Anyway I have learnt so many activities I will use in my daily and professional life. Thank You L'Arcobaleno and my good friends. Think positive and keep in touch : )

*Işil*

This day most probably was the saddest one, but at the same time it's like a reflection time. Some moments of joy, some regrets etc. I am happy that I got the chance to be here and try some new experience. BIG thanks to everybody and good luck for the future!

*Evja*

Today I understand better the meaning of a verse from a song.

*It's nice to be important but it's more important to be nice*

We worked together and laughed a lot, we made a wonderful group.

Thanks a lot of everybody and to the organizers!

*Daniela*