

METHOD SHEET

Title of the method:	Messages in the Bottle
Type of method:	Making connections
Level of the Bubble	0. Team building; 2. opinion building; 5. Action
Source/ Author:	IRENIA, Jocs de Pau

Number of participants:	10–15 people
Related competences:	1. Critical and creative thinking 2. European Citizenship competence 4. Collaboration competence 5. Cross-cultural awareness and expression
Objectives:	<ul style="list-style-type: none"> • Connecting with the community of your neighbourhood or your city • Spreading messages of collective concern • Building opinions and feeling of belonging to the same community of interest
Time/ Duration:	3 hours
Equipment requirements/ materials:	<ul style="list-style-type: none"> • Material to build a giant- bottle (wire, cardboard, scissors, wrench, pliers, glue, A4 paper, pens, markers, etc...) • Post-its of many colours • A big room with space for construction • Camera
Facilitator requirements:	To well understand the logics of the method, be a good pedagogue; have moderation skills; keep the attention and focus of the participants
Room requirements:	Big enough to enable movements

Description of the activity:	<ol style="list-style-type: none"> 1. Explain the participant the concept: <ol style="list-style-type: none"> a. to build a giant-bottle which will be a good recipient to receive messages easy to access
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METHOD SHEET

	<ul style="list-style-type: none"> b. transport the bottle in the streets and places of the neighbourhood or city to meet the people c. ask them to take messages from the bottle and/or write new messages to put in the bottle) <p>2. Build the giant-bottle:</p> <ul style="list-style-type: none"> a. meet in the room and make a plan of construction of the bottle and divide the roles b. build the bottle c. make activities/rituals while building the bottle d. tell the story of the bottle in a creative way while building it e. record the whole process <p>3. Getting public</p> <ul style="list-style-type: none"> a. go out with the bottle and transport it from one place to the others b. at each stop speak with people about the issue in question and ask them to take or leave messages, to be read loudly c. you can make a public performance while reading them <p>4. Building connection with the local community</p> <ul style="list-style-type: none"> a. debriefing with representatives of local communities b. making plans for the future
<p>Debriefing:</p>	<p>Questions to the participants of the local group:</p> <ul style="list-style-type: none"> - How did you feel: during the construction process? - During the getting public phase? - After the exercise? <p>Questions to the local community representatives:</p> <ul style="list-style-type: none"> - Have you been surprised by the performance? - What has been your feeling?

METHOD SHEET

	<ul style="list-style-type: none"> - Have you had the feeling that the issue is a relevant one and that you could be identified with other people beyond your community? - Have you felt that networking and lobbying could be an effective tool to struggle for this issue? - Have you felt stronger while united with others?
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Remarks/ technical settings:	
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