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# Assessment Booklet



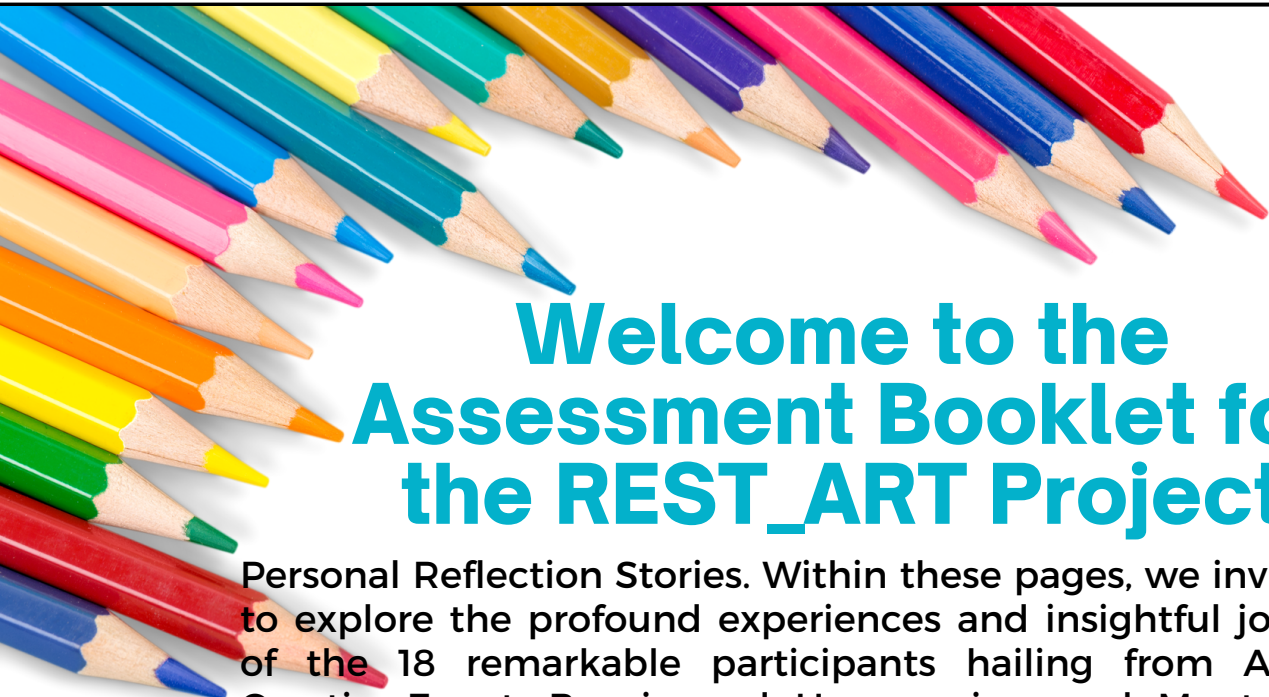
Training Course,  
18.-24. September  
2023, Mostar, Bosnia  
and Herzegovina



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## Welcome to the Assessment Booklet for the REST\_ART Project

Personal Reflection Stories. Within these pages, we invite you to explore the profound experiences and insightful journeys of the 18 remarkable participants hailing from Albania, Croatia, Egypt, Bosnia and Herzegovina, and Montenegro. These diverse individuals came together in the captivating city of Mostar to participate in a transformative training course under the umbrella of the REST\_ART project.

This booklet serves as a testament to their collective growth, learning, and the deeply personal stories they crafted as a result of their engagement with REST\_ART. Each story within these pages offers a unique glimpse into the rich tapestry of perspectives, challenges, and triumphs that emerged as these participants embarked on a creative and introspective journey. Through the lens of their stories, we witness the powerful interplay of art, culture, and self-discovery, all within the context of this remarkable project. Join us in celebrating their diverse voices and the lasting impact of REST\_ART.







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## Albanian Team

Our team from Albania, Anjela Hajdari, Klaudio Hyseni, and Livia Kreko had the privilege of participating in the "Restart: Raising Environmental Solutions through Art" training course. In this assessment, we'll share our perspective on the course content, workshop design, assessment methods, engagement, and interaction, along with our overall satisfaction and recommendations.

From the perspective of Team Albania, the course content was highly relevant and aligned well with its objectives. Throughout the "Restart: Raising Environmental Solutions through Art" training course, we actively engaged in a series of diverse activities that enriched our understanding of environmental issues and fostered collaboration. We commenced with a lively Get-to-know Gathering, setting a positive tone for networking. Our exploration of Mostar's history and culture during the Time Capsule tour provided valuable insights into regional environmental challenges. Subsequently, sessions such as the "Story of Plastic" and the Canvas for Change Workshop deepened our awareness and allowed us to express our environmental concerns through art. Engaging in debates and a knowledge assessment quiz encouraged critical thinking and knowledge sharing. The World Café session facilitated collaborative brainstorming, generating innovative solutions. Visual storytelling through Photovoice and interviews allowed us to connect environmental issues to the local context. A study visits to "NEŠTO VIŠE" highlighted grassroots efforts in addressing environmental challenges.

These activities collectively empowered us to creatively address environmental issues and collaborate effectively, making the course an enriching and impactful journey. It provided us with a comprehensive understanding of environmental issues and the power of art in addressing them. However, we believe that delving deeper into the specific environmental challenges faced by the participatory countries would have made the course even more impactful.





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The instructional design was effective and engaging. We appreciated the use of multimedia resources and interactive elements such as painting, workshops, study visits, and photovoice.

The assessment methods used, such as quizzes, assignments, and group debates, were instrumental in measuring our progress and understanding, while also promoting intellectual discussions and the exchange of different perspectives. This allowed us to not only learn from the course materials but also from our fellow participants' experiences and insights.

Team Albania's engagement during the course varied. We were committed to making the most out of every session and engaging with fellow participants. Group activities and discussions were particularly effective in promoting interaction among the participants, allowing us to exchange ideas, perspectives, and experiences.

As a group from Albania, we would rate our overall satisfaction with the course as a 5 out of 5. The course provided valuable insights and skills in addressing environmental issues through art.

As Team Albania, we found the "Restart: Raising Environmental Solutions through Art" training course to be enriching and inspiring. We actively participated in the training course, benefiting from the engaging group activities, discussions, and the leadership roles we embraced. The organizers deserve praise for promoting group activities and creating an environment conducive to vibrant discussions. This facilitated the sharing of ideas and personal experiences, further enriching the learning process.

We extend our gratitude to the organizers, funders, and facilitators for their dedication and commitment to creating this exceptional training course.



by Anjela Hajdari, Livia Kreko, Klaudio Hyseni





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## Egyptian Team

In the heart of Mostar, Bosnia. We embarked on a transformative five-day journey, eager to explore the powerful connection between art and environmental conservation. The course, an immersive experience in itself, that did not only broadened our horizons but also unveiled the profound impact art can have on preserving our fragile ecosystems. It delved deep into the ways in which art serves as a catalyst for change in our environmental consciousness. Over the course of those five days, we discovered the role art plays in not only highlighting environmental issues but also inspiring action and change.

During the initial days of the course, we dove into the concept of art as a medium to convey environmental concerns. We analyzed how artists across the world use their creations to communicate messages about climate change, and pollution. The highlight was an engaging quiz that enriched our understanding of global warming and its consequences. This phase challenged us to view art as an aesthetic expression and a powerful tool for education and awareness.

A pivotal aspect of our course was the art of persuasion through debates. We learned the art of presenting complicated important arguments, even for positions we may not have personally endorsed. This exercise sharpened our communication skills and empowered us to engage in meaningful dialogues about environmental issues. It underscored the role of art in convincing others to embrace sustainable practices.

The course reached its peak with an unforgettable visit to a local farm. This hands-on experience exposed us to innovative, eco-friendly farming practices that demonstrated how our resources can be taken advantage of responsibly. It showcased practical applications of environmental conservation, emphasizing the crucial link between sustainable agriculture, a greener future and delicious fruits.



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Throughout our time in the program, we found ourselves immersed in a journey of discovery. The carefully curated multimedia elements evoked a range of emotions and sparked our curiosity. The visuals, videos, and audio recordings transported us to different corners of the world, allowing us to witness firsthand the environmental challenges faced by diverse communities across the globe. This immersive experience not only deepened our understanding but also kindled a sense of empathy and urgency within us.

The interactive activities, skillfully facilitated by the trainers, created a supportive and collaborative learning environment. Engaging in lively debates, we were encouraged to express our thoughts, challenge existing perspectives, and explore alternative solutions to environmental issues. The quizzes tested our knowledge, providing valuable feedback and consolidating our understanding of key concepts. Additionally, the interviews with experts in the field offered unique insights and inspired us to act in our own communities. The inclusion of the TikTok awareness campaign within the instructional design evaluation exemplified the program's commitment to embracing new and innovative approaches to learning and advocacy in addition to the field visit. It provided us with a platform to amplify our voices, reach a wider audience, and make a lasting impact on environmental consciousness.

In our Erasmus exchange program in Mostar, the program did not utilize traditional assessment methods such as quizzes, assignments, or exams. Instead, it embraced a distinctive approach to learning and evaluation, prioritizing holistic comprehension of environmental sustainability through art. We were encouraged to practically experience the environmental issues of using plastic through debates, interviewing locals, farm visit, presentations, group discussions and even by using a state-of-the-art method which is Tiktok.

This unconventional approach encouraged students to engage with the subject matter in a self-directed and creative manner. Evaluation of progress and understanding primarily relied on ongoing participation in discussions, group activities, and immersive experiences like interviewing locals about environmental concerns. While this fostered a deeper exploration of the material, it lacked the structured feedback associated with traditional assessments.

To enhance this unique approach, it is advisable to incorporate periodic self-assessment activities, peer evaluations, or reflective assignments. These mechanisms would provide students with valuable feedback on their understanding and progress, aligning the program's experiential focus with a more structured learning process.



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Overall, the absence of traditional assessments allowed for a more immersive, real-world approach to learning, fostering a deeper understanding of environmental sustainability and art. However, it also highlighted the importance of incorporating structured feedback to enrich the learning experience.

The program fostered a high level of engagement, driven by dynamic discussions and group activities. These platforms encouraged active participation and interaction, allowing for diverse perspectives on environmental sustainability and art.

**Discussions:** The discussions were a highlight, enabling participants to exchange ideas, debate concepts, and delve into real-world examples. Having different nationalities in the exchange program also helped us understand how environment sustainability is implemented in each country.

**Group Activities:** Group activities, such as collaborative projects, presentations and debates, were instrumental in promoting teamwork and applying theoretical knowledge to practical scenarios. They encouraged us to think creatively and develop solutions to real environmental challenges.

**Real Hands-on Experience (Interviewing Locals):** One of the most rewarding aspects of our Erasmus exchange program in Mostar was the opportunity for real hands-on experience in the field of environmental sustainability. Specifically, we had the privilege of conducting interviews with locals to discuss the current situation of plastic usage and efforts to protect the environment.

**Overall Satisfaction:** 4.5 out of 5. We are highly satisfied with the course and the instructional design evaluation. The integration of multimedia elements and interactive activities created an engaging learning experience. The use of vivid images, videos, and audio recordings helped us connect emotionally with the topics discussed. The debates, quizzes, interviews, and "top ten" games promoted collaboration and critical thinking.

In conclusion, the course in Mostar was not just a learning opportunity but a transformative experience. It reinforced the idea that art is a powerful means to ignite change and raise awareness about environmental issues. The quiz on global warming served as an eye-opener, reminding us of our responsibility to protect our planet. The debates challenged us to step outside our comfort zones and engage with diverse perspectives, a skill essential for driving collective action. Lastly, the farm visit left an unforgettable mark, illustrating that practical, sustainable solutions are within our grasp.

As we move forward, we carry with us the deep knowledge that art and environmental conservation are linked. Through our newfound skills and insights, we are now equipped to be advocates for positive change, using art as our medium and the environment as our canvas. Mostar has not only enriched our minds but has also ignited a passion within us to be stewards of the Earth.

**by Ranem Deghidly, Ibrahim Ali, Abderrahman Abdelrazek**





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## Croatian Team

In this short article we will talk about RestArt training program held in beautiful city of Mostar located in Bosnia and Herzegovina. We will talk a bit about organization, learning experience, effectiveness of quizzes, activities and assignments, also we will tell something about our overall satisfaction with program. We will talk some more about our thoughts on the training, wonderful experience that we had and about all the beautiful people and cultures that we met.

Activities that were prepared and held by two amazing young people, Tarik and Iman, were very good and creative. They aligned perfectly with our main objectives and we were able to understand how serious the situation is and how powerful tools like art and creativity can be in raising environmental awareness. The workshops were extremely fun and interesting. We drew, made posters, listened to presentations, communicated with each other, walked around the city, talked with local residents, learned about the culture of Mostar and Bosnia and Herzegovina itself. My favorite workshop was the debate workshop, where we were divided into three teams - two sides in the debate and the audience. The audience decided who won the debate. If one team lost, they would take the audience's place, and the former audience would take sides in the debate.





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The topics of the debate were also fun because they were related to environmental protection and pollution. We also enjoyed the drawing workshop, where half of the people looked at a picture on the projector and had to describe the picture to their partner (who had not seen the picture) without using speech, and they had to draw it. In the end, the workshop that we will also remember was a visit to an eco farm a little outside the city. In addition to the workshops, we also had free time, which we used to tour the city, which left us breathless - from Stari Most to burek, we enjoyed every aspect of this place. Of course, we bought a couple of souvenirs, which we took home. As for the hotel, there weren't too many problems, the rooms were neat and clean, and the food in the restaurant was excellent and the portions were satisfactory. The only negative thing would be the weather, because halfway through the trip the weather turned bad and it rained (that didn't stop us from doing activities!). However, this is not a direct criticism of the project or the coaches, they could not influence it.

All in all, this was a wonderful experience, where we met many different people from different countries and learned a lot about them and their culture. In addition, we made new friends with whom we will be able to visit each other sometime in the future. This experience deepened our view of the world and we adopted some new perspectives that brightened our everyday life. We will always remember this trip and I hope there will be more in the future!







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by Vanesa Zečević - Pejić, Teuta Bisaku,  
Barbara Jukić



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## Montenegrin Team

"Eyes lead people to the world", that's how ours took us to Mostar for an exchange - RestArt. Our main goal was to become better acquainted with the environment and what passes before our eyes every day. All the bad things that happen, and for which we ourselves are to blame.

Every day was filled with interesting facts and programs that we enjoyed and thought about a little. The topics were quite complex, but it is still about our planet, and it is only one.

Through various quizzes, questions and tasks that we encountered for the first time (very innovative solutions for implementing the plan and activities), we also got acquainted with problems and statistics that we could not even think about.

Through teamwork, we came up with some solutions and saw the world through the eyes of other participants. Not everything is so great and fabulous, we realized. But that did not discourage us, on the contrary.







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So intrigued, we got even more motivation to wake up and start everything for the better.

We believe that this exchange was very well organized and that a lot of time and effort was invested in everything, which was noticeable. The way of working was different, quizzes and workshops were not based on the classic principle, listen and answer. There were various "games" and discussions that were interesting to both of us aged 17 and those aged 30+.

All that is beautiful is short lived! Thus, it was difficult for the prescient hosts and creative guests to say goodbye. It was so nice for us that we said goodbye with a heavy heart... We will carry beautiful experiences in our hearts, we will be in contact and I am sure that we will meet again in the future!



pozdrav za skolske drugare



by Elena Perović, Manja Popović, Jovana Medojević



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## Greek Team

In September the Greek team took part in the Training program “REST\_ART - Raising Environmental Sustainability Through Art”. The program involved people from 6 different countries, Bosnia and Herzegovina, Croatia, Montenegro, Albania, Egypt, Greece, and took place in the historical city of Mostar, Bosnia and Herzegovina. The objective of the program was to raise awareness of the environmental issues related to climate crisis and how art can contribute to it, through its strong influence. Artworks alert the population to urgent matters, facilitate understanding messages about sustainability, and help mobilize people to fight for this cause.

At the beginning we did activities to get to know each other and break the ice in order to create a friendly atmosphere between us. A pleasant and informative was the participation in the city tour activity, by which we learnt a lot about city's history and its great monuments and landmarks.

The activities implemented helped us to analyze environmental issues, acquire new knowledge, understand the contribution of art, work better in groups, cooperate and, also, practice our communication skills. The hosting organization used a wide range of training tools, as quizzes, debate, presentations, group assignments study visit, interviewing etc., which enabled our participation, cooperation, learning and understanding process. In this program, we have been thinking and raising awareness about how art can have an impact on climate change and discover ways and to combine ecology and art. The variety of non-formal education activities helped us to practice our social skills, to get new ideas and adopt the right green practices.







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Our team believes that there was much more room for further information sharing and for more solid knowledge acquiring. We hope that in an upcoming TC program there will be provided more practical solutions and implementations in the the aspect of vital environmental challenges.

Undoubtedly this was an unforgettable experience for our team. “REST\_ART” was not only about environmental awareness and art, but also unity, cooperation, common experiences, critical thinking and intercultural exchange. We are very grateful both to the “Local Democracy Agency Mostar” and to «United Societies of Balkans» for this transformative experience. We hope to be given the opportunity to meet again and, of course, to give the chance for more people to participate in corresponding programs.



by Anna Gkiati, Marios Voulgarakis , Michael Michalas





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# Bosnian and Herzegovinian Team

We, as the Bosnian team, are writing to provide an in-depth evaluation of the program activities we undertook. Our journey was marked by a series of engaging and educational activities aimed at promoting team cohesion, enhancing our knowledge, and fostering practical skills related to environmental issues and sustainability. Throughout the program, we had the opportunity to participate in a variety of activities that not only broadened our understanding of environmental challenges but also allowed us to enjoy a great time together as a team.

One activity that particularly stood out as a memorable experience for us was the debate session. The debate was not just an intellectual exercise; it was a lively and dynamic exchange of ideas that led to a deeper appreciation of the complexities surrounding environmental issues. It was not only a chance to engage in thoughtful discussions but also an opportunity to bond with our teammates over shared passions and differing perspectives. As university students, we relished the chance to employ critical thinking and research skills to build persuasive arguments and counterarguments. What made the debate especially enjoyable was the camaraderie that developed as we prepared and competed. We spent countless hours researching, discussing, and refining our positions on various environmental topics. It was not just an educational experience; it was a journey of growth and collaboration. The debate allowed us to develop our communication skills and the ability to think on our feet, which are invaluable skills in both our academic and professional lives.





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Apart from the debate, every activity contributed to our personal and professional development. The icebreakers at the beginning of the program helped us form connections and build a strong team foundation. The presentation on "The Story of Plastic" opened our eyes to the urgent need to address plastic pollution, prompting discussions on how we can contribute to change in our own communities. The art and activism workshop ignited our creative spirits, challenging us to find innovative ways to communicate environmental messages. The environmental quiz combined fun and learning, making us realize where we needed to focus our future efforts. The photovoice and interview activities allowed us to explore our local environments in a new light, gaining insight into the lived experiences of individuals affected by environmental issues. Our visit to the permacultural farm "Nešto Više" was not only educational but also a breath of fresh air, giving us a hands-on experience in sustainable farming practices. The World Cafe sessions facilitated deep conversations about potential solutions to environmental challenges, fostering collaboration and the exchange of innovative ideas among team members.

Overall, our program was not just about learning; it was about growing together as a team. It was about building relationships, sparking creativity, and developing the skills necessary to make a positive impact on the environment and our communities. We, as the Bosnian team, genuinely appreciate the opportunity to be part of this program and look forward to more enriching experiences in the future.



by Nudžejma Karajić, Huriye Fatma Arikan, Marko Kožul



# The End..

Albania, Croatia, Montenegro,  
Egypt, Bosnia Herzegovina, Greece

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