

# PARTICIPANT WORKBOOK



**Learning Humanity from Animals!**  
**Tender ID: 2016-3-HU02-KA205-002032**

# PARTICIPANT WORKBOOK

## CONSORTIUM MEMBERS

Rogers Foundation for Person-centered Education – Hungary, coordinator  
<http://www.rogersalapitvany.hu>



Budapest Zoo and Botanical Garden – Hungary  
<http://www.zoobudapest.com/>



“Milvus Group” Bird and Nature Protection Association – Romania  
<http://milvus.ro>



TANDEM n.o. – Slovakia  
<https://www.tandemno.sk/sk>



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**MAKING ACQUAINTANCE WITH TEAMMATES**

You have got to know several people today. How many names can you recollect?

With whom would you like to have a discourse at all events in the course of this training program and why?

You have had a chance to chat with a handful of companions. Which of their most decisive encounters with animals has caught your attention most? How many similarities have you been able to detect?

You have also been told what kind of animal your companion thinks you would like to impersonate by choice. What was this animal? Which feelings and thoughts has his/her reaction provoke in you? Which belief was the most and the least easy for you to associate with?





Relying on the healing power of nature is the most archaic form of “psychotherapy.” Living in nature, fully exposed to the elements was common practice throughout the history of humanity, only in the past few decades—century at most—did one part of earth’s inhabitants “abandon” this lifestyle. Scientific studies have confirmed that contact to nature has positive effects for human physical and psychological well-being. “Nature therapy,” “wilderness therapy” and animal-assisted therapies are considered useful interventions now, which all rely on this healing power for helping people who have trauma or stress in their backgrounds.

Explore your environment by making use of the following list.



## **PHOTOGRAPH OR SHOW THE FOLLOWING!**

- Something that tells you that the wind is blowing
- Something that can turn into a cloud
- Something that turns towards the sun
- Something that turns away from the sun
- Something left after a rain shower
- A sign of an animal traditionally used for forecasting/predicting the weather
- An unsuitable, poor shelter for an animal during a thunderstorm
- A place where icicles might form
- A suitable, good shelter for someone during a thunderstorm
- A sign of an animal that likes/does not mind rain
- A place to cool down
- A place where rain washed away soil
- A place that receives little light
- Something that bends with the wind
- Something that, does not bend with the wind
- Something that emits/reflects plenty of sunlight
- Something that absorbs plenty of sunlight
- Something that absorbs/dries up rain
- Something that protects people from rain
- Something that is operated by sunlight, wind or water
- Something that smells stronger after a rain shower
- Something that blocks wind
- Something shaped by wind or rain
- A sign of lightning damage
- Something that would melt snow
- Something snow-coloured
- Something sky-coloured
- Bird feather
- Seed dispersed by wind
- Exactly 100 pieces of something



## **DISCUSSION**

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What did you experience in this activity? Was there a part that resonated more deeply with you than the others? Was any of them difficult, frustrating or impossible for you to do? Why? Did you ever have similar experiences in your everyday life?

Which object was the most easy to find and which the least? What was your reason for picking that specific object?

Which object was the most difficult to collect? Why?

What do you think, why is useful to get into nature?



Where is the crime scene/venue? Which evidences can you locate?

What other signs are there to watch out for?

What do the signs tell us?

What remains do we see?

What/who is the victim?

What is the most likely cause of death?

What/who is the culprit?

Based on available evidences, can you reconstruct the events?



How difficult was it to identify the victim? The signs? How simple or complicated were the contexts? Was it hard to reconstruct the events?





Lesser horseshoe bat



Grey long-eared bat



Lesser wax moth

## ABOUT BATS

Bats generally have poor eyesight and use **ultrasounds** to orient themselves. The ultrasounds they release bounce back from walls and insects in their way, and thus help them to locate obstacles and prey. Whereas most species emit sonar pulses via their oral cavities, leaf-nosed bats use their noses for this purpose. However, all intercept the high-frequency acoustic signals returning from all directions with their sensitive ears serving as echolocators. Microbats have a worldwide distribution and include herbivorous species consuming fruit and pollen, as well as fish-eaters, blood-suckers and insectivores.

**Insectivorous** bats - a somewhat arbitrary category containing all native species - actually feed on arthropods including spiders, crustaceans, scorpions, centipedes, locusts, moths, etc. rather than just insects. These small-bodied creatures hunt down their prey in flight. Some species may devour enormous quantities of insects. The common pipistrelle (*Pipistrellus pipistrellus*) can eat up **several times** its own weight in mosquitoes, midges, and gnats each night. Several species of insects feature in the diet of bats for so long that they had to develop **special defense tactics** for escape. They can often evade sonar pulses by flying in a zig-zag pattern but some **nocturnal moths** have a unique approach to self-protection. Upon detecting the high-pitched squeaks of bats with their feathery antennae, they free fall like skydivers and disappear from sight. Some lepidopterans even produce ultrasounds themselves for the sake of confusing predators.

## DISCUSSION

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What was your role in the game? How did you feel in your position? Why?

How was it to walk around blindfolded, orienting solely to sound?

Did you have any negative emotion about not seeing your environment and the location of obstacles?

Did you feel yourself confident or rather the opposite?

Were you afraid of bouncing into obstacles?

## IF YOU ARE CURIOUS...

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You can find more information about the lives of bats [here: http://www.termesztar.hu/anyagok/bat/bat.htm](http://www.termesztar.hu/anyagok/bat/bat.htm)

There is a bat in my home. [What can I do? http://regithink.transindex.ro/?p=35161](http://regithink.transindex.ro/?p=35161)





Was sticking your hand in the mystery box an unpleasant experience? If yes, what did you fear?

What thoughts did you have that rendered putting your hand in the box more difficult?

Did the reactions of others around you towards the box made any difference to you?

If not, why was this an easy task for you?

Was it easy or rather difficult for you to determine the contents of the box?





White rhinoceros



Black rhinoceros

There are two species of rhinoceroses in Africa: the black (*Diceros bicornis*) and the white rhinoceros (*Ceratotherium simum*), the vernacular name of which comes from a mistranslation of its Afrikaans name. The latter is the next largest land mammal after the elephants, typically reaching a weight of 1.5–2 metric tons. Other less well-known common names for the two are hook-lipped and square-lipped rhinoceros, respectively, depending on the width of their mouths used for grazing. The huge front horn of the white rhino may reach as much as 1.5 m females (averages approximately 60 cm). This species is found in grassland and savanna habitat, usually in the vicinity of water and feeds mainly on grasses but in smaller part also on leaves and fruit. While its senses of hearing and smell are excellent, its **vision is poor**. If it wants to take a closer look, it often uses its eyes positioned on either side of its skull alternately, because it has tunnel vision.

Their limited vision makes rhinos notoriously **aggressive**. In India, these grumpy animals kill more people than tigers or leopards.

### DISCUSSION

How was it to wear glasses? Did you see worse? What didn't you see? Was it more difficult for you to bypass obstacles? How different is the vision of humans and rhinoceroses? How did it feel to have tunnel vision? Can an unsteady view of your surroundings affect your behaviour?

Do you think that the behaviour of rhinos is similarly affected by their poor sight? Can you give examples of human parallels?

Did you ever get into a situation when you had to find your way in the dark or without sufficient information? How did it feel? How did you solve the problem?

Is there a certain quality in you that you would like to change for the better? How does it feel when you have to use this quality? How do you handle your aggression?

### DID YOU KNOW THAT...

Does peripheral vision loss also occur in humans? See an eye doctor immediately if you suffer from tunnel vision ([http://www.webbeteg.hu/orvos-valaszol/szem\\_betegsegei/67887](http://www.webbeteg.hu/orvos-valaszol/szem_betegsegei/67887) ).

If you were an animal, what would you be? Make a drawing of this creature

- Why did you pick just this animal?
- Which qualities do you like most in the species of your choice?
- Which of these qualities are already yours? Which qualities of the given animal would you like to develop in yourself?
- Which qualities do you like least in the species of your choice? Why?

Create/find/make a coat of arms using the chosen animal as a main charge.

Use this coat of arms/symbol to decorate an envelope in which your companions can leave you messages in the course of this training program.

Which animal is the least attractive to you? Why?

## **DISCUSSION**

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Discuss your answers with your neighbours in order to get to know each other better.





Defining individual expectations, pledges and development objectives by using the “tree triples” approach

Which development objective did you set yourself?

What did you do today in order to get closer to your goal?

If you want to improve your goal setting...

Get to know the SMART criteria for setting objectives. SMART is a mnemonic/acronym, with its letters referring to Specific, Measurable, Achievable, Relevant and Time-boxed.

### Specific

The goal you set should be as concrete as possible. Objectives such as “increasing self-awareness” are difficult to define. On the other hand, “making the first step towards overcoming my disgust of snakes by touching the skin of a non-venomous species” is a more particular area that you can easily target for improvement.

### Measurable

You need to know when exactly you reach your objective and how far you have advanced on your way to progress. The more definite your goal, the easier it is to measure your development. If you don’t know how to determine your progress, your goal is probably not specific enough. It is important that you do not try to tackle a major goal at one go but break it down into a series of smaller steps.

### Achievable

Set an objective that is actually accomplishable. Even though “developing self-awareness in all walks of my life within one year” may sound great to your ears, such a goal is not very realistic. As an alternative to wishful thinking you can better break down your over-ambitious goal into smaller and thus achievable daily targets.



## Relevant

This is probably one of the most important points. If you truly believe in something, you will experience lots of personal satisfaction while seeking improvement. You will never wholeheartedly deal with something that you don't really want, either because it is not that important or it outright scares you. This is the tricky part because you need to look deep within yourself and ponder about your actual goal and motivation.

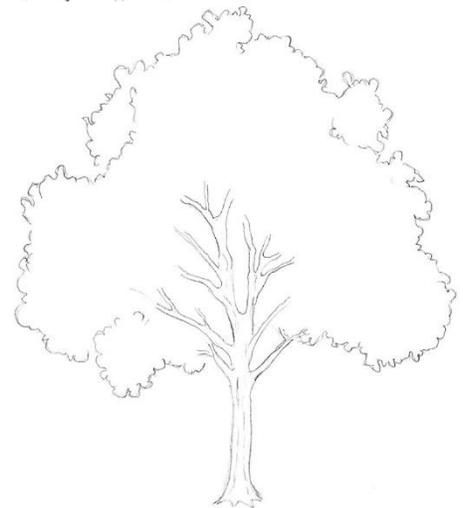
## Time-boxed

We humans are hardwired for laziness, which means that we are generally more productive under moderate pressure. Set a specific and narrow deadline for achieving your goal because an indefinite field of time gives you too many opportunities for procrastinating.

Now it's time to focus on your goal again.

Can you define it more precisely according to SMART criteria?

If yes, what is your current objective now?





## TO THE PARTICIPANTS

Animals frequently use tricks to get ahead in the natural world. Every so often, the key to survival is protective concealment. During their evolution, animals had to adapt to their surroundings by constantly adjusting their appearances, camouflaging and hiding themselves in order to ensure the survival of their species.

## DISCUSSION

What was the toughest challenge for you in this circumstance?

How did your “family” cooperate?

Have you ever encountered a similar situation in your everyday life—in your family or workplace?

\* If you get the chance, try to observe how parent birds work tirelessly without any intermission to bring food to their insatiable chicks in spring.

**TO THE PARTICIPANTS**

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Starvation makes blind. Take extra care of each other and make sure that none of you gets hurt!

**DISCUSSION**

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How did it feel to play a predator? How well did your personality type fit this role?

How did it feel to play prey? How well did your personality type fit this role?

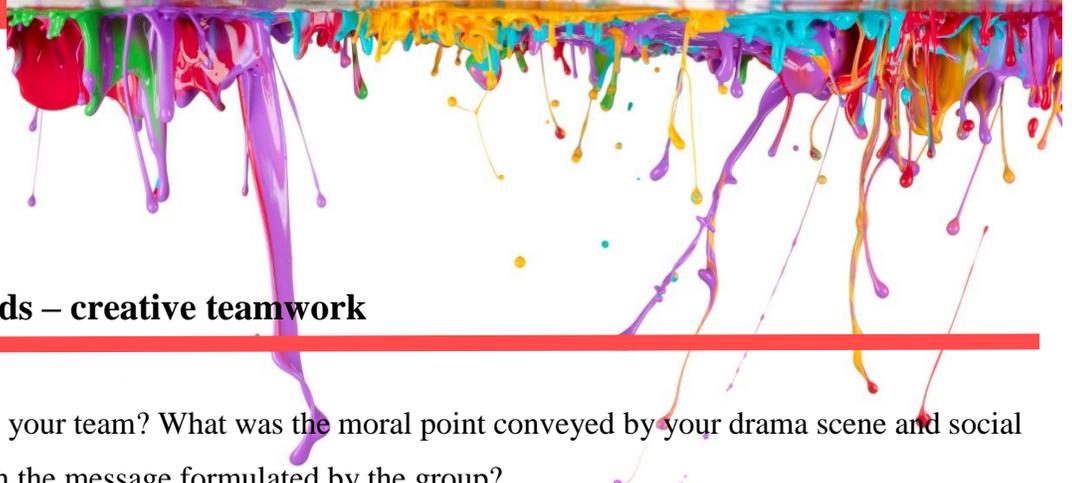
What was your strategy/strategies as a team?

How well did you operate as a team?

Have you encountered similar situations in your own life? Can you give examples for the same challenges from society, economy, etc.? How are these typically overcome?

What kinds of predator–prey interactions are there in nature?





### **Animal and human needs – creative teamwork**

What topic did you treat with your team? What was the moral point conveyed by your drama scene and social campaign? Do you agree with the message formulated by the group?

Did any topic treated/work made by another team resonate deeply with you? What do you think, which questions about necessities and luxuries must be addressed at a community or even society level? And which decisions can we make at an individual level?

What can animals teach us about needs?

### **Animal and human needs – creative individual work**

How would the ideal environment of your chosen animal look like? What did you conceive? What did you feel inside during visualization? Did you smell or taste anything?

What part do/would you need for yourself from this ideal environment? How can/do you create such perfect settings for yourself?

What were your thoughts and emotions after visiting the exhibition? How easy/difficult was it for you to grasp others' abstract concepts of an ideal environment?





What natural object did you choose right at the start of this session? A leaf, a walnut or a stone? Why did you pick this particular object?

How did it feel to be under permanent pressure while working in pairs? How did it feel to exert pressure?

When you were a lake, how did you react to the different loads? Which was easy to bear? Which was not?



How did you feel yourself in your role? What role did you have? Did you feel yourself a strong or rather a weak link in the food chain?

How did you feel yourself when you adversely “fell out” of the web? Did you ever have similar experiences in your life? What was your reaction then?

Which trophic level did you like most? How do the individual elements of the created system depend on each other?

Do you (the creature depicted on your card) have a significant role in the system? Is there a discrete part that can be removed without impairing the operation of the system?

Can you conjure up similar “threads” – relationships - in human society?

Where do you put yourself in the social network?



It is important to develop a strategic plan for the team.

You have to watch out that the wildly sweeping river does not carry away the free stone (in our case a sheet).



### DISCUSSION

Was there a situation in which you felt yourself extremely well (as if you were in your own element)? What was that?

How well could you move together with your teammates?

Was there a situation that frustrated you immensely (for instance, some people did not keep their word or your teammates did not do what you asked them to do)? What was the source of your irritation?

Did you ever have to deal with similar conflicts in your everyday life? How do you customarily react? And how did you handle this particular issue? What strategy would work well for you in such an affair?

Which hazards did your team have to face, with which you did not count when formulating your strategy (if there was any)?

Have you encountered similar situations in your own life?

Can you give examples for the same challenges from society, economy, etc.? How are these typically overcome? How would you solve them now?

**WRITE IT DOWN**

What was it like to be a fugitive?

What was the difference between the first run and the subsequent ones?

How could you get out more easily?

What was your personal goal in this game? Why?

What did your team do well?

What was your strategy?

What did work well? And what did not?

Do similar situations occur in our own society? What happens there?

What can we learn from ants?



## WRITE IT DOWN

How did your village community work? How was the working population of the village divided? What was your task? Did you choose it or was it assigned to you by others? How did you feel yourself while doing community work? How responsible did you feel yourself for the well-being of others?

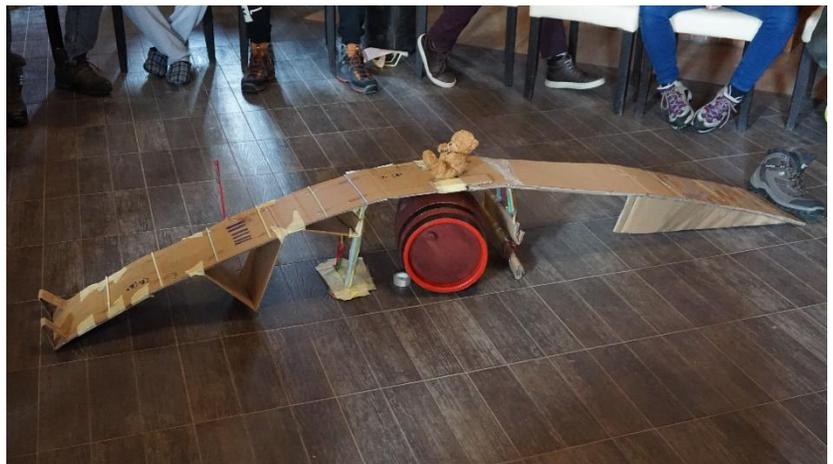
Was there a situation in which you felt yourself extremely well (as if you were in your own element)? What was that?

Was there a situation that frustrated you immensely (for instance, some people did not keep their word or your teammates did not do what you asked them to do)? What was the source of your irritation?

What role do you typically take upon yourself in a team? Which roles do you find the most convenient in a group? What role is/would be ideal for you in a group? Is there a role that you find inconvenient to take? Did you experience any difficulty during the game? What was the source of this difficulty?

How did neighbouring villages liaise with each other? How did the spokespersons communicate with each other? How do you rate the cooperation of the two villages? How efficient was your bridge-building? What do you think, was there a strategy or initiative that worked well?

Can you give parallels for situations requiring similar cooperation from your own life? How are tasks divided in these instances?



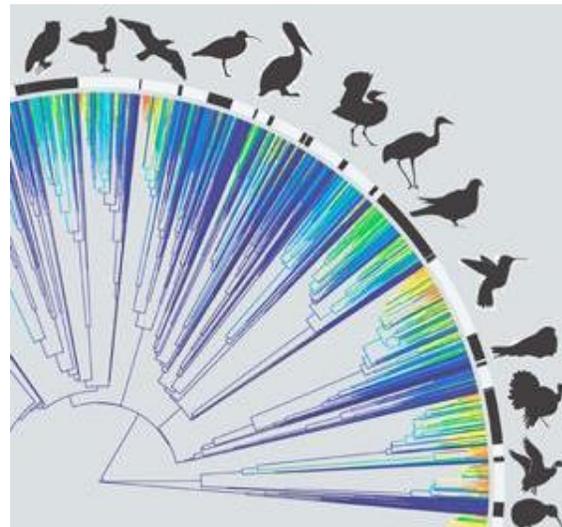
## TO THE PARTICIPANTS

All groups (types) of animals have different and unique needs, just like us humans.



### Birds

1. have a light-weight skeleton
2. have their jaws modified into beaks
3. have strong pectoral muscles
4. are typically covered with feathers
5. have “constant” body temperatures
6. reproduce by laying hard-shelled eggs
7. typically take good care of their offspring
8. have a worldwide distribution



### Reptiles

1. are vertebrates with “varying” body temperatures
2. breathe through lungs
3. have relatively few skin glands
4. reproduce by laying leathery- or hard-shelled eggs (or by giving birth to live young)

## Amphibians

1. adapted to live in both water and on land
2. have “varying” body temperatures
3. have a thin, permeable skin that helps them to breathe
4. reproduce by spawning eggs



## Mammals

1. have “constant” body temperatures
2. are typically covered with hair
3. nurse their young
4. have a worldwide distribution

## Fish

1. are fully adapted to aquatic life
2. reproduce by spawning eggs
3. use their fins for swimming
4. use their gills for breathing underwater



## **WHAT TO DO**

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Each team has to collectively compile a “statute-book” meant to regulate their sedentation on a newly discovered planet.

Which potential hazards might settlers face on the new planet?

## **DISCUSSION**

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Was there a situation in which you felt yourself extremely well (as if you were in your own element)? What was that?

How easily did others accept your suggestions?

Were there more as well as less cooperative members?

Did you have any quarrels or ideas left unconsidered?

Which hazards did your team have to face after settling down?

Are there general laws in the “statute-book” which would be valid also in our own societies? If no, why?



Is there one of the “laws” of our societies among the common laws? If not, why not?

Was there a situation in which you felt yourself extremely well (as if you were in your own element)? What was that?

Was there a situation that frustrated you immensely (for instance, some people did not keep their word or your teammates did not do what you asked them to do)? What was the source of your irritation? Did you ever have to deal with similar conflicts in your everyday life? How do you customarily react? And how did you handle this particular issue? What strategy would work well for you in such an affair?

Could you and your teammates easily agree about your strategy? Were there more as well as less cooperative members? Did you have any quarrels or ideas left unconsidered?

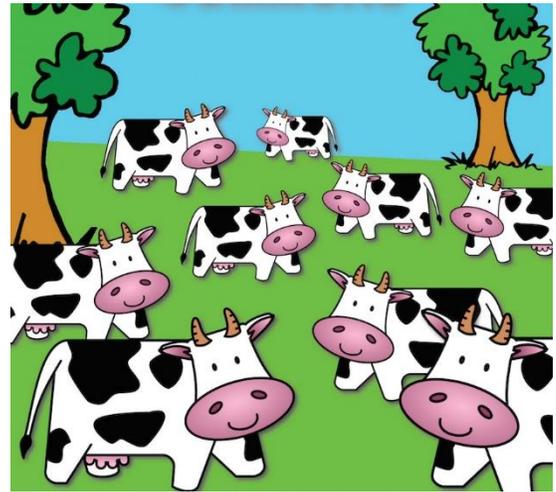
Which hazards did your team have to face, with which you did not count when formulating your strategy (if there was any)?

What did you feel when you realized that some teams did not keep to the agreement?

Could such situations also occur in real life (e.g., workplace, communities, etc.)?

Have you encountered similar situations in your own life?

Can you give examples for the same challenges from society, economy, etc.? How are these typically overcome? How would you solve them now?



Which experiences and feelings have the exercises and the encounters with teammates (or animals) evoke in you? Was there a part that resonated more deeply with you than the others? Was there something that you found particularly challenging? Was there something that you especially liked? How do you rate your teammates? How does it feel to be a team member?

What did you collect in nature for the purpose of incorporating it into the communal mandala? What does the material/object you brought back mean to you? Which experiences did you put into this collective artwork? How would you tell in short what the communal mandala means to you?





## **ABOUT KAMISHIBAI**

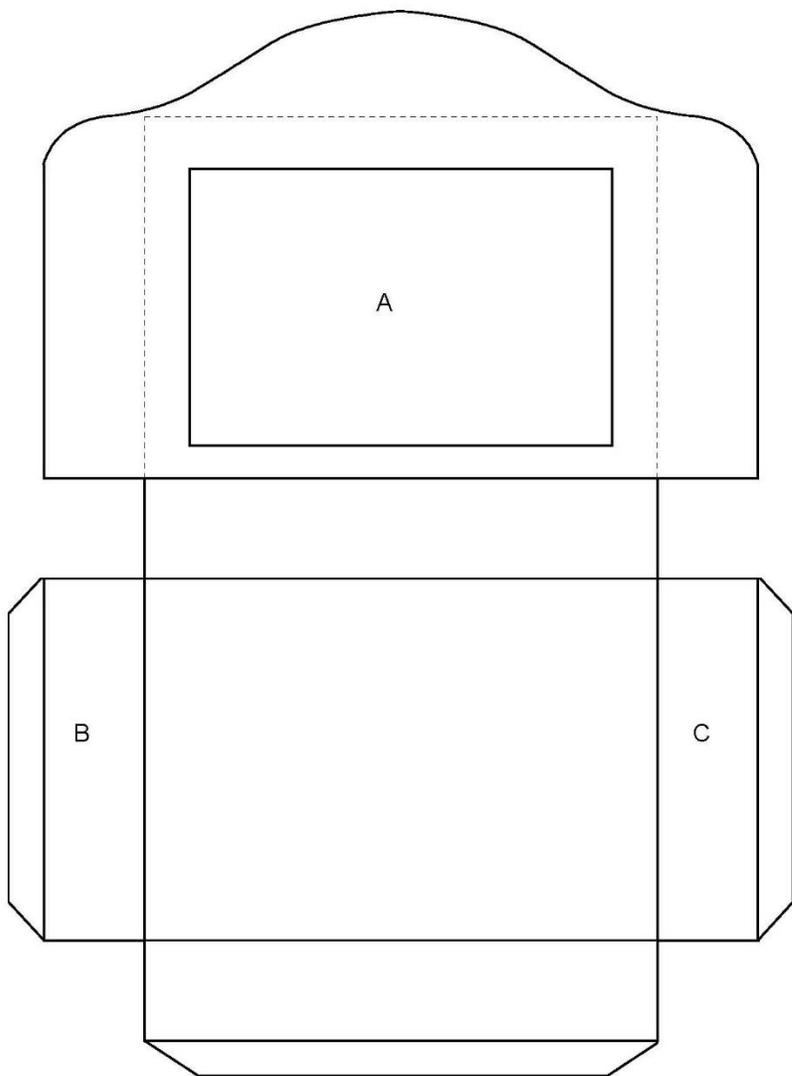
Kamishibai, an extremely popular form of street theatre originating from Japan “converts” children’s books into a theatre play. You can use your very own drawings to illustrate a story to be shared with an audience. Make your own kamishibai theatre.

What story did you make up with your partner/team? What is the moral message of this story to you? What can your story tell others?

Is there a momentum in your story that you considered as particularly important? What exactly motivated you while making up your story?



**YOU CAN MAKE YOUR OWN PAPER THEATRE**



Instead of wood you can use a stiff cardboard box for making your own stage-like device.

Cut out window “a”. This will be your story board. The size of your illustrations will determine the size of the opening.

Make a slit on one side (either “b” or ”c”) of the box where you can insert and remove your drawings.

**IF YOU ARE CURIOUS**

You can find more information about the origins of kamishibai [here](#):

<https://en.wikipedia.org/wiki/Kamishibai>

Wooden kamishibai theatres and stories to be told are available here:

<http://csimota.hu/hu/konyvcimke/papirszinhaz/>



Do you like owls? Why?

Do you know of any misbelief about owls?

How did it feel to touch it? Was it weird? If yes, how did you overcome feeling uneasy?



Have you ever experienced the same feeling in your life? How did you manage it then?





Which animal did you choose as the subject of a dating profile? Why did you pick this particular creature? Which “handicaps” does this animal have to overcome when searching for a mate? How did you make this beast more attractive to potential partners?

In real life, which human characteristics or manifestations make it difficult for you to establish a friendly relationship with someone? Which are the attributes that do you dislike most? Which features do you find attractive in others? Are these repulsive/attractive qualities present in your own personality?

Have you ever noticed that you sympathize more with some people than with others? What is the likely reason for your negative/positive attitude?





What kind(s) of animals have you observed?

How did your observations compare to your initial expectations?

Which observed behaviour/phenomenon was the most interesting to you? Why?

Which question(s) relevant to your own/general human existence did this phenomenon bring up?

What human–animal parallels are known to you that resonate deeply with you for some reason?

Which question(s) relevant to yourself/community/society does this parallel bring up?

Do you have other questions for which you seek an answer?

what are other  
words for  
ethology?



empiricism, anatomy, biology,  
anthropology, entomology,  
ichthyology, ornithology,  
herpetology, taxidermy



 Thesaurus.plus