



Impulsive Music Activities to Promote Intercultural Relations

We are pleased to announce to interested youth professionals the toolkit prepared in the framework of the ImMusic project to enrich the range of programs of youth communities. The toolkit gives the opportunity for flexible, enjoyable and easily learn musical exercises, through which not only musical sensitivity but other - personal, social and communicative - competences can be improved.

As part of the ImMusic - Impulsive Music Activities to Promote Intercultural Relations project, dozens of musical tutorials were prepared, which provide the opportunity to hold special music sessions in a youth environment. Among them, there are quite simple ones that can function as a few minutes of relaxation, but there are more serious ones that require more preparation on the part of youth workers and animators and can even be recurring elements in the program of a training or a youth camp. During the exercises, the participants primarily use their own voice and body (singing, clapping, tapping, clicking, rhythmic walking, etc.), but they can use simple tools, primarily as percussion instruments. The tasks are available individually and as a whole on the project website and in the printed publication. The collection of exercises is primarily intended to enrich the work of youth workers and professionals dealing with youth, but also enriches the practice of amateur music ensembles. One of the most important benefits of the project is that the participating musicians and youth professionals were able to get to know each other and mutually evaluate each other's activities.

Musical games can enhance cognitive, affective and motoric skills, i.e. rhythmic and melodic skills, cooperative, or spatial-orientational skills. Singing itself requires concentration, listening perception, memory, and fine motor skills. Besides developing their skills with these musical activities, participants can have a great time experiencing a flow state.

Every culture has some form of music with a steady beat, a perceived periodic pulse, which is one of the most fundamental concepts in music. The ongoing, steady, repetitive pulse that occurs in songs, chants and rhymes, is also connected with fluency in reading and it enhances communication skills. Furthermore, children with better skills in steady beat are reported to be better behaved and have less aggressive physical contact with other students. One of the goals of these enjoyable and beneficial rhythm activities is to develop participants' steady beat competency by involving different rhythmic patterns and various body movements.

During the activities participants use a form of improvisation, i.e. a performance of art that develops a broad range of musical and non-musical skills. Besides the cognitive (i.e. memory) and physiological (i.e. motor skills) areas, they widen their musical repertoire, improve their perceptual strategies, problem-solving routines, and fine and gross motor skills. These creative activities allow students to create rhythms spontaneously, movements and new forms as well as new texts to adhere to the basic rhythms. They may also improvise a musical answer to the instructor's musical questions. Improvisation activities can be extended by changing them into composition activities.

The main objectives of these music activities are to introduce participants to the joy of playing music together, as well to provide some knowledge of musical experience, understanding and enjoyment.

Partner organizations:

Hangkeltő Foundation

Foundation for Youth Awareness

World Music School Helsinki

Coyote Initiatives CIC

'Microkosmos' Associazione Culturale Italo-Ellenica per la Formazione