



THE

BUDDY

BOOKLET



DE REGENBOOG
GROEP



Hi, welcome!

You are starting out as a buddy pair. This booklet is a handy guide for the year as buddies together. You will find tips for activities, pages to schedule appointments and keep track of the budget. There are also exercises to check in on intentions for contact. And how to take a step further in, for example, entering and deepening contacts or exploring new situations.

Some things to remember

- Nice to at least every fortnight.
- Handy to pick a set time, or reschedule after the appointment.
- You have 10 euros per time to spend together, you can save up to 40 euros (4x). The volunteer advances and declares the amount to The Rainbow.
- Want to do something with another buddy couple? Contact your coordinator.
- Need extra or specific inspiration for activities? Contact your coordinator.
- Your coordinator is there for you. To think with you, spar and answer questions. The three of us also have conversations during the six months and at the end of the .

Get to know each other quietly and have fun together!

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To meet you

Fill in together

Name:

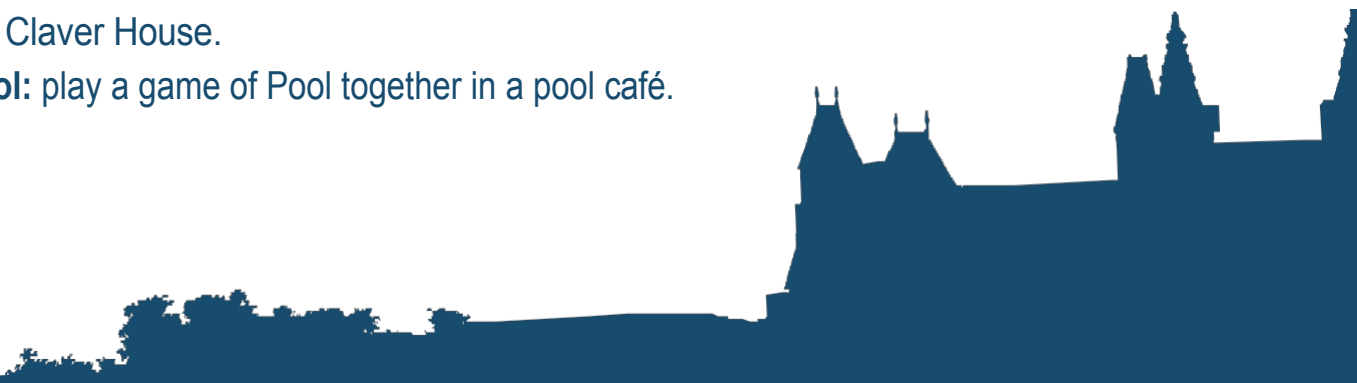
Name:

What is your favourite place in Amsterdam?

What is a sweet gesture or gift you have ever received?

Ideas to do together

- **Sports:** check <https://maps.amsterdam.nl/sport/> and see where you can play free, outdoor sports. Table tennis bats can be bought or borrowed for a small fee at Oranje Nassaulaan 51-2
- **Do you have a city pass?** Check out offers such as a museum visit or theatre.
- **Market visits:** think Albert Cuyp, Waterlooplein, the IJhallen, Ten Kate market, Dapper market and Noordermarkt.
- **Free summer events:** roots open , Vondelpark open-air theatre, outdoor swimming or Amsterdams neighbourhood camping.
- **Playing games:** at home or in a café. Cafés such as the 2 clubs or Tolbar have many games or borrow a game or craft supplies from our office (Oranje Nassaulaan 51-2).
- **Neighbourhood centres:** check community centres in your area and see what's on offer. Often free activities or neighbourhood meals and some drinks on site for a small price.
- **Learning and on offer:** check <https://amsterdam.jekuntmeer.nl/>
- **Activities at The Rainbow:** check [https://www.deregenboog.org/nl/ activities-trainings](https://www.deregenboog.org/nl/activities-trainings), subscribe to the activities calendar or contact your coordinator.
- **Adventure:** take a tram sometime, get off at a random spot and explore the neighbourhood together, who knows what beautiful things you will come across.
- **Music:** listen to music together and share the beautiful memories that come it.
- **Music:** have a go at pop up choir, singing together with others <https://popupchoir.co.uk/>
- **Music:** a free lunch concert on Wednesday at the Concertgebouw check <https://www.concertgebouw.nl/>
- **Baking:** bake something delicious, try a new recipe and the table nicely.
- **Food:** eat once at one of the Rainbow Neighbourhood restaurants: <https://www.deregenboog.org/buurtrestaurants> or at a "food on donation" restaurant like <https://buurtbuik.nl/> or <https://robinfoodkollektief.nl/>
- **Want to meet others with similar interests?** Check Meetup <https://www.meetup.com/>
- **Want to meet others who also want to new people?** Ask your coordinator about the Connectcafe!!! Every last Tuesday of the month, usually on
the Claver House.
- **Pool:** play a game of Pool together in a pool café.



Exercises to get to know yourself and others better

Exercise 1a - What makes you happy ?

Circle both everything that makes you happy and tell each other about your choices.

1. Coming across a robin during a walk
2. Sunday pyjama day
3. Stepping into a freshly changed bed
4. A spontaneous chat with an acquaintance or a stranger
5. Thinking you have nothing tasty in the house and then finding a bag of chips anyway!
6. Baking something tasty
7. Eating cake
8. Eating chips
9. Feeling the sun on your face when you wake up
10. Hearing your favourite song on the radio
11. Getting from A to B exactly in between rain showers
12. Bringing out your old toys/games/music again
13. Getting an ice cream on a scorching hot day
14. Fresh flowers
15. Just doing something nice for someone else
16. Making your grandmother's tomato soup recipe
17. Watching cat videos on Youtube
18. Watching your favourite series with a plate of food on your lap
19. Binge-watching the new season of your favourite series in one go
20. Pimping a garment
21. Setting up your tent properly in 1x
22. Thinking back to the holidays of yesteryear

23. Thinking back to the delicious sandwiches your mother spread for the road
24. Getting your ov connection at the last minute
25. Craving peppernuts in August and then they are just already in the shops!
26. Cuddling with the cat
27. Cuddling with the dog
28. Having a good conversation late into the night
29. A very empty notebook that you can still fill up
30. The first warm spring day
31. Unexpectedly finding something you lost long ago
32. Having breakfast in bed on a weekday
33. Blaring along with songs on the radio/ spotify
34. Baby goats
35. Dancing throughout the house
36. Writing a card by hand and sending it to someone
37. That you've already managed to keep your plants alive for six months
38. Not having to set your alarm for the next morning
39. Pink cakes
40. Not looking at your phone for a day
41. Lighting candles on a winter's evening
42. Not believing in horoscopes but still checking it every week just to be sure
43. Getting a compliment from someone
44. Scoring a great garment at a good price
45. Being able to cross all your to do's off your list

46. Crushing bubble wrap
47. Winning a board game despite your rough start
48. Forgetting your own worries for a moment because...



49. Watching your favourite film for the 30th time
50. Decorating the Christmas tree
51. Knowing all the answers to a quiz
52. Getting a hug
53. The Song Contest
54. Having a cup of coffee with someone you haven't seen for a long time
55. Fresh from the shower
56. Being able to do something better than someone else
57. Going outside after a summer rain and it smells so good
58. Listening to a song and singing completely different lyrics to the artist
59. Giving a dinner party and then setting your table nicely
60. Rearranging your living room and putting all the furniture somewhere else
61. Chicks
62. Being tickled across your back
63. The smell of popcorn
64. Being ad rem in your response
65. Painting your nails perfectly
66. Feeling that someone understands you
67. Extensive breakfasts
68. Taking a nap on a weekday afternoon
69. Getting a job done with YouTube tutorials
70. Watching all seasons of Friends for the 12th time
71. Trying out filters on Instagram
72. Drinking a cold glass of cola
73. Noticing that you are getting slightly better at a new skill (carpentry, knitting, duolingo etc.)
74. Tile wisdom

75. The smell of freshly baked bread
76. Cancelling an appointment you don't feel like attending
77. Crying at a sad film
78. Still going to an appointment you didn't feel like going to and being surprised by the conviviality
79. Trying a new flavour of pizza, only to go back to the old familiar one next time because it still tastes best
80. Assembling an Ikea wardrobe without leaving any screws behind
81. Taking a long walk
82. Watching the sunrise
83. Making a good joke
84. Eating a white tip with Dutch strawberries
85. Your favourite sports club winning
86. Feeling conviction in your own opinion
87. Being able to go out on your slippers
88. 80s hairstyles
89. Arrive just in time
90. Seeing a beautiful work of art
91. Playing a new game
92. Completing a puzzle
93. Shooting a nice picture
94. _____
95. _____
96. _____
97. _____
98. _____

Exercise 1b - These are the things that make me happy (big or small) that I want to with others.

Example: item 33, singing along with songs on radio-spotify.

What can I do with someone? One time singing via youtube together or going to a choir/singing club or concert.

What can I do with someone?

1. _____

What can I do with someone?

2. _____

What can I do with someone?

3. _____

Exercise 2a - What have you never done and would you to do or try sometime in the future?

Example: think of inviting someone to an activity, trying a sport, something else.

1. _____

2. _____

3. _____

4. _____

Exercise 2b - What do you need to actually try these things once?

Example: think e.g. stick, first time not alone, watch along before joining, more information - what makes it feasible?

1. _____

2. _____

3. _____

4. _____



Exercise 3a - What qualities suit me? Circle as many as you like.

OBSERVEREND KWETSBAAR LIEFDEVOL ZELFVERZEKERD
EMPATHISCH LEERGIERIG SPONTAAN ARTISTIEK
PUNCTUEEL BELANGSTELLEND BEHULPZAAM MOEDIG
LOYAAL REALISTISCH ONAFHANKELIJK ZELFSTANDIG
LEVENDIG DOORZETTER ATTENT ORIGINEEL NETJES
POSITIEF VASTBERADEN TROTS SPEELS DUIDELIJK PRAKTISCH
ORGANISATOR FLEXIBEL OPRECHT SNEL BETROUWBAAR
NIEUWSGIERIG NUCHTER ENTHOUSIAST RESPECTVOL GEDULDIG
OPTIMISTISCH UITBUNDIG SYMPATHIEK SOCIAAL FIT
STIPT BELEEFD RELATIVEREND VEERKRACHTIG
GRAPPIG GEVOELIG SPORTIEF VERGEVINGSGEZIND GEMOTIVEERD
AVONTUURLIJK WARM OPENHARTIG WIJS
ZACHTAARDIG OPMERKZAAM SLIM VROLIJK CREATIEF KRACHTIG
VINDINGRIJK INITIATIEFRIJK FAMILIAAL STERK
TEVREDEN FANTASIERIJK KALM GUL MILD VRIENDELIJK
IJVERIG ONDERNEMEND HARDWERKEND WAARDEREND
GEMOEDELIJK GENIETER DIRECT VEELZIJDIG
INTELLIGENT DANKBAAR
EERLIJK HUMORISTISCH ZORGZAAM EVENWICHTIG

Exercise 3b - Ask your buddy or a friend/acquaintance which 3 traits he/she thinks apply to you. Write these .

1. _____

2. _____

3. _____

Exercise 3c - Choose 3 traits that suit you and write down in which situations you them.

Example: trustworthy - if someone shares something with me, I keep it to myself. I appointments.

1. _____

2. _____

3. _____

Exercise 3d - These are the qualities I want to focus on when making new contacts: qualities that already suit me or qualities I want to develop further.

Example: the trait assertiveness. I want to indicate more easily that I don't something or, on the contrary, dare to take the initiative to invite someone over.

1. _____

2. _____

3. _____



Exercise 4 - Energy-eaters and energy-givers

Doing what you enjoy energises you and makes you cope better with the less enjoyable things.

Energisers are activities and people that nourish you, energise you, recharge you and allow you to relax.

Energy guzzlers are often activities you do on autopilot, do not suit or cause you a lot of stress. When energy-eaters and energy-givers are in balance, you are more likely to feel good about yourself and cope better with stress.

Together, map out what your energy consumers and energy givers are and then consider the following questions:

1. Where can you get energy from when you need it?
2. What helps you relax?
3. What do you want to keep time for?
4. What is better to keep to a minimum?
5. What do you want to change or deal with in a different way?
6. What do you want to learn to say no to a little more often?
7. How do you get the balance more positive?

This is an extended exercise. Take your time this...

ENERGY GUZZLER

FREE TIME

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

ENERGIEGEBER

FREE TIME

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

FRIENDS AND FAMILY

6	<input type="text"/>
7	<input type="text"/>
8	<input type="text"/>
9	<input type="text"/>
10	<input type="text"/>

FRIENDS AND FAMILY

6	<input type="text"/>
7	<input type="text"/>
8	<input type="text"/>
9	<input type="text"/>
10	<input type="text"/>

COLLEAGUES/ VOLUNTEER WORK/ ACTIVITIES ETC.

11	<input type="text"/>
12	<input type="text"/>
13	<input type="text"/>
14	<input type="text"/>
15	<input type="text"/>

COLLEAGUES/ VOLUNTEER WORK/ ACTIVITIES ETC.

11	<input type="text"/>
12	<input type="text"/>
13	<input type="text"/>
14	<input type="text"/>
15	<input type="text"/>



Exercise 5 - Your future dream

Question: close your eyes and you will wake up again in three years. Your dreams you have now have true. What you love to do, you will .

Tell us what happens? How do you start your day when you wake up and how does it ? What do you all do?

Exercise 6 - Your dream network

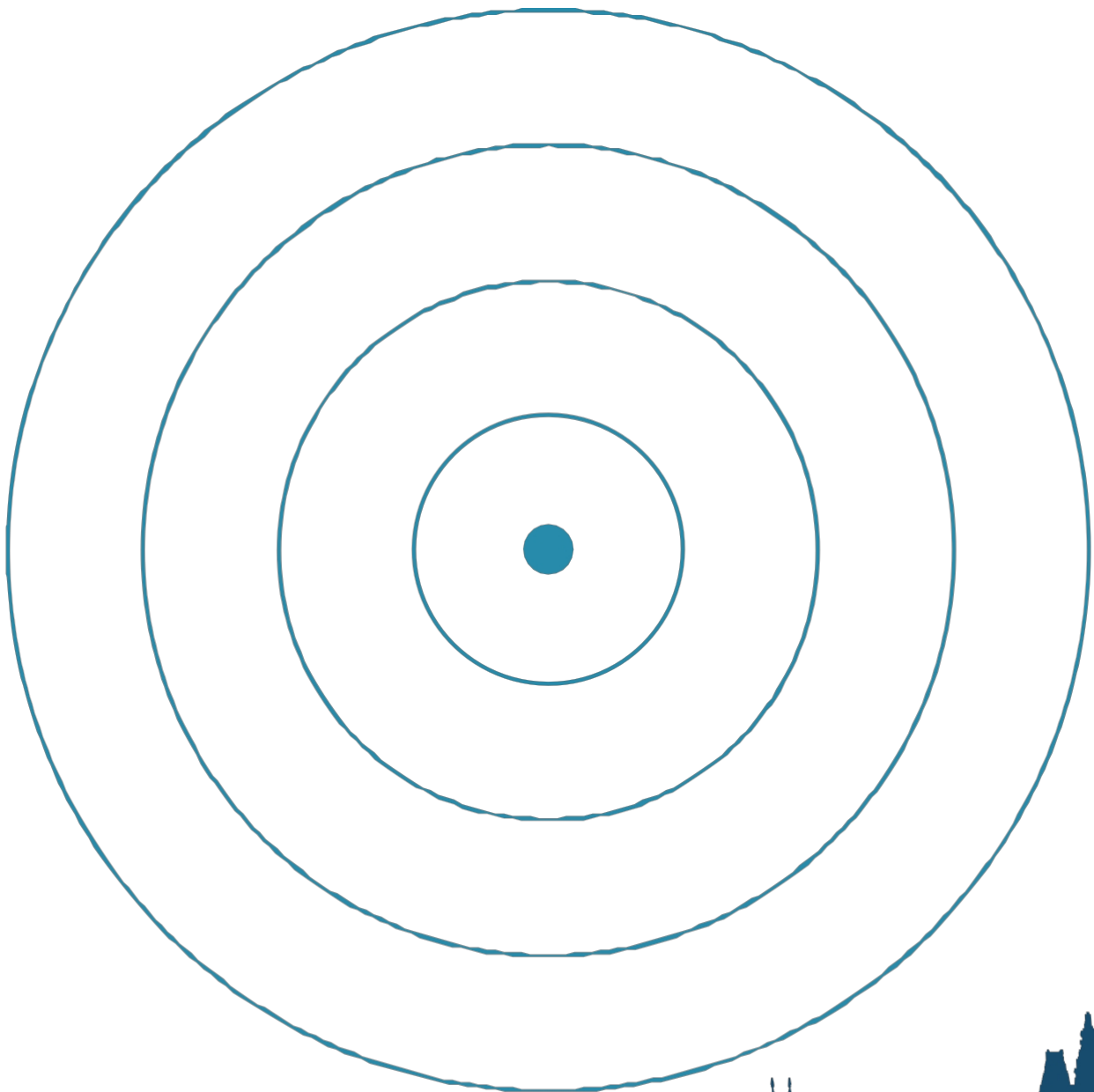
What would your dream network look like?

Exercise 7a - The circle around you

A number of circles are below. In the centre are you.

In the **inner circle** write the names of people who are close to you and energise you. In the **middle circle** write down people who have an important role (e.g. practical or supportive) but with whom you share less. The people in the **outer circle** are people you sometimes see but who are less important to you. The neighbour, for example.

You decide how the circles are filled, do they stay empty, full or something in between.



Exercise 7b - The people around you

In which circle are the most names?

Are you satisfied that?

If not, in which circle would you like more names?

Do you have any ideas of your own on how you could that?

Exercise 7c - The people I already know

With these individuals, I would like more contact and these concrete actions I am going to take:

1. _____ Action: _____

2. _____ Action: _____

3. _____ Action: _____

4. _____ Action: _____

Evaluate together at the end of the buddy project

Have you any new activities?

Do you have new (permanent) contacts in your network?

Did you achieve what you wanted to achieve and what did you ?

How do you plan to maintain the new activities or contacts?

What are you proud of?

Intentions next year

1. _____

2. _____

3. _____

IK HEB HET
NOG NOOIT
GEDAAN,
DUS IK DENK
DAT IK HET
WEL KAN!

-PIPPI LANGKOUS

In conclusion

Your year is coming to an end. On this page there is space to write down things that may be remembered. Compliments, actions and wishes for the future.





THE THIRD SCHINKEL

RETRO

AMSTERDAM'S SOCIAL PRINTER