



<b>Name of activity</b>	<b>Active listening</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To strengthen active listening skills, empathy</li> <li>- To connect participants</li> </ul>
<b>When is best to use this activity ?</b>	<p><b>At the beginning of the workshop: X (but after the icebreakers)</b></p> <p>In the middle:</p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	30 minutes
<b>Material needed</b>	1 paper and 1 pen/participant
<b>Preparation needed</b>	None
<b>Step-by-step activity</b>	<ul style="list-style-type: none"> <li>- Form pairs. Your partner starts to talk about a recent problem (not a major one) that he/she wants to solve</li> <li>- Any time an idea/thought comes to your mind while you are listening, share it with your partner. E.g. if you think he/she makes a fuss about nothing, share it. If you feel you have an easy answer to the problem, share it. If you can give advice, do so, immediately. If you had a similar situation in the past, share it. Don't hold back anything, don't wait too long with the sharing.</li> </ul>

	<ul style="list-style-type: none"> <li>- Then change roles</li> <li>- Then write down how you felt during the task both as talker and as listener.</li> <li>- Form new pairs. One member of the pair talks about the previous problem to a new person. The new person's task is to understand the situation and also his/her feelings of the talker as much as possible. No judgments, no advices should be given, the only task is to understand what the other is saying. The task ends if the listener can summarize the talker's problem in a way that the talker finds accurate</li> <li>- Then change roles.</li> </ul>
<p><b>Closing up the session</b></p>	<p>Group discussion.</p> <p>Questions for the facilitator to ask:</p> <ul style="list-style-type: none"> <li>- How the participants felt like in the first situation, how they felt like in the second situation</li> <li>- How much do they feel the need to give advice if someone turns to them with a problem?</li> <li>- How frequently can they give good advice?</li> <li>- What happens if they just listen to the other and tries to understand his/her situation? Etc.</li> </ul>
<p><b>Helpful tips for the trainer</b></p>	<p>You can ask participants to use different “communication barriers” or “roadblocks” during the first situation or you can try out several (e.g. criticizing, interrogating, changing the subject to the listener, praising)</p>
<p><b>Notes</b></p>	



<b>Name of activity</b>	<b>Career choices</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To learn from seniors about choosing a career/choosing jobs</li> <li>- To raise self-awareness</li> <li>- To strengthen self-management</li> <li>- To improve decision making</li> </ul>
<b>When is best to use this activity ?</b>	<p>At the beginning of the workshop:</p> <p><b>In the middle: x</b></p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	40-50 minutes
<b>Material needed</b>	<ul style="list-style-type: none"> <li>- 1 printed question list for everyone (so you need as many lists as the number of participants in the group) There are 2 types of lists: one for the seniors, one for the young adults</li> <li>- 1 blank piece of paper and 1 pen for everyone</li> </ul>
<b>Preparation needed</b>	<p>Prepare 2 question lists</p> <p>Questions for young adults:</p> <ul style="list-style-type: none"> <li>- What job/career would you like to have in the coming</li> </ul>

	<p>years?</p> <ul style="list-style-type: none"> <li>- What steps do you have to take to reach this goal?</li> <li>- What dilemmas, fears, hopes do you have regarding this job/career?</li> <li>- What do you think, what are the long-term consequences of this choice, how easy/difficult will it be to change your path if you change your mind?</li> </ul> <p>Questions for seniors:</p> <ul style="list-style-type: none"> <li>- What jobs did you have in the first 5 years as you started working?</li> <li>- Did you have any choice about what you did for a living?</li> <li>- What did you like/dislike about your jobs in the first 5 years?</li> <li>- Could you gain anything (on the long run) from doing a job even if you did not like it at the time?</li> <li>- By what age did you find the job/workplace you liked the most? How did the previous jobs/work experiences lead to this stage? Was it a straight road?</li> <li>- Did you have any career/job decision that you regretted as it was difficult/impossible to correct/modify later?</li> </ul>
<b>Step-by-step activity</b>	<ul style="list-style-type: none"> <li>- Invite the facilitators to give a printed question list to everyone. Young adults and seniors get different questions (see above). Everyone also gets a blank piece of paper and a pen to be able to make notes.</li> <li>- Propose an individual task: participants read the question list and think about the answers. They are encouraged to make notes.</li> <li>- Form small groups (group of 4, there are seniors and young adults in each group) and discuss the answers</li> <li>- First ask the young adults to share their answers – seniors listen to them and if some of the answers elicit personal stories from their memory, they share them with the young adults.</li> <li>- Then ask the seniors share their answers to the questions. Young adults can ask further questions, discuss the personal stories of the seniors.</li> </ul>
<b>Closing up the session</b>	<p>Whole (big) group discussion.</p> <p>Questions for the facilitator to ask:</p> <ul style="list-style-type: none"> <li>- What plans do young adults have? Does anyone wants to share it?</li> <li>- What did the seniors think about these plans, were</li> </ul>

	<p>their any personal stories that were relevant here? Does anyone want to share it?</p> <ul style="list-style-type: none"><li>- What did the young adults think about the stories/experiences of the seniors? Was there anything surprising/interesting/inspiring about them?</li></ul>
<b>Helpful tips for the trainer</b>	The question list can be modified based on the facilitator's intention, or based on the feedbacks of the participants
<b>Notes</b>	

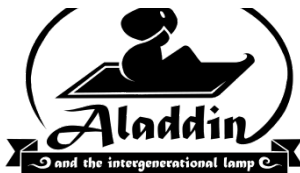


Name of activity	Hidden strengths, skills
<b>Category</b>	Development of Language skills:  <b>Development of Social and Communicational skills: x</b>  Development of Entrepreneurial skills:  Ice-breaker activity/ Warm up:  Evaluation activity:
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To identify the strengths, skills of the participants (they might not know about them)</li> <li>- To enhance self-knowledge and-awareness, self-esteem and self-confidence</li> <li>- To help bonding between group members by sharing experiences and stories from their own lives</li> </ul>
<b>When is best to use this activity ?</b>	At the beginning of the workshop:  <b>In the middle: by this time the group members have already shared stories from their lives during the training</b>  At the end:  Other:
<b>Duration</b>	25 – 40 minutes
<b>Material needed</b>	None
<b>Preparation needed</b>	None
<b>Step-by-step activity</b>	<ul style="list-style-type: none"> <li>- Form small groups (3-4 people)</li> <li>- Think about the following questions:               <ul style="list-style-type: none"> <li>a) Think about the jobs you had so far. What kind</li> </ul> </li> </ul>

	<p>of tasks did you enjoy the most? What tasks could you solve the most easily/the best? What skills are needed to accomplish these tasks in your opinion?</p> <p>b) Does it happen to you that people ask you for advice, expertise or ask you for your help? (It can be anybody from your workplace, school, family, friends etc.) Try to collect as many examples as possible. What do you think, why do these people turn to you, what knowledge/skills do you possess in the eyes of these people who ask you for help/advice?</p> <ul style="list-style-type: none"> <li>- Share the examples within the small group and let the other participants come up with new ideas about skills and strengths that you probably have based on your examples</li> </ul> <p>Example:</p> <ul style="list-style-type: none"> <li>a) You were good at taking care of animals Knowledge/skills needed: knowledge about animals, capability to act in a responsible way/ to pay attention to the needs of the animals, patience, etc.</li> <li>b) People share their interpersonal conflicts with you and ask for your advice. Knowledge/skills needed: you are approachable, people can relate to you because they find you non-judgmental, emphatic, curious, open to other people's problems.</li> </ul> <ul style="list-style-type: none"> <li>- Discuss everyone's examples in the small group. Group members might be able to point to many more strengths/skills that are needed for a task beyond the ones that the person who shares the task could imagine</li> </ul>
<p><b>Closing up the session</b></p>	<p>Bring the stories back to the group. Reflect on the activity.</p> <p>Questions for the facilitator to ask from the group members:</p> <ul style="list-style-type: none"> <li>- Did the others help you to identify any new strengths/skills that you have and you did not know about?</li> <li>- Did it make you think about yourself differently?</li> <li>- How did you feel during the discussion?</li> </ul>
<p><b>Helpful tips for the trainer</b></p>	<p>None</p>

**Notes**





<b>Name of activity</b>	<b>Peak time of my life</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To learn from seniors' life experiences</li> <li>- To raise self-awareness</li> <li>- To strengthen self-management</li> <li>- To improve decision making</li> </ul>
<b>When is best to use this activity ?</b>	<p>At the beginning of the workshop:</p> <p><b>In the middle: X</b></p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	40-50 minutes
<b>Material needed</b>	<ul style="list-style-type: none"> <li>- 1 printed question list for everyone (so you need as many lists as the number of participants in the group) There are 2 types of lists: one for the seniors, one for the young adults</li> <li>- 1 blank piece of paper and several color pens for everyone</li> </ul>
<b>Preparation needed</b>	<p>Prepare 2 question lists.</p> <p>Questions for young adults:</p> <ul style="list-style-type: none"> <li>- Where are you now in your life? Think about your private life, jobs, hobbies, free time, etc (this is point A)</li> <li>- Where would you like to arrive within 5 years, how</li> </ul>

	<p>would you like to live in 5 years? (this is point B). What would you like to change from point A and would you like to keep as it is now? If you cannot think about any change that you'd like to make, imagine that everything remains the same as it is now in 5 years – are you happy with it?</p> <ul style="list-style-type: none"> <li>- What is your plan to reach point B? What decisions do you have to make, what fears/hopes do you have?</li> </ul> <p>Questions for seniors:</p> <ul style="list-style-type: none"> <li>- How did you live in the first years of your adult life (early 20s)? Where did you live, what jobs did you have, with whom did you live/share your life, what people were you closest to, what hobbies did you have, etc.? (Point A). How comfortable were you in your skin in these early adult years?</li> <li>- When did you feel the best during your active (working) adult life? (e.g. up to the age of 60-65). What were the peak years during this period (“point” B). How old were you then? What were so good about those years?</li> <li>- How did you reach point B from point A? What decisions did you have to make, how luck was involved (if it had any part), etc.? Was it a straight road?</li> </ul>
<p><b>Step-by-step activity</b></p>	<ul style="list-style-type: none"> <li>- Invite the facilitators to give a printed question list to everyone. Young adults and seniors get different questions (see above). Everyone also gets a blank piece of paper and color pens to be able to draw their route from point A to point B</li> <li>- Propose an individual task: participants read the question list and think about the answers. They are encouraged to draw their road from point A to point B</li> <li>- Form small groups (group of 4, there are seniors and young adults in each group) and discuss the answers. First young adults share their answers – seniors listen to them and if some of the answers elicit personal stories from their memory, they share them with the young adults</li> <li>- Ask seniors to share their answers to the questions. Young adults can ask further questions, discuss the personal stories of the seniors.</li> </ul>
<p><b>Closing up the session</b></p>	<p>Whole (big) group discussion.</p> <p>Questions for the facilitator to ask:</p> <ul style="list-style-type: none"> <li>- What plans do young adults have? Does anyone wants to share it?</li> </ul>

	<ul style="list-style-type: none"><li>- What did the seniors think about these plans, were there any personal stories that were relevant here? Does anyone want to share it?</li><li>- What did the young adults think about the stories/experiences of the seniors? Was there anything surprising/interesting/inspiring about them?</li></ul>
<b>Helpful tips for the trainer</b>	The question list can be modified based on the facilitator's intention, or based on the feedbacks of the participants
<b>Notes</b>	



<b>Name of activity</b>	<b>Role models</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To make people aware of values they believe in</li> <li>- To make people aware of how much they apply these values in their lives</li> <li>- To connect participants</li> </ul>
<b>When is best to use this activity ?</b>	<p>At the beginning of the workshop:</p> <p><b>In the middle: x</b></p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	40 minutes
<b>Material needed</b>	Small papers with helping questions (see the questions under step-by-step activity, 3. point) /small group
<b>Preparation needed</b>	Write the helping questions on small piece of papers for each group (e.g. you have 4 small groups you need to prepare 4 sets of questions)
<b>Step-by-step activity</b>	<ul style="list-style-type: none"> <li>- Form small groups (group of 3-4)</li> <li>- Think about if you had role models in your life (people that inspired you in any way, they can be people you</li> </ul>

	<p>know or famous people, or even fictional characters). Up to this point this is an individual task.</p> <ul style="list-style-type: none"> <li>- Then, invite the facilitator to give all small groups the helping questions (written on small pieces of papers) – they put it in the middle of the circle.</li> <li>- Then, propose to each participant to pick one piece of paper and to read the question to others, and then all members of the group answer it (within the small group)</li> <li>- Participants pick and read out the questions one after the other, until all the questions are discussed.</li> </ul> <p>Examples for helping questions:</p> <ul style="list-style-type: none"> <li>- How would you describe your role model/the person who inspired you?</li> <li>- What characteristics you admired about them,</li> <li>- How their way of life inspired you, how their actions inspired you?</li> <li>- When did your chosen person become a role model for you? Was it in any way a special period in your life?</li> <li>- Based on these, what values do they represent to you? How much can you live according to these values?</li> </ul> <p>If there are more questions than group members, some of the members will read out more than 1 question, naturally.</p>
<p><b>Closing up the session</b></p>	<p>Whole (big) group discussion. Questions that the facilitator can ask:</p> <ul style="list-style-type: none"> <li>- How did you feel during the discussion?</li> <li>- Did you find out anything new about yourself?</li> <li>- Were you surprised by your group members' choices?</li> <li>- Were anything interesting about them?</li> </ul>
<p><b>Helpful tips for the trainer</b></p>	<p>None</p>

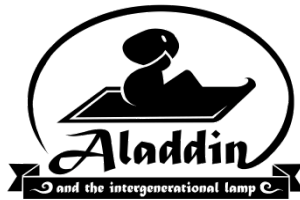
**Notes**



<b>Name of activity</b>	<b>The wisdom of seniors</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To learn from seniors about difficult/complex situations in life</li> <li>- To raise self-awareness</li> <li>- To improve self-management</li> <li>- To connect participants</li> </ul>
<b>When is best to use this activity ?</b>	<p>At the beginning of the workshop:</p> <p><b>In the middle: x</b></p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	40 minutes
<b>Material needed</b>	1 printed paper/group with a list of “wisdom of seniors”
<b>Preparation needed</b>	<p>Collect ideas from seniors that could be discussed with young adults, prepare a list from them and print several copies of the list.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>- You have to go towards your fears</li> <li>- At least I have to try...</li> <li>- Everything that is valuable needs time. The more time/energy you put into something, the more you can</li> </ul>

	<p>take out from it</p> <ul style="list-style-type: none"> <li>- At first everybody is a beginner.. I don't have to feel great at the beginning...</li> <li>- Search for a mentor</li> <li>- You can learn something from every experience</li> </ul> <p>There can be provocative/controversial ones too:</p> <ul style="list-style-type: none"> <li>- Either family or a carrier</li> <li>- You have to finish everything you started</li> </ul>
<b>Step-by-step activity</b>	<ul style="list-style-type: none"> <li>- Form small groups (group of 3-4, there are seniors and young adults in each group)</li> <li>- Ask participants to choose 1-2 sentences that make them think/that resonate with them and tell the others what they think about the selected sentences. If they have a related story (based on which they agree/disagree with the sentence), they are asked to share it with the group</li> </ul>
<b>Closing up the session</b>	<p>Group discussion. Questions for the facilitator to ask:</p> <ul style="list-style-type: none"> <li>- What sentences did the small group choose?</li> <li>- Did they agree/disagree with the sentences?</li> <li>- Do they have stories related to the sentences that they would share with the whole group?</li> <li>- How did they like this task? Did they learn anything from it?</li> </ul>
<b>Helpful tips for the trainer</b>	None
<b>Notes</b>	





<b>Name of activity</b>	<b>Tom Thumb Exercise</b>
<b>Category</b>	<p>Development of Language skills:</p> <p><b>Development of Social and emotional skills: x</b></p> <p>Development of Entrepreneurial skills:</p> <p>Ice-breaker activity/ Warm up:</p> <p>Evaluation activity:</p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To learn about difficult/complex situations in life</li> <li>- To raise self-awareness</li> <li>- To improve self-management</li> <li>- To connect participants</li> <li>- To show that every problem has many possible solutions</li> </ul>
<b>When is best to use this activity ?</b>	<p>At the beginning of the workshop:</p> <p><b>In the middle: x</b></p> <p>At the end:</p> <p>Other:</p>
<b>Duration</b>	40 minutes
<b>Material needed</b>	<ul style="list-style-type: none"> <li>- Blank slips of paper</li> <li>- The original story printed out (Tom Thumb)</li> <li>- Blank pieces of papers for writing down the newly developed story/for illustrating the new story</li> </ul>
<b>Preparation needed</b>	None

<p><b>Step-by-step activity</b></p>	<ul style="list-style-type: none"> <li>- Tell the original story (Tom Thumb) to the whole group</li> <li>- Ask the participants to come up with any word/sentences that they associate to the story</li> <li>- Write down every association onto a slip of paper and puts them into a box/bag</li> <li>- When no new associations come up, and every one of them is already written down and placed in the bag, Someone mixes the slips of paper and then draws some from the bag (let's say he/she draws 6-8 slips)</li> <li>- Invite the group to create a new story around the selected associations (that were drawn randomly from the bag).</li> <li>- Propose to the group to create the story – every participant adds something to it (one after the other, in the circle), or only volunteers speak up (those who feel they have an idea that they want to share).</li> <li>- Someone records or writes down the story.</li> <li>- Those who don't like to speak can draw (or just observe the process). E.g. some participants create an illustration for the story.</li> </ul>
<p><b>Closing up the session</b></p>	<p>Group discussion.</p> <ul style="list-style-type: none"> <li>- How do you like the new story?</li> <li>- How did you take part in creating the story? Can it be related to real life situations?</li> <li>- If you could choose, who would you be in the story, where would you be in the story?</li> <li>- Has it got anything to do with your present situation in life? In what way?</li> <li>- What made you join the exercise? How did it feel like?</li> <li>- Any other question that might come up...</li> <li>- You can rewrite the story as a home work, adding any changes if needed.</li> </ul>
<p><b>Helpful tips for the trainer</b></p>	<p>You can use any other folk tales or other stories in the beginning that tells a complex situations related to social/emotional/motivational skills development. This task was developed during the Aladdin international training days in Amsterdam, between 27-29 July, 2017, by the training participants.</p>

**Notes**