

>GET MOVING / Description provided by: BEST Institut für berufsbezogene Weiterbildung und Personaltraining GmbH<

Brief description of the Activity

This activity is designed to bring young adults back to more physical and mental activities, possibly in a nearby park or forest. It aims at the empowerment of young adults to develop a more positive attitude towards caring for others, overcoming social distances and fostering neuronal and physical processes, preparing them for a mind-set towards a good work-life balance in their working life.

Targeted Audience

Disadvantaged/low-qualified young adults

Practical Setting - Context of Activity

- Labour Market
- School Environment
- Community Work

Linked Stop of VALUE Roadmap (IO1)

- Self-Management
- Think outside of the Box
- Can Do Mindset
- Enrichment
- Making it Happen
- Roadblocks
- Transition

Type of Activity: Outdoor

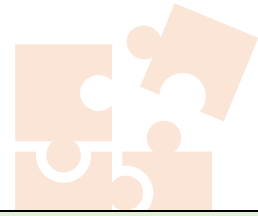
Other Information

 **Purpose:** personal empowerment






Extra advice for implementation:

You might look for an environment where also young adults with mobility issues can move well.

During the activity, it would be most beneficial to encourage participants help one another.



Show Case - Mini Project

<p> Time: 90-120 min.</p> <p> Group size: 10 - 15 participants</p> <p> Required space: outdoors, no specific requirements</p> <p> Material: none</p> <p> Preparation: select a park or forest nearby and how to arrive their (e.g. by public transportation or walking; make sure also colleagues with mobility issues may participate)</p>	
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Chosen process for implementation:

1. The first step is to give participants a clear picture about the duration and area. Encourage slower movements which allow to better concentrate in case the area is uneven e.g. Make sure that they help each other.
2. In the second step, while moving forward, participants are asked to think of a proverb and tell it aloud to all other participants. Each participant shall then repeat it for him-/ herself before citing it in the reverse word order. (An example is the proverb: A watched pot never boils. Participants would try to memorise it by repeating it first "A watched pot never boils". They would then try to say the reverse word order for this: "boils never pot watched a").

If this is too difficult, an alternative can be to start with longer words and spell them backwards. If this is too easy for the group, you could also combine it with a special combination of steps (e.g. go three steps forward and one backward while spelling the word backwards.) Remind participants not to laugh at each other in case they mix up the proverb or do not manage spelling the word backwards.

Message of the activity:

In general, moving outside can help "change perspectives" and get a distance to e.g. challenging tasks or conflicts. More importantly, after times of staying at home, contact with others and nature again brings positive impact to learning and working. Klara Humer-Goldmayer, psychologist for adolescents, highlights the effects on brain activities in general, memory in specific. When this activity is practiced regularly, it can help cultivate a favourable mind-set towards work-life balance.