

Brighten your horizon

3 steps to the activity realisation



Step 1 – preparation phase

It is recommended to implement this exercise on two consecutive days. Firstly, familiarise yourself with the young adults' current life situation. Think about ways how to best connect their lives with the topic at hand. See Step 2 for inspirational advice on how to start the conversation with them. After a reflection process, the young participants are then asked to conduct an interview. Ensure that they feel comfortable with this exercise, highlighting the added value of the interview exercise to keep them motivated. You can also suggest that they conduct the interviews in pairs, should they prefer. Lastly, collate all the materials needed.

Step 2 – activity phase

Briefing:

Firstly, engage the young adults in an open conversation and ask them about their standpoints towards trying out new situations. Talk with them about the benefits of seeking and learning from new experiences. You can highlight that learning from new experiences is an effective way to practice self-development, helping to become more confident when faced with challenging situations. By confronting oneself regularly with new situations, we will eventually accumulate a number of strategies on how to best deal with any given situation. Ask them what they think about role models and how they can be an enrichment in terms of learning from others. Why do we need role models and why are they important to us? You can emphasise that role models can enrich people's lives, because of their inspirational way of living or because of inspirational things that they do. Role models can therefore positively influence our lives.

Part I: Implementation of core activity:

Now, ask the participants to think about a challenging situation in their life that they had to deal with or will have to deal with in the (near) future.

Guiding questions for this can be:

- ✓ How did this situation arise?
- ✓ What is your role/task in this situation? How does that make you feel? What personal resources do you have to master the situation?
- ✓ What kind of support would you need? Who (i.e. role models) can you ask for support (in terms of experiences/skills)?
- ✓ What can you learn from their experiences?

Part II: Implementation of core activity:

After the reflection process, you ask the young adults to come up with 5 questions (based on the questions above) that they could ask their role models in an interview, either on the same day or the next. This person can either be a neighbour, a teacher or some other person. It should, however, be someone youngsters feel comfortable enough interviewing.



Type of activity:
Interviewing neighbours

Value of the activity:
This activity aims to support youngsters in becoming more open-minded, cultivating an experimental mindset. By being open to learn from others, young people expand their knowledge on how to deal with challenging situations. This exercise helps to tap into an attitude of appreciation of others' opinions and fosters help-seeking behaviour.



Timing:
Preparation: 15 min.
Implementation: 60 min.
Checking learning progress: 10 min.



Activity follow-up:
Writing a summary on the experience of interviewing their neighbours.



Other value case box components:
Ensure that young adults feel comfortable enough in interviewing neighbours/other people.



Value quoted:

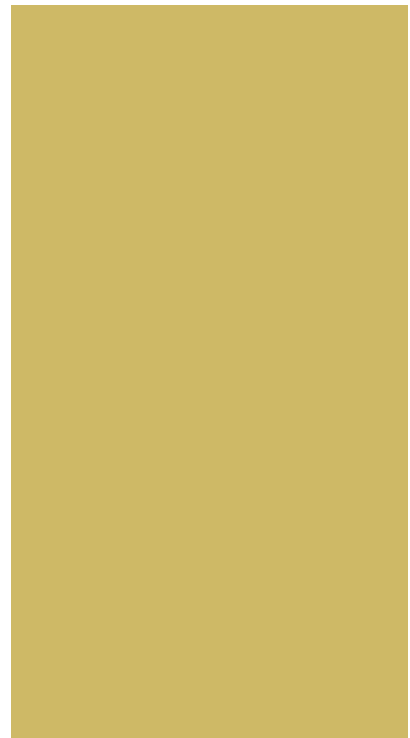
Young people's task is to take on an open and experimental mindset for this task. This should raise their awareness to learn from others.

Step 3 – wrap up phase

On the following day, you initiate a group discussion and the young participants to share the findings of their interviews. It is important to make these findings visible to them, again raising their awareness of the added value of learning from others. The below questions can guide you in this phase:

- ▼ What is an important lesson learnt from this activity?
- ▼ What strengths do the interviewees have and why did they benefit from them in this particular situation?
- ▼ In what ways was this task an enriching experience?

You can also highlight that by exchanging the different interview experiences, we also learn from each other, which helps us to foster self-development. Ultimately, we can experience a deeper connection in our relationships with others, if we allow ourselves to learn from their experiences.



Your notes:

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