

# Walking and talking

## 3 steps to the activity realisation



### Step 1 – preparation phase

The pandemic, with curfews, the closure of schools, shops and leisure facilities, and the call for physical distance, has dramatically changed our lives and our daily routine.

The focus of the exercise is on young people, their emotional well-being and giving them space to work through the time spent in family isolation. For young people, the loss of familiar daily structures and routines is particularly stressful. The young people are and were confronted with different opinions during this time. To enable them to deal with these challenging situations, you can go on a pilgrimage with them. Pilgrimage can be for the purpose of self-discovery or simply to be closer to nature. You set out on a long journey to a specific place and may spend several days walking. During the walk, the aim is to leave everyday life behind and concentrate on the essential things in life. The pilgrimage route, places to stay and special places for activities need to be defined and known to them in advance. Make a list of things that absolutely must be included in the luggage.

#### Briefing:

The pilgrimage is for young people aged 18 years/over and should not significantly exceed a number of participants of 8. Get to know each other in a preliminary talk and clarify the conditions of participation.

### Step 2 – activity phase

#### Implementation of core activity:

Completing the pilgrimage route takes 5 days of alternating walking and activities. Activities can be, for example, community service. Daily reflection and education sessions to round off the days.

During the journey you address the follow questions:

- ✓ Where am I in life?
- ✓ Where do I want to go?
- ✓ What was particularly stressful?
- ✓ What did I manage to do on my own?
- ✓ What has been particularly helpful to me?

A travel diary supports the process.



Type of activity:  
Pilgrimage

Value of the activity:  
Experiencing limits,  
recognizing problems and  
stressful situations and  
finding solutions,  
increasing ambiguity  
tolerance, self-confidence



Timing:  
preparation: NN min.  
implementation: NN min.  
checking learning  
progress: NN min.



Activity follow-up:  
e.g. further reading – links  
on methods/tools (for the  
professional)



Other value  
case box  
components:

Exercise to be  
implemented in a trustful  
atmosphere



Value quoted:

## Step 3 – wrap up phase

Follow-up questions and reflection

- V What are the next steps towards my goal?
- V What do I need to achieve them?
- V Who or what can support me?

With the help of the entries in the diary, the participants can reflect on the pilgrimage and adapt the insights gained to their respective life situations in order to give them a repertoire of alternative actions for their further journey. Particular emphasis is placed on the experience of self-efficacy, of having made it through one's own efforts and using the drive gained to make a new start.

Your notes:

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...

V ...