

“Letter to myself”

Short description	The participants explain in their own words what they have learned in the various modules and what they have found particularly interesting. The letter that is to be written in five stages is to be addressed to themselves.
Topics	Self-reflection, Humanitarian actions, Humanitarian Principles
Learning objectives	<ul style="list-style-type: none"> • Recognition of the personal “lessons learned” • Defining the next development steps desired by the individual
Setting	Individual work
Time frame	20 min
Materials	Letter paper, envelopes, cardboard backing, symbolic letter boxes
Instructions	<p>Each participant chooses a place in the classroom or outside in the natural environment where he or she can work undisturbed for a brief period. The task at the end of each module is the same: participants must reflect on what they have actually learned and what they find particularly interesting. During these moments of reflection, they must also decide what they would like to develop further in the next modules or in the project as a whole. In this process of looking back as well as forward, they should focus not just on the thematic knowledge but equally on the areas of competence/skill as well as attitudes, about which they also can and should reflect. It is crucial that the participants also focus on what they feel is relevant and document this. The letter must be hand written. The scope of each of the five written sections is to be decided by each of the participants. After each writing stage the participants place their letter in an envelope on which their name and address are already written. The letters are posted in the symbolic letterbox and taken out again only after the next self-reflection. Care must be taken to ensure that the letters are sealed only at the end of the project, i.e. after the last writing stage.</p> <p><i>Outlook:</i></p> <p>The letters are forwarded to the participants by the teacher, with a time lag previously agreed upon by the group. This procedure is to be followed up to and beyond the fifth module.</p>