

My personal values and the “Humanitarian Principles” | exchange of thoughts in pairs on the “path of visions”

Short description	While walking in pairs in a natural setting the participants think about how they can relate their personal values to the humanitarian principles, and exchange ideas. In the discussion they address key questions posted along the path.
Topics	Humanitarian Principles, personal values, reflection
Learning objectives	<ul style="list-style-type: none"> • Acceptance of group exchanges • Being able to relate personal values to the humanitarian principles
Setting	Small group, 2 participants
Time frame	60 - 75 min.
Materials	Panels with key questions (positioned so as to be easily seen from the path), personal project diary, writing materials
Instructions	<p>This activity should enable the participants to put what they have learned in a form more suitable to themselves. In a tranquil atmosphere, they will be asked to follow a well-known or in any case clearly indicated path, to reflect in pairs and without haste on questions they will come across at regular intervals. They should exchange insights and assessments on the questions and record their findings in the project diary. It is recommended to deal with only a few questions (max. three or four) that enable in-depth reflection. The questions must relate to topics covered during the process and be formulated in a concrete manner. For example: “In which of your personal values is the principle of humanity expressed?” Or: “What personal use can you make from what you have learned so far, and why?” Or: “If you were to become personally involved in humanitarian work, which of your qualities would serve you best?” The teacher should prepare the questions only just before the exercise, being careful to take the appropriate level and the learning process into account. On return from the walk it is advisable to seek feedback in the plenum in a relaxed atmosphere – whether this is done on a voluntary basis or through a round of presentations should be decided according to the situation.</p> <p><i>Outlook:</i></p> <p>This sequence helps with the desired individualization of mental preparation for Module 4 (opinion forming and intention development).</p>