

“Our journey through the project” | Warm-Up

Short description	The participants are guided through everything they have experienced together to date with the help of images, words and occasionally music. This “journey” and the following activity (exercise 4.2) not only makes it possible to develop a personal orientation and form an opinion on the subject matter but also serves as the basis for further work.
Topics	Humanitarian Principles, Humanitarian actions, personal values, reflection
Learning objectives	<ul style="list-style-type: none"> • Increasing ability to find one’s way in the subject matter • Development of an own standpoint, own opinion
Setting	Unlimited, whole group
Time frame	20 - 30 min.
Materials	Old but clean sheets (as floor covering), pillows (if available), music, prepared text (written or “only” mental)
Instructions	In this activity, at the very beginning of Module 4, the participants once again review the learning process to date in a retrospective manner. They recline on sheets previously arranged either in the classroom or in natural surroundings, making themselves comfortable, resting with their eyes closed and listening to the music and the words of the teacher. The aim is to bring to mind the insights developed together in the course of the project and perceived as particularly important, embellishing them with mental images and if so desired orchestrating them with music. The motto here: less is more! It is not the aim of this exercise to prepare a project report in rich detail, using many words. It is rather a matter of evoking moments of shared learning, perhaps about one or more much thought-about questions, giving the participants additional time so as to allow what they experienced to have an impact and enabling them to formulate their own thoughts on the matter. The teachers are free to shape the activity and text intended for the participants. However, the atmosphere must be one of peace, serenity and concentration so that the young participants may commit themselves to the “journey” they are making together to the greatest possible extent. It is not necessary to seek feedback at the end of the exercise. The next activity, also already prepared, can begin immediately. The effect of this relaxed reflection and the atmosphere of concentration in the group will be beneficial to the next activity. Note: occasional disturbances are understandable and to be expected. Here too it is best to remain calm and carry on serenely with the exercise.