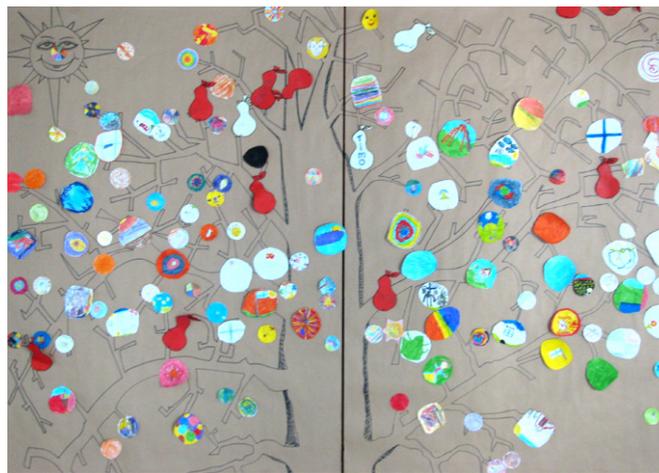




Erasmus+

## We-run Course

### Day 1 Personal meeting – group formation - self-awareness



The goal of the first day is to create a basis for further co-operation in the course content as a group. The exchange among each other is used to raise awareness of one's own biographical development, the personality and the values according to which we are guided by our decisions. In doing so, we recognize the important foundations on which the new project "self-employment" is being built.

#### 1. **Commonalities**– what we have in common as a group

We talk about our experiences, hobbies, favourite jobs, interests and find like-minded women. One starts and the other says, "I also" and continue or change the subject until again one can step in with "I also"!

We visualize these connections by means of a cord. Every woman who can participate with "I also" is given a part of the cord, holding it and passing the rest of the cord to the next woman. At the end, a net is being created between the women.

#### 2. **Our lifeline** – awareness of the personal chronology and comparing it with the others and with the world events in ones personal life time

It is about the 3 most important phases in one's life that have changed everything or quite a lot. We record the data on cards and place them chronologically on the ground. We consider important events that we recall in this time frame in our country and around the world. In a common chronology, the life phases of the individual are intertwined with those of others and with world events. This creates a living picture of the past and our life history.

#### 3. **Collage – that's me** - we present ourselves as complex personalities

Each one creates a piece of paper about herself and shows herself in her whole variety. The pictures are hung up and we visit this "exhibition" together and get to know each other.

4. **3 characteristics – that's me** - After looking at our complexity, in this unit we are reducing this complexity to our most essential characteristics

With which 3 characteristics can you be best described?

On a card we create a collective characteristic of our group and can perhaps derive a group name from it.

5. **Break: Cooking and eating together**

Starting point: all participants imagine that they are employees of a catering company. The order of a very important customer was executed and loaded into a transporter. The transporter had an accident and everything is unusable. Since the customer is very important, the company tries to fulfil the order from the existing food in a very short time - all work together.

6. **Outdoor walk** - We are looking for symbols for our personal values

On the way there are many things, stones, leaves, twigs, flowers ... .. some of which can serve as a symbol of our personal values – everyone takes for herself. At the same time, we talk about what is important to us, what we want to realize in our lives, in changing small groups while walking.

Back in the room, we arrange our symbols and explain them.

We try to find similarities and to bundle the most important symbols. The image is re-arranged to symbolize the shared values of the group. This is to accompany us in the further course and we make a photo, which becomes the group logo.

7. **Sculpture** – the values are also to be felt physically

For each of our common values, a small group looks for postures and positions that can represent these values.

We use the method of "sculpture" developed by Augusto Boal as an exercise in the framework of his forum theatre.

**For home:**

**Videos:**

10 Myths about entrepreneurship: <https://www.youtube.com/watch?v=qaXuHIRqTes>

Entrepreneurial method: [https://www.youtube.com/watch?v=Ruvb\\_kGAMYw](https://www.youtube.com/watch?v=Ruvb_kGAMYw)

**Practical work:**

My dreams (in professional life) - consider and write your dreams on a tripartite sheet of paper: the headings of the three parts are:

As a child - at the beginning of my education - today

This sheet will be presented the next day (voluntary).