

Title of the activity	EXPLORING YOUR LIFE JOURNEY
Description	<p>We all have our stories! Walks of life with challenges, ups and downs. During this activity participants share their life-journeys. A set of 'life journey-cards' guide them through an exploration of life!</p> <p>Participants can work in pairs or in a small group (max.4). One person draws a card from the stack of 'life journey cards' and puts it in the middle. The question(s) on the card prompts participants to share their story. Participants can ask each other follow-up questions to deepen the dialogue.</p> <p>The groups can be reconfigured to start new dialogues. Time keeping is an option to facilitate the dialogue so that every participant has enough time to share their story.</p>
Aims	<ul style="list-style-type: none"> ● Human connection ● Getting to know different cultures ● Finding resemblances ● Exploring cultural expressions ● Empathy ● Finding shared values ● Dialogue
Main skills addressed	<ul style="list-style-type: none"> ● Empathy ● Listening ● Self-expression ● Self-presentation
Why is this activity suitable for promoting civic participation and integration?	<ul style="list-style-type: none"> ● Getting to know and share cultural values ● Learning the art of dialogue ● Empathy
Type of activity	<p>Teambuilding Reflection</p>



Suitable for how many participants (min. / max.)	Small groups Large groups
Indication of duration of the activity	1 hour +
Indication of preparation (time, which material are needed)	Upto 1 hour Materials needed: sets of cards for the groups.
Evaluation method (if applicable)	
Variations	As a way of stimulating active listening you can ask participants to make a mindmap while they are listening to the story. At the end they can paraphrase the story, using the mindmap.
TIP / ADVICE	Make sure the learners feel safe before you start doing this activity with them! This activity should not be done at the start or beginning of a training.

