Title of the activity	WHAT IS BUGGING YOU?
Description	Small improvements can help daily living. Ask the learners to: 1. Think of the features of daily life that bother you, ones you would like to change. The general principle in decision-making is to externalize your thoughts by writing a list, taking pictures or making a short film of these bothersome aspects. So, what exactly bugs you? 2. Make a first list. After making the bug list, go through it and share it. See if you can find a pattern. Are there any bugs you can solve? What is the positive counterpart of the bug, might this offer insight for a solution? 3. Now make a bug list during one week and repeat the process. What bugs did you encounter during that week? Are there any bugs that you have in common with the group? Work in pairs or groups to share the bugs and come up with ideas to solve (one of) these problems. It doesn't need to be solved right away, but how would you start? Who could help? How could you try it out? 4. Make a small action-plan, try it out. Share and reflect on the action taken, bumps and results.
Aims	Learn to see problems as opportunities to take action.
Main skills addressed	● Dealing with conflict ● Collaboration ● Responsibility ● Courage ● Self-regulation ● Problem solving
Why is this activity suitable for promoting civic participation and integration?	Participants learn to engage and take action on small problems or nuisances. By being attentive, sharing insights and taking small steps on challenges participants are empowered to take action.

Type of activity	Teambuilding Reflection Personal development
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)	No preparation time
Evaluation method (if applicable)	
Variations	Instead of asking learners to make an individual action plan you could ask them to make one as a group on a bug-challenge.
TIPS / ADVICES	• By means of introduction to the activity you can make and use audiofiles in which you repeat the main sentence "what bothers me ..." and add examples of things that might bother the learners. This includes the non-writers /non-readers more. That what might be bothering them you could illustrate with a picture to help them even more. • If you know the original languages of the learners, you could translate the keywords with the help of a translation programme (like https://www.deepl.com/) and write them (in both their original language and the language of the new country) on a big sheet of paper for all to see. • If you are working with linguistically homogenic groups of people, you could group those that are speaking the same original language together and try to make sure that at least one person in each group can translate for the others.