



Power, Peace, Poetry Women's Perspectives on Society's Divisions

2020-1-DE02-KA204-007738

Exercises to be applied in adult education

Activity title	Map of Dreams
Objectives	<p>The objectives are to help learners:</p> <ul style="list-style-type: none"> • To get insight into one's dreams and life objectives • to visualise life – goals • to find motivation to take action to make a change
Materials	Paper (min. size A3), magazines to cut out pictures, colour makers, crayons, colour papers, glue, scissors
Time	1h 30 min
Group size	Up to 15 people (more trainers needed for a bigger group)
Instructions for trainers	<p>It is a method using collage techniques. Participants/learners in a casual atmosphere use a variety of materials to create a map of their dreams, in a form of art-work. This is a good basis for discussing development trends and life plans. We can use it in a context of visualising and “dreaming” about women's perspectives on society.</p> <ol style="list-style-type: none"> 1. Distribute among learners white big sheets of paper 2. Explain: <i>Now think about your dreams, considering your own lives, as women, in society. Use all art materials to create a collage that will portrait your map of dreams.</i> 3. Time for individual work – around 45 minutes. 4. Walk among learners, ask if they need help or clarification. You can also ask them questions and encourage them to keep working on their collages. 5. When the time is finished, ask learners if they want to share their creations with others.
Debriefing and evaluation	How did you feel while working on your Map of life? What was the most challenging? What was inspiring, empowering?
Tips for trainers	Learners do not have to share their reflections with the others. Dream Map is a map for themselves, to reflect on their own perspective. Remind them to take those Maps with them – they can keep working on the Maps, change them in time.

Activity title	Line of life
Objectives	<p>The objectives are to teach learners:</p> <ul style="list-style-type: none"> - Get insight into one's emotions connected with important events in life - Ability of self-reflection, also in relation to society - Sense of initiative, active spirit
Materials	Paper (min. size A3), makers, crayons, colour papers, glue, scissors
Time	60 min
Group size	Up to 15 people (more trainers needed for a bigger group)
Instructions for trainers	<p>It is a planning technique that engages imagination, helps setting goals and refers to the Map of Dreams. It is a great introduction to reflecting on your own needs and to create specific plans. Different creative techniques and tools can be used to make lifelines.</p> <p>Ask learners to look at their Maps of Dreams and think about what need to happen, what steps they need to take, to achieve those dreams.</p> <p>Ask learners to take a white sheet of paper and draw a line, on which they will put some milestones, important things that they regard as needed to achieve their dreams. They can use different creative techniques, as with the Mind Map. After the work is finished, encourage learners to share it with others.</p>
Debriefing and evaluation	How did you feel while working on your Line of life? What was the most challenging? What can you do to start "walking" on your planned Line of life?
Tips for trainers	Remember, that this is a self-reflection tool – learners don't have to share with others. Encourage them to do so but do not push too much and remember to give positive feedback.