

## Annex 1: Icebreaker Activity

### Module 1 activity

#### Learning Goals

- Present the group
- Get to know each other
- Promote reflection

#### Background Information

This activity aims to develop an initial connecting process that will support the trainees being open to a learning experience.

The objective of this exercise is for the trainees to understand that different people, from different background and cultures, have similar feelings and attitudes when facing and solving problems in their daily life. This will hopefully make the trainees feel that they are not alone in their struggles and they can find support in others.

#### Duration

25 minutes

#### Room Organisation

The chairs should be organized in pairs for the first part of the activity, in fours for the second part and in a circle for the final part of the exercise.

#### Support material

Small pieces of paper and pens or pencils.

#### Instructions

1. The trainees should divide themselves in pairs choosing a partner from a different country (or someone they don't know);
2. Already in pairs, the trainees should seat facing one-another;

3. First the trainees (in turns) introduce themselves and tell their partner a story from their daily life about a problem they had, how they overcame that problem and how they felt about it;
4. Each pair discusses the similarities in their stories (how the problem was affecting them, motivation for solving the problem, how they felt after the process, how they feel sharing the story, etc);
5. Give 15 minutes for the discussion in pairs;
6. After each pair discusses their stories, they should join another pair in a group of 4;
7. Each partner introduces the other to the rest of the group. Then, all together, they discuss about the experience of sharing their stories. Each group should write down on a piece of paper a couple of sentences to share with everyone along with a nickname for the group;
8. Give 15 minutes for the discussion in the groups of 4;
9. For the final part of this exercise the whole group sits in a circle and each group reads aloud what they have written and their nickname;
10. Give 10 minutes for the group sharing;
11. The trainers then make a 5-minute reflexion on what was said.