Title: One day in the future

Exercise Code SLQUALED012

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| Modules: | Group size: | Duration: |
| 3. Personal Integrity | Small group  Large group | 45 min |

**Purpose:**

This exercise helps to anticipate individual future, and to realize differences of female and male life designs by discussing and defining individual objectives of the future.

This exercise also supports creativity, inspires motivation to look ahead and design one’s own life actively.

# Description:

Participants imagine this is the year 2025. It is Monday...

* What is your day going to look like?
* Write down key words what you do, hear, see and how you are spending the day.

In small groups or pairs:

* They tell each other about their phantasies.

They consider how their imagination is connected with their socialization as a woman, or as a man.

* They compare how they comply with today’s reality.
* Which feelings, thoughts does the comparison arise in them?

# Material:

Paper and pens to take notes

# Methods:

Experiental learning

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients  
Improving the Communication Between Labour Office Advisers and Their Clients   
Úrad Práce, Dunajská Streda 2006