Title: Anticipate the future

Exercise Code: SLQUALED001

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| Modules: | Group size: | Duration: |
| 1. Social Learning3. Personal Integrity  | IndividualSmall groupLarge group | 90 min |

# Purpose:

To establish a reference to one’s individual future as an important personal review and to train individual social perception.

# Description:

Participants imagine we have now the year 2030 and they are …. years old. – They mark two columns on a piece of paper: on the left “dreams”, on the right “reality”. - On the left they write down, what it could be like in 15years from now; dream about it, this is utopia, fantasy! - On the right they make notes about the expected reality. They write down what it will most probably be like if they consider their development realistically.

Small groups – reflection phase: They tell each other stories in the way as if it was 2030 right now in the first person, starting out with something like:”I work as a …. I have got two children …. I have just …. “ The listeners pay special attention to what is not being told.

Individual work: Participants write down their thoughts regarding the following questions:

- Have I taken the political development into account?

- What do I essentially need for life (financial situation, relationships, work …)?

- What is the relationship between my “dreams” and my “reality”?

- What could be reasons for the dream not to come true?

- What can I contribute to realize the dream? - Which feelings come up when I think about my future?

- Which areas in my future can I see clearly, which ones remain unclear?

# Material:

paper and pens for everybody

# Methods:

Self guided learning

# Advice for Trainer:

In this exercise it is important that participants really use their creativity and phantasy to dream up something extraordinary that makes a difference to plannable reality.

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients
Improving the Communication Between Labour Office Advisers and Their Clients
Urad Prace Dunajska Streda 2006