

A photograph of a metal walkway bridge over a forest stream, with a green semi-transparent overlay covering the middle section. The bridge has a metal grate floor and railings on both sides. The background is a dense forest with tall trees and green foliage.

DISSEMINATION «EXPLORE YOUR LIMITS»

BY NGO «NON-FORMAL EDUCATION FOR YOUTH», UKRAINE

WHAT? WHERE?

Our organization NGO «NFE 4Y» organized training project "Ukrainian Young Peacebuilders", which was in the city Dnipro, Ukraine from 17.04.2023 to 21.04.2023 for 20 young people aged 15-30.

WHAT WE DID?

In this project, we included a presentation, workshops, our experience and various activities that are aimed at promoting knowledge and skills, methods, tools obtained during the project «EXPLORE YOUR LIMITS».

TOOLKIT WE USED

- 1 Mission impossible
- 2 Active listening
- 3 Positive feedback and critical: differences, rules, practice. The hamburger method
- 4 Time management exercise. Working under pressure
- 5 Reflection: rules, practice



MISSION IMPOSSIBLE

COMPLETED 20 TASKS AS A TEAM IN A LIMITED TIME (TOOK PICTURES AGAINST BUILDINGS OF THREE DIFFERENT FAITHS, COMPOSED RAPS, INTERVIEWED AND MUCH MORE)









ACTIVE LISTENING

BALL TASK. THE GROUP WAS DIVIDED INTO 2 TEAMS, SOMEONE WAS GIVEN BALLS, SOMEONE WAS TOOTHPICKS. THE TASK WAS "SAVE THE BALLS". 1 BALLOON WAS BROKEN.

8 Tips for ACTIVE LISTENING

PARAPHRASE.

Try to paraphrase what the student said to make sure you understand and to show that you are paying attention.



ASK QUESTIONS.

Ask questions to encourage the student to elaborate on their thoughts and feelings.



USE POSITIVE BODY LANGUAGE.

Show that you are engaged and interested by nodding, facing the other person, and maintaining an open and relaxed body posture.



SHOW EMPATHY.

If the student voices negative feelings, try to validate them. Consider why they feel this way and put yourself in their shoes.



AVOID JUDGMENT.

Your goal is to understand your student's perspectives. Try not to interrupt with your own opinions while the student is speaking.



LISTENING MAY BE ENOUGH.

We may be tempted to "fix" the problem, but at times, students just want us to listen.



EVALUATE THE CONVERSATION.

After you have fully taken in what the student has said, take a moment to evaluate the conversation.



DON'T GIVE ADVICE TOO QUICKLY.

Allow the student to finish speaking before attempting to give advice. You want to make sure that you fully understand them first.





A scenic landscape featuring a wooden pier in the foreground, a green lake, and mountains in the background. The pier is made of weathered wooden planks and extends from the bottom center towards the middle of the frame. The lake is a vibrant green color, reflecting the surrounding environment. In the background, there are several mountain peaks, some covered in dense green forests. The sky is a clear blue with a few wispy clouds. The overall scene is peaceful and natural.

POSITIVE FEEDBACK AND CRITICAL: DIFFERENCES, RULES, PRACTICE. THE HAMBURGER METHOD

**DISCUSSED THE DIFFERENCE BETWEEN POSITIVE AND NEGATIVE
FEEDBACK. HOW TO GIVE FEEDBACK CORRECTLY, WHAT METHODS AND
TOOLS WE CAN USE**





TIME MANAGEMENT EXERCISE. WORKING UNDER PRESSURE

25 TASKS TO COMPLETE IN 3 MINUTES



A scenic landscape featuring a wooden pier in the foreground that leads towards a calm lake. The lake is surrounded by dense green forests and mountains in the background under a clear blue sky. A semi-transparent green overlay covers the middle portion of the image, where the main text is placed.

REFLECTION: RULES, PRACTICE

REFLECTED AFTER EACH DAY. 5 RULES OF REFLECTION

5 Finger Rule for Reflecting on the Day



