



3MFG WORKSHOPS TEMPLATE:

WORKSHOP: 22.05.2013

Activity: Meaning of values for personal/group entities and social rules(Common and different values and knowledge today's life).

■ **OBJECTIVES**

- sharing common and different values and knowledge today's life
- sharing common values about being citizens and taking into consideration the social rules
- comparing different points of view about values in different generations

■ **TARGET GROUP**

Women, age 24-62, from the group Women-Initiatives in Suhl



■ **APPROXIMATE DURATION.**

4 hours



■ **NECESSARY MATERIALS**

Paper, colored pencils, pens, Carton



■ **DESCRIPTION / IDEAS**

In 2011 one group from foreign women started to make different events and to present themselves.

The women meet themselves every week and speak about their past and future. Sometimes the focus- who I am now, somehow lost. Because all of them went here with families, they lost their jobs in their countries, and now they have to find their own place in Suhl. In this group come also German women, and we decided to give them task, and to speak about our values. What does it mean now? Did we've lost something? Are the values reflected during life? And how we can find the connection? We start with the painful sentence- the values generate satisfaction in the persons who practice them.



■ EXERCISES

1. We prepared a big sheet of paper in the circle form. Every woman had to draw, write, paint the line of the life from the beginning of her life till now- to think and focus of the most important moment in life here, and why. After this, in the silence, they had to go slowly and to see what the other women did it. In the circle every woman ask the neighbor a question connected with the theme of the workshop.
2. We separated on three different groups- children, parents, and grandparents. Everybody had to choose one of the groups- the criteria were- how to feel in this moment. Each group had to discuss and answer of two questions – Which are the wishes of this group and obstacles to realize these wishes.



Key words: Integrity, Flexibility, Dynamism, Feelings, Energy

Conclusion from trainees/trainer: The values give sense and meaning to the human life and to the society, and are transformed with ages.

Recommended / used tools:







KINDER

- wollen abgemacht sein
- Eltern haben in Haus und das Konto vom Leer
- wollen entspannt und kreativ sein
- wollen sagen, was sie fühlen
- wollen schon Bands haben
- wollen Freunde haben
- wollen sehen
- wollen sprachen

Eltern haben

- keine Zeit
- Eltern haben
- viel Stress
- Probleme der Erwachsenen
- Abenteuer erleben und an die frische Luft
- Wale haben eingezogen
- zwischen Neubau Block
- von über sechs Leben
- und ohne Stress und Schläge
- Die Eltern kommen

GROßELTERN

| | |
|---------------------|--|
| mehr ZEIT für Enkel | Krankheit |
| wenig Quatschen | Eltern alleine leben |
| mehr sehen | Eltern behindert die Neurotizität ohne Hilfe |
| Gesundheit | wenig liegen im Bett |
| wiel lächeln | wenig Sitzen |
| mehr Fremdlisch | nicht vergessen |
| die Toleranz | Depression |
| mehr spazieren | Nonen nicht gut |
| die Geduld | nicht feud |
| Besuchen Freunden | stinken wenig |
| viele Bissen machen | |
| mehr Bier Schwimmen | |
| mehr Gimnastik | |
| mehr waschen | |

ELTERN

| | |
|--------------------|--------------------|
| FRIEDEN | Hunger |
| Gesunde Kinder | Gewalt |
| Bildung | Krankheit |
| Sicherheit + Glück | Sprache |
| Geld | Krieg |
| Freunde | Zehnbauk |
| Zeit für sich | Vorurteile |
| Zukunft | Einkauf |
| Freizeit | versuchen den Wert |