

Wake UP!

IO3 Democratic Citizenship

TOPIC: To support a strong Civil Society

TIME (in minutes)	TYPE OF TRAINING ACTIVITY	ACTIVITY OUTCOMES	FORMAT (References to further detail)
5	Introduction part I	<ul style="list-style-type: none"> Trainers introduce themselves to group; introduction of topic and overview of workshop programme 	<ul style="list-style-type: none"> Introductory sequence / warm-up activity
10	Introduction part II	<ul style="list-style-type: none"> To introduce participants to the topic, familiarise them with democratic values. This sequence marks the transition to the actual topic of civil courage. 	<ul style="list-style-type: none"> <u>Social form</u>: Guided group discussion <u>Task</u>: Trainer asks participants, what democracy means to them (ask them for examples, which you write on whiteboard); trainer introduces concept of democracy, provides overview of most important pillars of democracy (e.g. freedom of speech, equality, participation etc.)
20-30	Learning activity part I	<ul style="list-style-type: none"> Familiarise participants with notion of civil courage. <p>Familiarise participants with other notions that are linked to / that they associate with "civil courage" (e.g. action, reason, support, discrimination etc. ...); ask them,</p>	<p><u>Social form</u>: Guided group discussion</p> <p><u>Task</u>: Trainer writes topic on board/flipchart and elicits answers of participants with regards to what civil courage is and</p>

		<p>which of these notions they think match with civic courage.</p> <p>Provide participants with a definition of civil courage (ask participants, when civil courage comes into action in real life; can they think of any examples -> serves also as possible transition to following learning activity).</p>	<p>what other notions / keywords they associate civic courage with</p> <p>provide participants with a recognised definition of civil courage (with examples)</p> <p>(when does civil courage come into action in daily live -> possible transition to following learning activity)</p>
20-30	Learning activity part II	<p>Participants' awareness of civil courage is raised.</p> <p>Participants are equipped with knowledge of civil courage.</p> <p>Participants practice group discussion and opinion making.</p> <p>Participants are equipped with skills that are useful in situations, in which civil courage can be required.</p>	<p><u>Social form:</u> In pairs / small groups</p> <p><u>Task I:</u> Trainer presents participants with different cases -> participants are asked to analyse situations. Guiding questions for discussion can be</p> <p>What has happened in this particular situation? What did you experience observe? Have you experienced something like this in your life? How is this connected with our life? How could one react in a situation like this? What do we learn from this? What could be the next steps?</p>
20-30	Learning activity part III	<ul style="list-style-type: none"> o Participants' awareness of civil courage is raised. They are presented with different situations, in which civil courage can be required. o Different learning styles are acknowledged by choosing diverse methods. 	<p><u>Social form:</u> Guided discussion</p> <p><u>Task II:</u> Cases are discussed in class and possible coping strategies are pointed out</p> <p>Participants are provided with information on counselling centres</p>

<p>20-30</p>	<p>Learning activity part IV</p>	<ul style="list-style-type: none"> ○ Participants' awareness of civil courage is raised. They are presented with different situations, in which civil courage can be required. ○ Different learning styles are acknowledged by choosing diverse methods. 	<ul style="list-style-type: none"> ○ <u>Social form:</u> Group setting ○ <u>Task:</u> Participants are presented with short video clips, in which civil courage is exemplified. Then, content of video clips is discussed in group setting, guided by discussion questions above.
<p>5-10</p>	<p>Closing sequence</p>	<ul style="list-style-type: none"> ○ Any unresolved issues can be addressed in this sequence. ○ Participants are provided with information on counselling centres, links etc. that are specialised on topics related to civil courage. 	<ul style="list-style-type: none"> ○ <u>Social form:</u> Group setting ○ <u>Task:</u> Q&A session; participants are also provided with information of counselling centres, specialised on topics related to civil courage