## Session lab Workshop IO4 European citizenship - International cooperation

| Workshop |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| time | MINUTES | TITLE | DESCRIPTION | MATERIAL |
| 13:00 | $05^{\prime}$ | Introducing Wake UP! | Presentation of our organization and the Wake UP project and the workshop European citizenship - International cooperation |  |
| 13:05 | 60 | Work on the assignment | This workshop is an exercise for young people and adults. The workshop focuses on Erasmus + and the benefits for young people and students within this program. |  |
| 14:05 | 35 | Reflection | Within this activity, the main goal was to get young people to reflect and be aware of the international cooperation we are part of, and create unrest and knowledge about the EU and about the benefits that come with the Erasmus + programs. |  |
|  |  |  | 1) The coach divides the participants into groups (5 people per group - a heterogeneous discussion should be possible in the subgroups). |  |
|  |  |  | 2) The following tasks are assigned to the groups: |  |
|  |  |  | - What is Erasmus +? |  |
|  |  |  | - What do you know about Erasmus, and do you know anyone who has used Erasmus +? |  |
|  |  |  | - And the most important question: Do you want to use this opportunity? |  |
|  |  |  | (Then they could examine themselves to learn more) |  |
|  |  |  | 3) After the research, each group must present its results. Hopefully all questions will be answered, such as a fruitful discussion about the possibility that Erasmus + provides. The trainer can provide examples where Erasmus + has been used and the positive result of this experiment. |  |
| 14:40 | 15 | Oppsummering | The activity is seen successfully if all participants reflect and understand what Erasmus + is. The work shop created motivation and good discussions between the young people. They claimed to have learned much more about this topic, and were curious to learn more about this program. |  |

TOTAL LENGDE: 2,5-3 HOURS
MATERIALE

- Prosjektor
- Penner

