

Name of workshop: **SLIC – Fenntartható tanulás a közösségben**  
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Aims:
 

- raise self-confidence by sharing
- encourage participants to engage in learning and voluntary work

 Objectives:
 

- construct a personal skills profile
- identify goals and create a sound action plan
- identify the positive effects of voluntary work and introduce some volunteering opportunities

## WORKSHOP: KEY TECHNIQUES

**Ice Breaker** The workshop started with two activities which helped to set the tone. Later we continued with the participants' introduction within which they asked each other and then gave feedback plenary. (IB)

**Setting the Scene** The facilitators introduced themselves then they clarified the aim of the workshop, the method and the European content. Also the structure of the two day (past – competences / future – learning, voluntary work) and the agenda of day 1 were introduced.

### Core Workshop Activities

- Our skills – what we have learnt so far and what we know. What are we good at? The activity aims to familiarize participants with different skills. (SP)
- Constructing a skills profile and skills summary using self evaluation (SP)
- Setting goals and action plans with the “future workshop” technique (AP)

### Appendix Key

AP - Goals & Action Plans  
 IB - Ice Breaker  
 HW - Homework  
 MR - Marketing & Recruiting  
 SP - Skills Profile  
 VLO - Volunteering & Learning Opportunities

Identifying the positive effects of voluntary work and introducing some volunteering opportunities (VLO)

- Involvement of inactive older people (MR)

### Running the Workshop Activities

The workshops were practical interactive sessions using group, paired and individual work.

Group discussions and reflections on skills and experiences led to identification of learning and volunteering opportunities.

### Resources and Materials

- handouts and coloured pens
- flipchart
- internet, laptop, projector

### Additional Comments

- Detailed introduction of the aim and the method create a sociable space to share experiences and knowledge.
- Personal Skills Profile work shared with family and friends is a rewarding exercise (HW)

