

ADDITIONAL MODULE

Becoming active citizens, engaging in different social fields

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

Train mentors in the use of strategies to enable participants to participate in society.

Mentors will learn appropriate techniques or strategies to motivate participants to participate in social activities and community activities. They will learn, through dynamics and examples, how to support people in their process of integration and participation in society.

Objective n° 2

Learn tools to motivate and guide people in recovery towards integration into the community.

Through practical actions, they will focus on how to motivate participants' participation and help people to find their rightful place in the community, generating social integration and well-being.

Objective n° 3

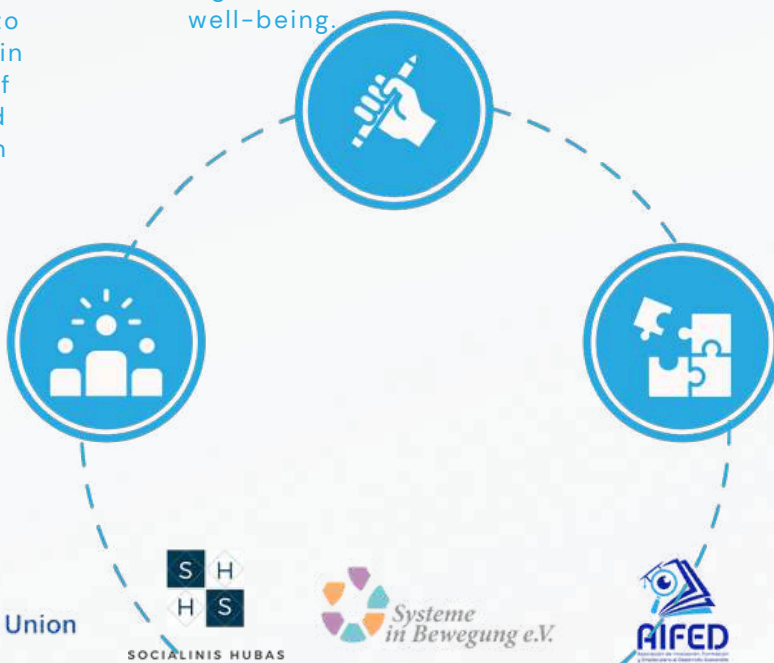
Explore ways to include participants in social, cultural and civic activities.

Mentors will learn to identify the needs of clients in order to offer social or cultural activities that enable people to adapt to life in society.

Objective n° 4

Reflect on the role of the mentor as a facilitator of positive change for clients.

Mentors will reflect on their role as facilitators of positive change in the lives of the people they support. Through discussions and self-assessments, they will reflect on how their guidance and support can positively affect the recovery process and the necessary learnings of the participants.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 90 minutes

1. Slide presentation with the most important points to be dealt with.
2. White board to write down ideas in the group dynamics.
3. White cards for mapping

Materials



METHODOLOGY USED FOR THIS ACTIVITY



Brief introduction to the topic highlighting the most important aspects to be dealt with in the session and what you want to work on and discuss.



Brainstorming to stimulate critical thinking and the search for possible solutions to the problem or alternatives to use.



Pair activity to look for solutions and alternatives to the problem.



Case Study Analysis: Participants will work in small groups to dissect the interpersonal dynamics in each case. They will identify what worked, what didn't, and how different interpersonal skills could have changed the outcomes.



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ACTIVITY DESCRIPTION

1. INTRODUCTION: The trainer begins the course with a presentation in PowerPoint in which the main objectives are described. The trainer, through examples, will explain four points:

- a. What it means to become active citizens
- b. the risks of social exclusion and the creation of ghettos
- c. The importance of local associations in the process of recovery of clients
- d. The importance of hobbies and leisure activities in the recovery process for a correct social integration.

2. BRAINSTORMING: participants will appoint a group leader who will be in charge of writing down on a whiteboard the ideas that emerge during the discussion. The examples explained on the basis of the four main points of the introduction will help participants to share ideas related to the topics discussed such as the benefits of community living, social activities that can prevent social exclusion and the key role of local partnerships in the inclusion process.

3. MAPPING LOCAL ASSOCIATIONS AND PLACES OF INTEREST FOR HOBBY GROWING: participants will get into pairs and pairs will be given cards to write down possible local associations that clients can go to and also ideas for other activities they can do such as going to the gym or hiking trails or volunteer groups that are nearby

4. GROUP DISCUSSION: All the results obtained in the previous activity will be pooled and participants will discuss the importance of social participation and identify the most common barriers faced by clients.

5. CONCLUSION AND CLOSURE: at the end of the activity, the educator will make a brief summary of the key points discussed throughout the session and will comment on the aspects that seem most relevant: such as the importance of active involvement in community life to avoid exclusion and to avoid the appearance of ghettos, of neighbourhood associations, assimilated as a support network for people's recovery process or how developing hobbies and participating in leisure time systematically can be a determining factor for social integration, for personal wellbeing and for the construction of healthy identities outside the place where the addiction is found.

The educator concludes the activity by inviting participants to reflect on how they can apply this knowledge and encourage the active involvement of clients.