TEAM
RETROSPECTIVE

PiGreco - SEMI di intercultura APS

G Agenzia Italiana per la Gioventù

EUROPEAN SOLIDARITY CORPS

THE LAST TIME I FELT VALUED WAS WHEN? HOW DID I FEEL?
WHO ARE THE PEOPLE WHO MAKE ME FEEL GOOD? WHY?
HOW DO I SHOW THAT I AM HAPPY?WHAT I COULD DO TO IMPROVE THE
ACTIVITIES OF THE PROJECTS IN WHICH I AM INVOLVED?INVENT A STORY
WITH CHARACTERS (DESCRIBING THEIR BEHAVIOUR AND HABITS), A PLOT
(A BEGINNING, A DEVELOPMENT AND AN ENDING) BY CHOOSING 5
PHOTOS THAT YOU HAVE TAKEN IN FAENZA AND THAT ARE SIGNIFICANT
FOR YOUR EXPERIENCE HERE (BECAUSE OF THE EMOTIONS THEY
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THAT CORRELATE WITH THE 5 PHOTOS MUST EMERGE FROM THE
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THE ONES DRAWN CAN BECOME A JOB OR JUST A HOBBY, FOR EACH
ONE IDENTIFY SPECIFIC SKILLS AND REFLECT (WHICH ONES DO I HAVE,
WHICH ONES AM I LACKING, WHAT CAN I DO TO ACQUIRE THEM?) THE
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IN COLLABORATION WITH:

LibrAzione
società cooperativa sociale

BABELE ODV

ASOCIAȚIA **TINERII3D**

RIONE VERDE

REGEN

BONA FIDES
STOWARZYSZENIE AKTYWNOŚCI OBYWATELSKIEJ

Avenir En Héritage

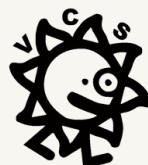**YOUTH BCN** BARCELONA

efd
europäischer
freiwilligendienst

Youth Bridges Budapest

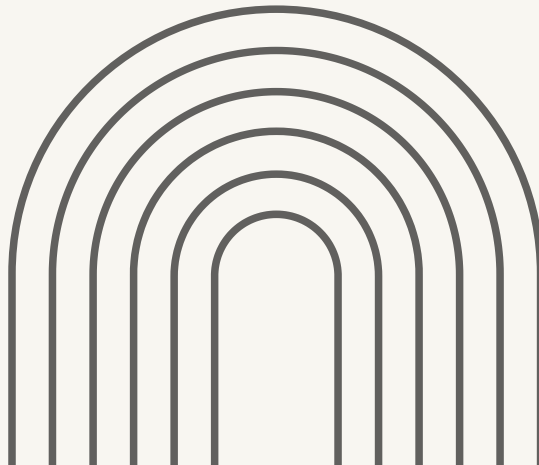Service Civique Européen

VNIVERSIDAD Đ SALAMANCA

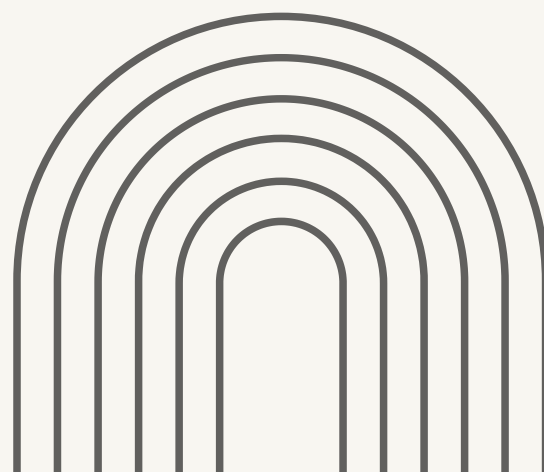**Stella**

VOLUNTEERS CENTRE SKOPJE

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EXPECTATIONS:

WHAT DO YOU EXPECT FROM THIS EXPERIENCE?

PROJECT REFLECTION:
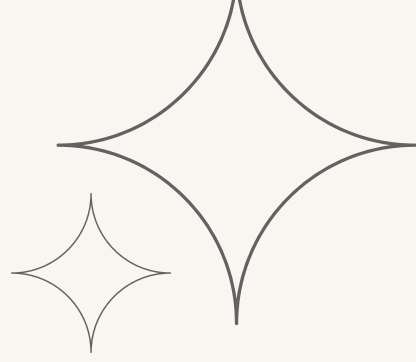
WHAT I COULD DO TO IMPROVE THE ACTIVITIES OF THE PROJECTS IN WHICH I AM INVOLVED?

THINK COLOURED:

WHAT COLOUR DO I FEEL TODAY; A COLOUR TO DESCRIBE MY EXPERIENCE?

STORYTELLING

INVENT A STORY WITH CHARACTERS (DESCRIBING THEIR BEHAVIOUR AND HABITS), A PLOT (A BEGINNING, A DEVELOPMENT AND AN ENDING) BY CHOOSING 5 PHOTOS THAT YOU HAVE TAKEN IN FAENZA AND THAT ARE SIGNIFICANT FOR YOUR EXPERIENCE HERE (BECAUSE OF THE EMOTIONS THEY AROUSE IN YOU, BECAUSE IT IS YOUR FAVOURITE PLACE OR BECAUSE SOMETHING SIGNIFICANT HAPPENED THERE FOR YOU). THE EMOTIONS THAT CORRELATE WITH THE 5 PHOTOS MUST EMERGE FROM THE STORY.
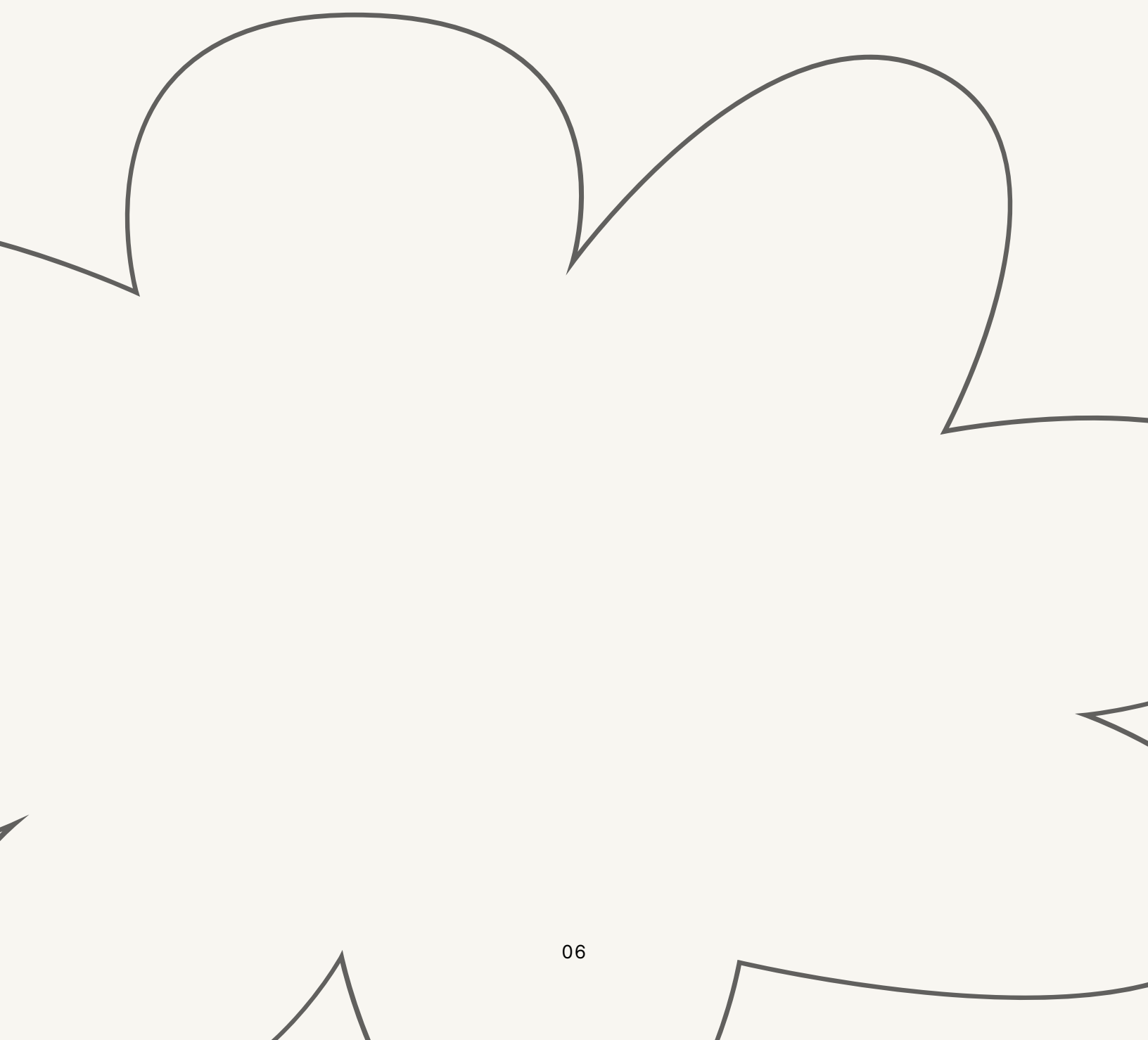
IMAGINE AND DRAW:

HOW I SEE MYSELF IN A YEAR FROM NOW?
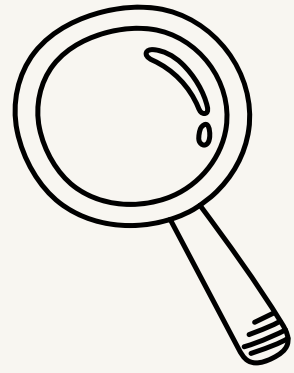
DREAM VS REALITY IN THE WORKPLACE:

DRAW WHICH JOB YOU WOULD LIKE TO DO (DESIRE) AND WHICH ONE YOU ARE BEST SUITED/MOST LIKELY TO DO (REALITY). WHICH OF THE ONES DRAWN CAN BECOME A JOB OR JUST A HOBBY, FOR EACH ONE IDENTIFY SPECIFIC SKILLS AND REFLECT (WHICH ONES DO I HAVE, WHICH ONES AM I LACKING, WHAT CAN I DO TO ACQUIRE THEM?)

ME AT WORK:

IDENTIFY 3 POSITIVE AND 3 NEGATIVE CHARACTERISTICS THAT YOU TAKE ON AT WORK. WHICH ATTITUDES THAT OTHERS TAKE ANNOY ME? WHEN DO I ASSUME NEGATIVE ATTITUDES? WHAT CAN I DO TO REDUCE THEM?

positive

negative

JOURNALING- 5 MINUTES JOURNAL:

MORNING QUESTIONS:

3 THINGS I AM THANKFUL FOR TODAY:

✦

✦

✦

3 THINGS THAT WOULD MAKE THIS DAY A SUCCESS:

✦

✦

✦

A POSITIVE STATEMENT ABOUT MYSELF: I AM ...
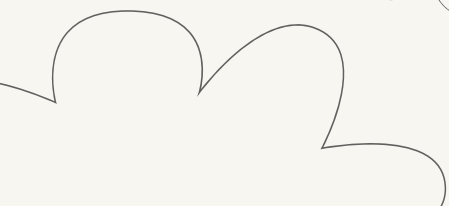
JOURNALING- 5 MINUTES JOURNAL:

EVENING QUESTIONS:

3 SIGNIFICANT THINGS THAT HAPPENED TODAY THAT I WOULD LIKE TO REMEMBER:

WHAT I COULD HAVE DONE BETTER?

ROADS:

IF THE MONTHS SPENT HERE WERE A ROAD, WHAT WOULD THEY LOOK LIKE? DRAW.

EXPERIENCES:

MAKE A DRAWING REPRESENTING YOUR EXPERIENCE HERE.

POSITIVE VS NEGATIVE:

DIVIDE THE SHEET INTO TWO: ON ONE SIDE NEGATIVE FEELINGS/ANXIETIES/FEARS ABOUT AN EVENT VS. POSITIVE FEELINGS/HOPES/EXPECTATIONS AND ADD UP: DO THE NEGATIVES OUTWEIGH THE POSITIVES? CAN ANY NEGATIVES BE TURNED INTO POSITIVES? IF SO, HOW?

PERSONAL CHARACTERISTICS

PERSONAL CHARACTERISTICS ANALYSIS (CARD). READ THE CHARACTERISTICS AND IDENTIFY THE 3 MOST DEVELOPED ONES AND COMPARE THEM WITH THE OPINIONS OF THE GROUP (IS IT TRUE THAT I POSSESS THESE CHARACTERISTICS? IF NOT, WHICH MORE DEVELOPED CHARACTERISTICS DO I POSSESS?)
CHOOSE 3 CHARACTERISTICS FROM THE FORM THAT ARE IMPORTANT TO YOU AT WORK
IDENTIFY YOUR PROFESSIONAL INTERESTS/VALUES/ATTITUDES
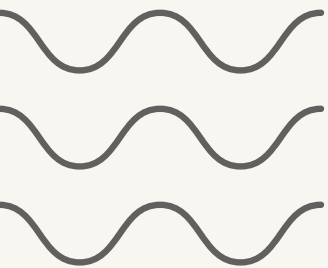
FEELING APPRECIATED - THAT'S ME
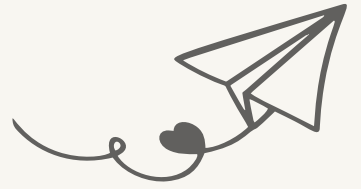
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WHO ARE THE PEOPLE WHO MAKE ME FEEL GOOD? WHY?
HOW DO I SHOW THAT I AM HAPPY?

IDEAL LIFE

MAKE A COLLAGE ABOUT MY IDEAL LIFE IN THE FUTURE (HOW/WHAT I WANT TO BE/HAVE)
HOW I WAS/WHAT I AM NOW/WHAT I HAVE LEARNT

INTERCULTURALITY

DISCUSSION ABOUT CULTURES, WHAT ARE THE CHARACTERISTICS OF MY CULTURE, WHAT ARE THE STRENGTHS, WHAT ARE THE WEAKNESSES, WHAT IS THE ATTITUDE OF YOUNG PEOPLE TOWARDS OUR CULTURE

CONQUERING SAFETY My three-legged stool

ASSIGN TOPICS TO EACH OF THE THREE LEGS OF THE STOOL. EXAMPLE FOR THE FIRST LEG (FEELING COMPETENT): I CAN REPAIR MY BICYCLE, I RUN FAST, I CAN BAKE BISCUITS, ETC. EXAMPLE SECOND LEG (FEELING APPRECIATED): PEOPLE SAY I AM KIND, PATIENT, GOOD AT DRAWING, ETC. EXAMPLE FOR THE THIRD LEG (FEELING RESPONSIBLE): I CAN SPEND MY MONEY WELL, I CAN TAKE CARE OF MY DOG, I KEEP MY THINGS IN ORDER ETC.

- HOW HAPPY ARE WE WITH OURSELVES? OR DISSATISFIED?
- WHAT CAN WE DO TO CHANGE THE IMAGE WE HAVE OF OURSELVES?
- WHAT HAVE YOU LEARNT ABOUT THE ABILITIES, THOUGHTS AND FEELINGS OF OTHERS BY LISTENING TO THEM?
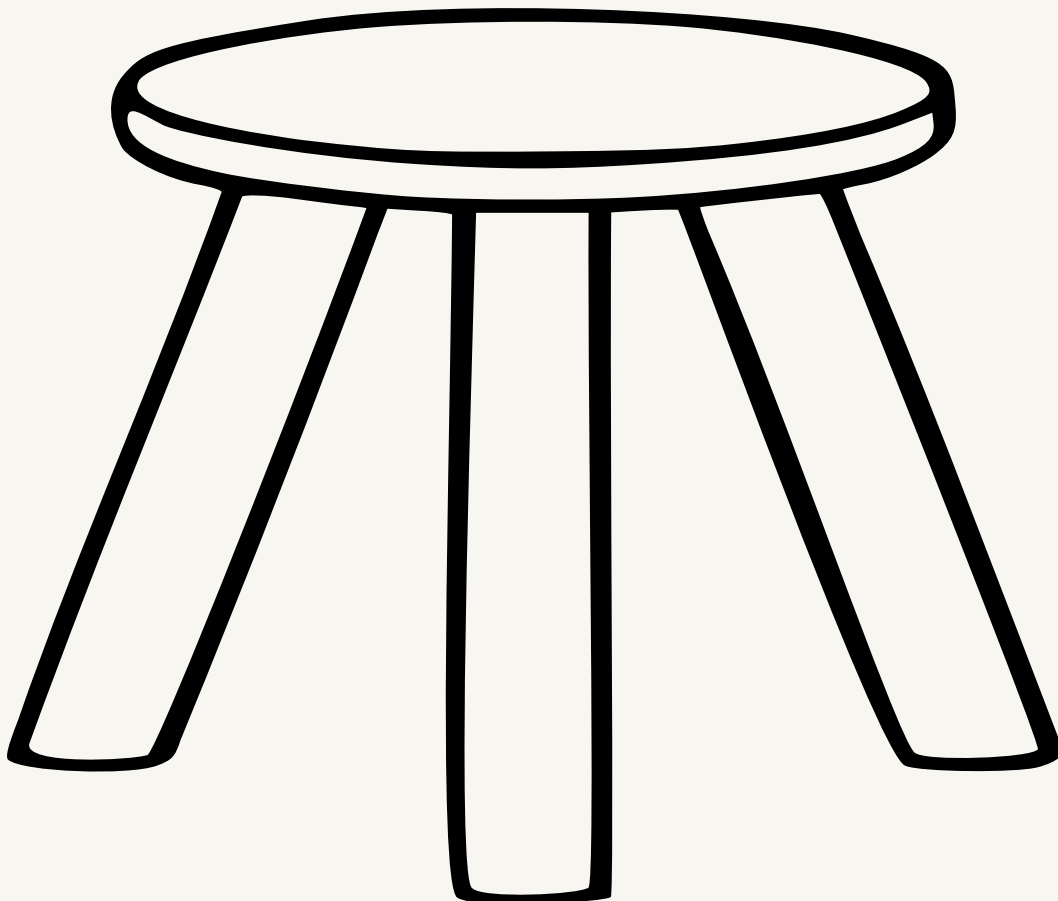
# APPLAUDING ONE'S OWN SUCCESSES

THE SUCCESSES OF ....

CHOSE THREE EVENTS FROM YOUR LIFE THAT YOU CONSIDER TO BE
SUCCESSES. ILLUSTRATE YOUR THREE CHOSEN MOMENTS (CUTTING OUT OF
MAGAZINES, DRAWING, ADDING A SHORT WRITTEN DESCRIPTION)
PRESENT YOUR 'SUCCESS SHEET', EACH PRESENTATION CAN BE APPLAUDED
USING THE METHOD YOU PREFER, TRYING TO INVENT NEW WAYS.
WHAT DID YOU FEEL WHEN PRESENTING YOUR SHEET?
IS IT DIFFICULT TO TALK ABOUT YOUR SUCCESSES? WHY?
BEING PROUD AND BEING VAIN, ARE THERE DIFFERENCES?
WHAT PREVENTS US FROM SOMETIMES COMPLIMENTING AND BEING HAPPY
ABOUT THE SUCCESSES OF OTHERS?

NOW

BIRTH
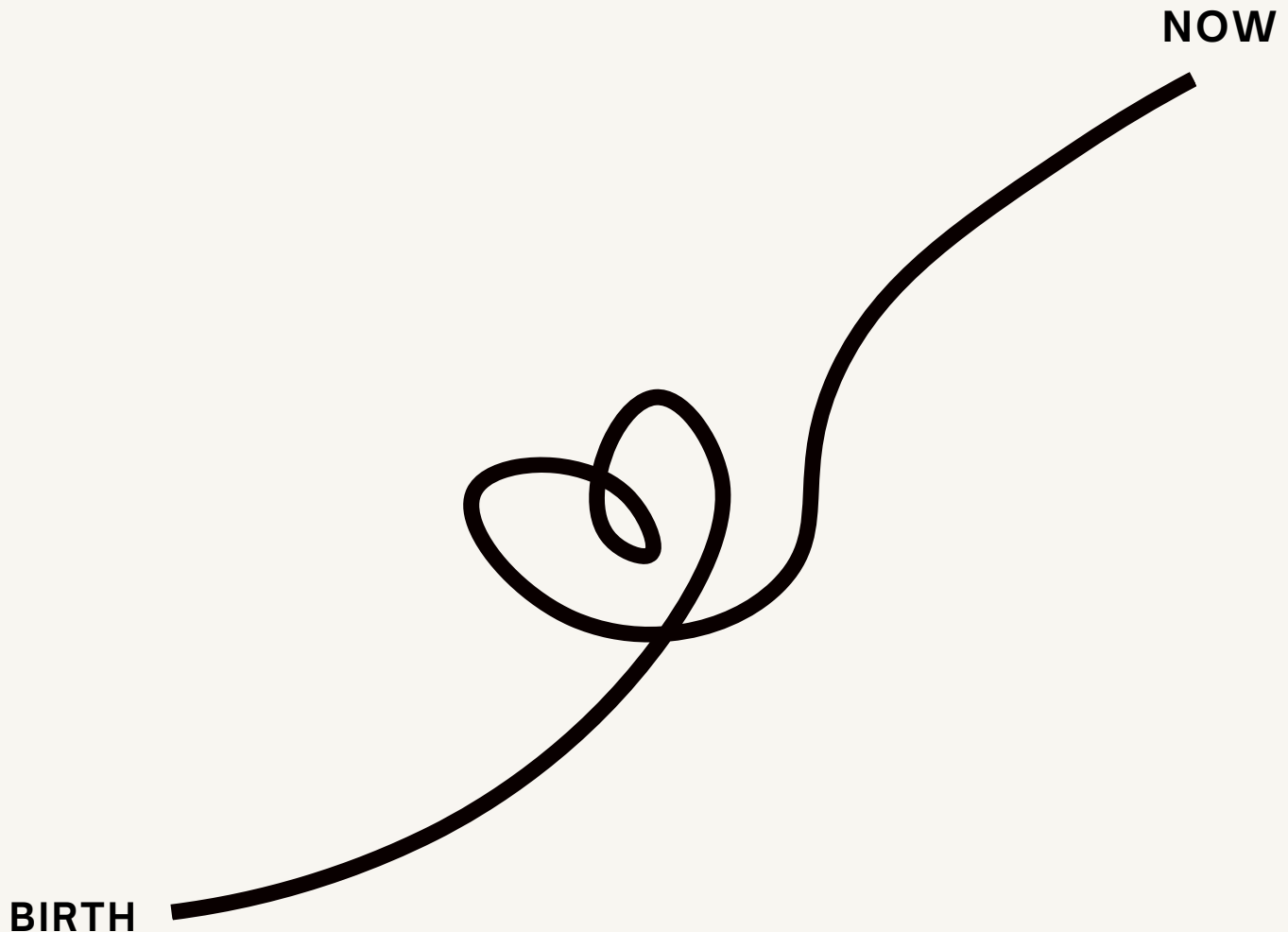
EMOTION WHEEL
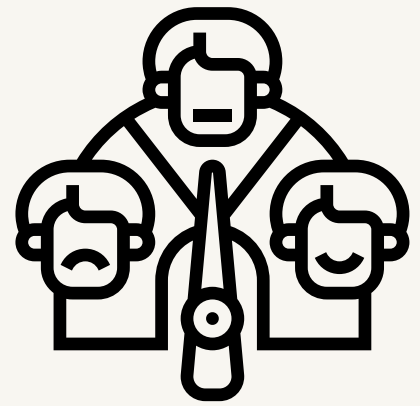
CHOOSE THE EMOTIONS THAT BEST DESCRIBE THIS
PAST MONTH AND ASSOCIATE EACH ONE WITH A
COLOUR AND GIVE 3 EXAMPLES
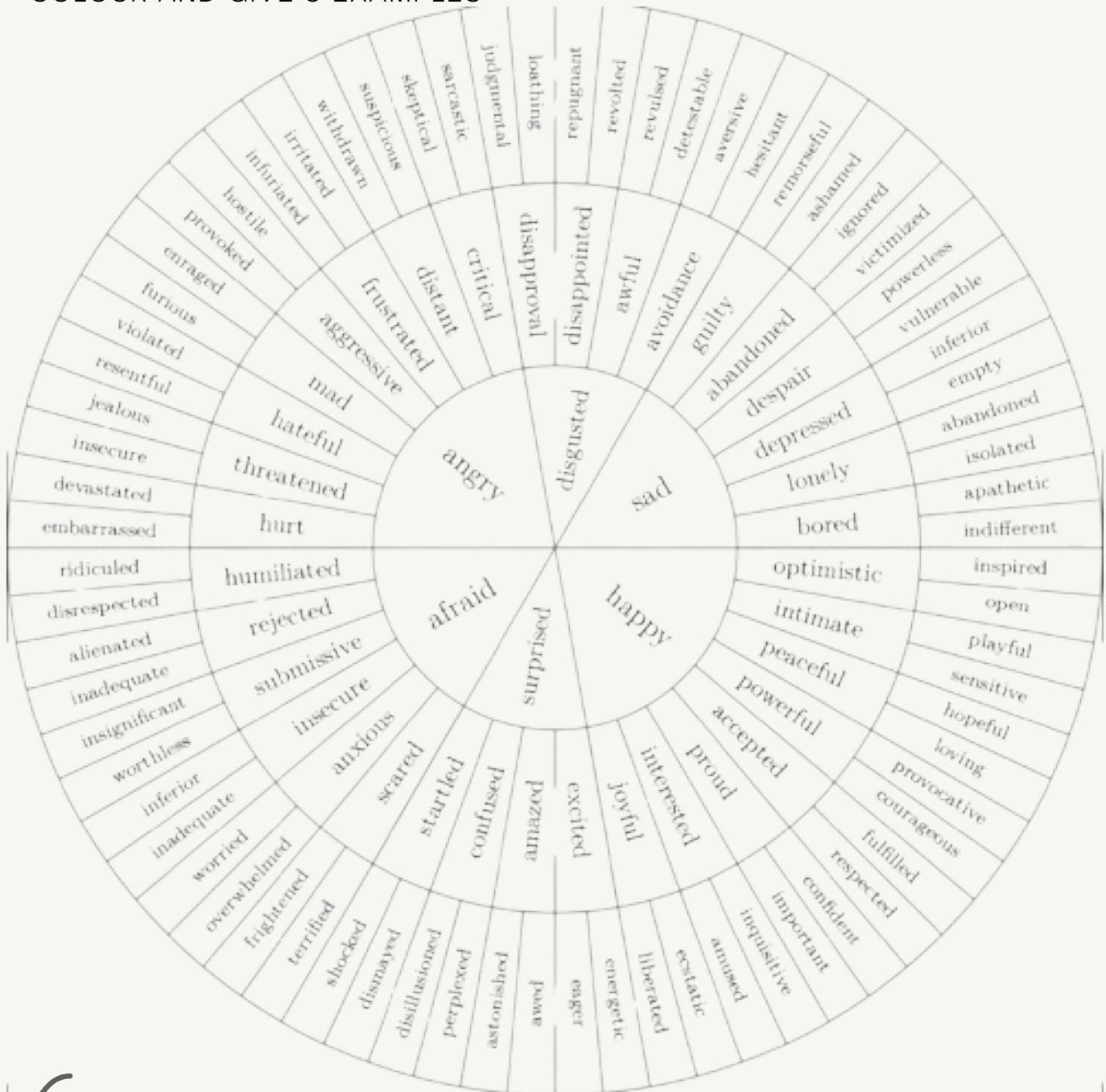
DAISY OF POSSIBILITY

IN THE CENTRAL PART OF THE FLOWER, THE LARGEST CIRCLE, YOU WRITE THE AREA OF LIFE YOU WANT TO WORK ON AND MAKE AN IMPROVEMENT. THIS CAN BE WORK, FAMILY, SCHOOL, SPORT OR THE AREA OF FEELINGS AND RELATIONSHIPS.
DEFINE THE TOPICS OF EACH PETAL (THOSE WRITTEN ABOVE OR OTHERS) AND IN EACH ONE YOU SHOULD WRITE THE POSSIBILITIES OF EACH SPHERE: CHANGE UNIVERSITY FACULTY, TAKE A TRAINING COURSE, LEAVE YOUR JOB, STAY IN YOUR COMPANY OR MANY OTHERS DEPENDING ON THE SPHERE ANALYSED.
THE THINGS WRITTEN IN THE PETALS MUST BE CONCRETE AND ACHIEVABLE
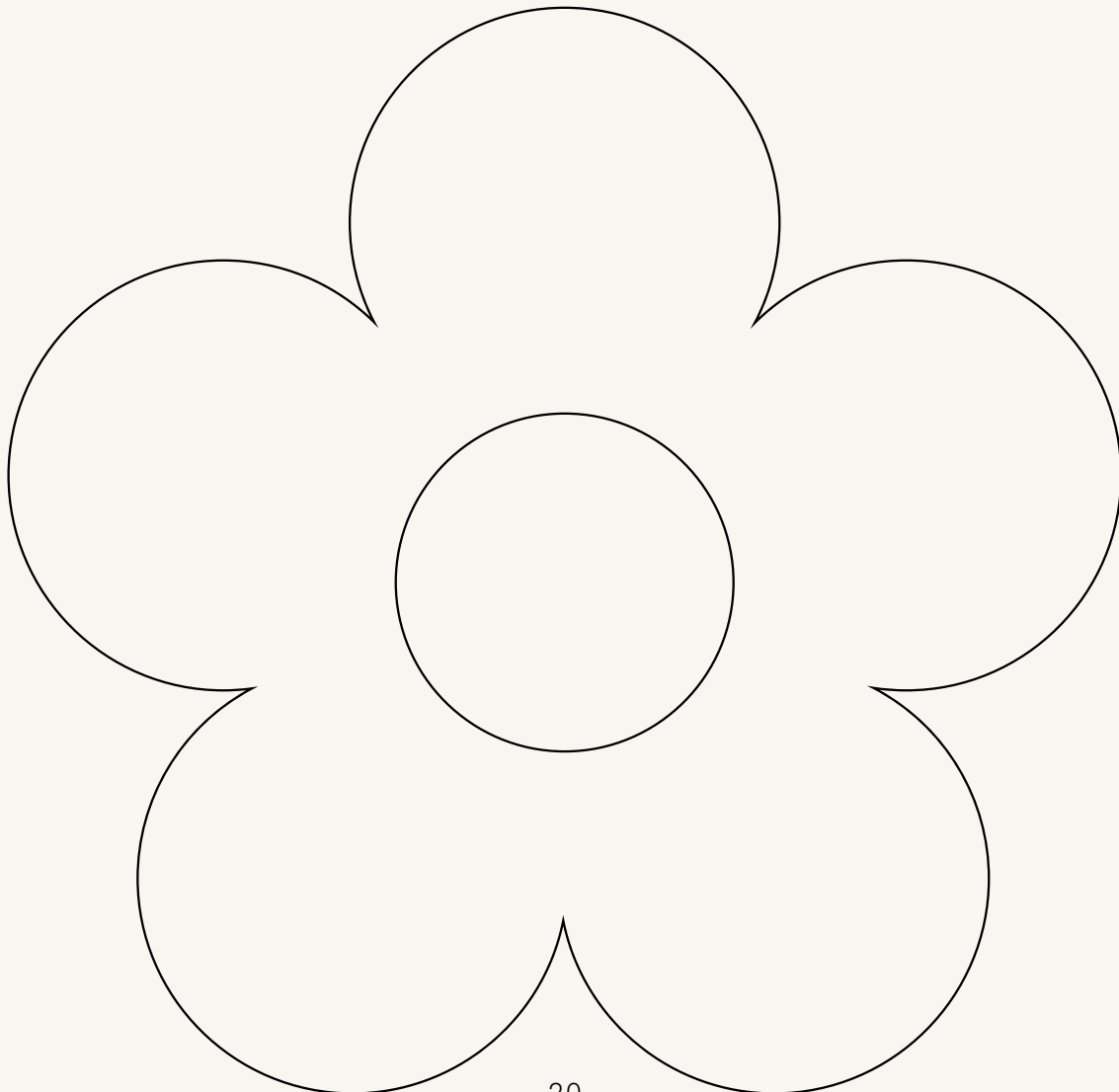
SUPERHEROES

IMAGINE AND DRAW YOURSELF AS IF YOU WERE A SUPERHERO, OF COURSE DON'T FORGET THE SUPERPOWERS. WHAT COULD YOU DO TO IMPROVE YOUR SUPERPOWERS IN REAL LIFE?

EXAMPLES:

BE ABLE TO TRAVEL THROUGH TIME: DOCUMENT HISTORICAL FACTS THAT INTEREST ME/DO INTERVIEWS/ DOCU-SERIES

HAVE SUPERSONIC SPEED: TRAIN IN RUNNING/DO SPEED SPORTS - GO KARTS/CIRCUITS

BEING ABLE TO READ THOUGHTS: STUDYING PSYCHOLOGY/ BEING ABLE TO READ NON-VERBAL COMMUNICATION
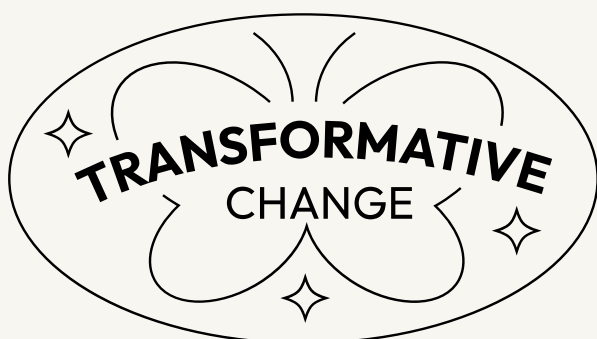
(THESE ARE JUST EXAMPLES FIND YOUR OWN!!)

I AM CHANGING, WHO AM I NOW?

WHAT WAS I LIKE BEFORE THE START OF THE PROJECT?
HOW I AM NOW: WHAT HAS CHANGED AND HOW?
HOW WOULD I LIKE TO BE IN THE FUTURE?
WHAT WOULD I LIKE TO CHANGE BEFORE THE END OF THE PROJECT?

TRANSFORMATIVE CHANGE

22

ME IN THE PROJECT

WHAT DOES IT MEAN FOR ME TO BE PART OF THE ESC AND THIS PROJECT, WHAT EMOTIONS/SKILLS IS GIVING ME? EXPRESS IT IN A DRAWING

JOURNEY OF THE MONTH

NEXT MONTH WILL BE A 'JOURNEY' AND THE GOAL IS TO PLAN A MEANINGFUL ITINERARY.
REFLECT ON GOALS, DREAMS, AND THINGS YOU WANT TO ACHIEVE IN THE COMING MONTH.

IDENTIFY THREE MAIN GOALS FOR THE MONTH (RELATED TO VOLUNTEERING, PERSONAL DEVELOPMENT, SKILLS GROWTH, OR ANY OTHER SIGNIFICANT AREA).
FOR EACH GOAL, PLAN CONCRETE ACTIONS TO ACHIEVE THOSE GOALS.
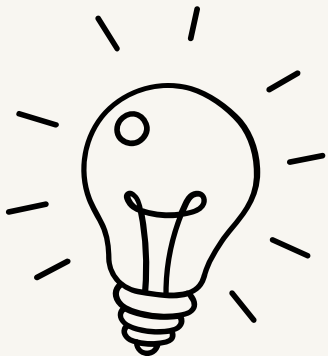
1.

ACTIONS:

2.

ACTIONS:

3.

ACTIONS:
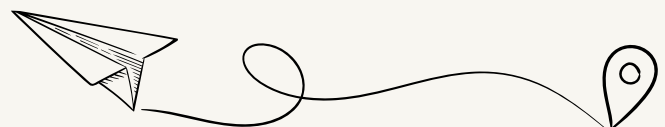
IDEAL WORLD

WHAT I THINK THE MAIN PROBLEMS OF SOCIETY ARE
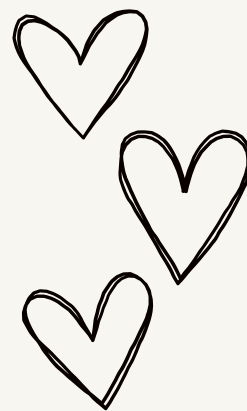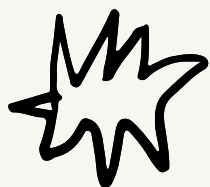 WHAT I THINK THE IDEAL WORLD SHOULD BE LIKE
WHAT I CAN DO (CONCRETELY, IN MY OWN SMALL WAY) TO BRING US
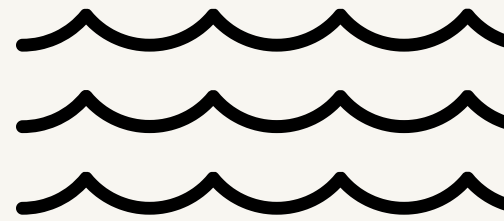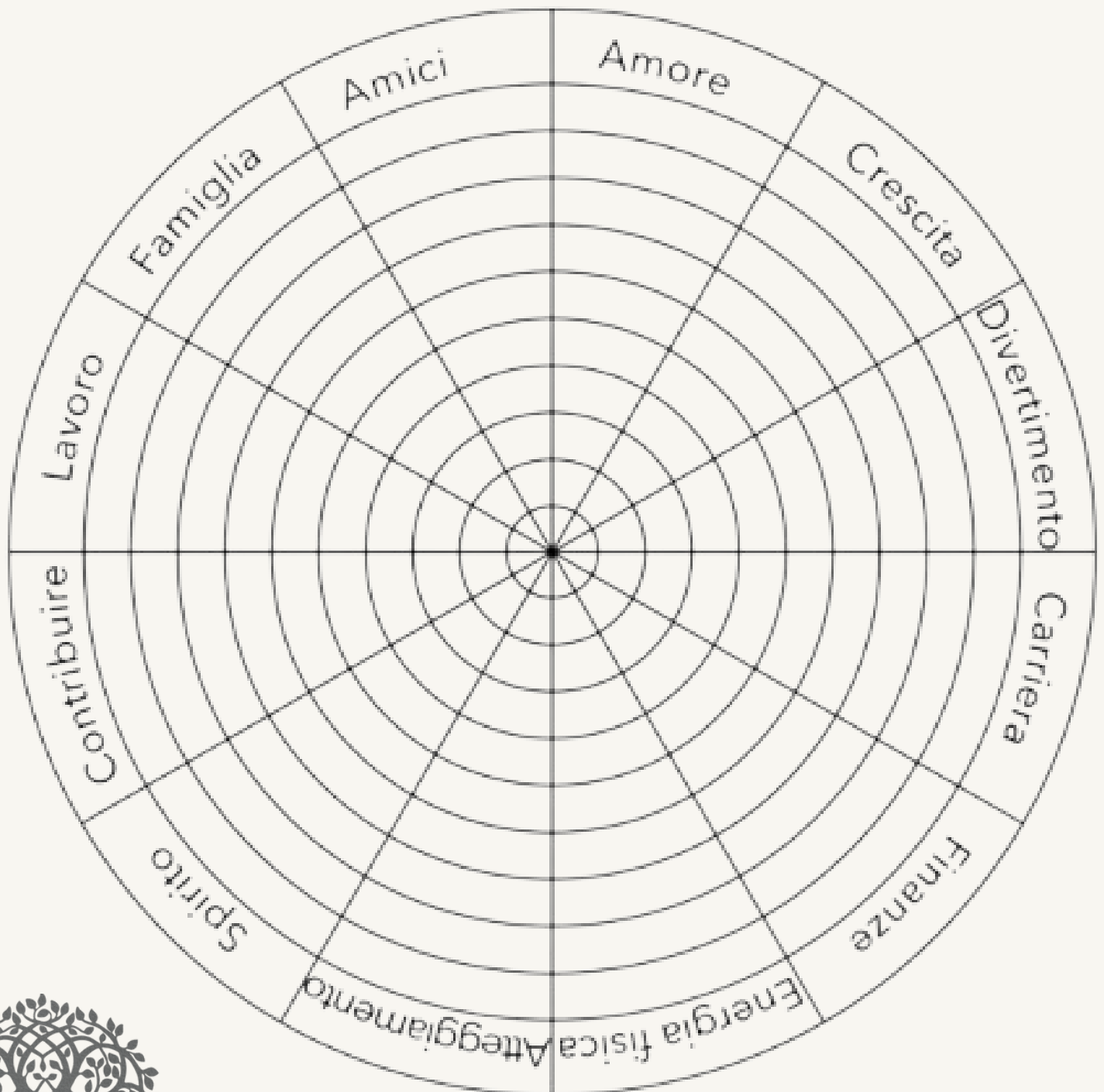CLOSER TO THIS IDEAL WORLD

ALL the BEST!!!

MY SELF

WHAT I CAN DO TO TAKE OUT THE BEST FROM ME?
WHAT I WOULD TO ACHIEVE IN MY LIFE?
THINGS THAT I WOULD LIKE TO BE CONSTANT IN MY LIFE

LIFE WHEEL

CONSIDER THE 12 CATEGORIES OF THE WHEEL. NOW, FOR EACH AREA, DEFINE YOUR CURRENT LEVEL OF SATISFACTION AND COLOUR. CHOOSE A VALUE BETWEEN 1 (VERY DISSATISFIED) AND 10 (COMPLETELY SATISFIED). USE THE FIRST (SCORE) THAT APPEARS IN YOUR HEAD, NOT THE NUMBER YOU THINK IT SHOULD BE!
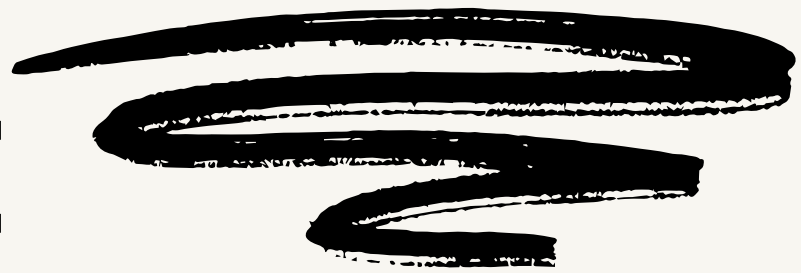
BLOB TREE

TO USE IT, CAREFULLY OBSERVE THE PICTURE AND SELECT THE BLOB PERSON THAT BEST REFLECTS YOUR CURRENT STATE AND RESONATES WITH YOU.

Blob feelings

BLOB TREE

TO USE IT, CAREFULLY OBSERVE THE PICTURE AND SELECT THE BLOB PERSON THAT BEST REFLECTS YOUR CURRENT STATE AND RESONATES WITH YOU.