

ACTIVITY 1.1 System Change

Learning Goal: Participants discover their role and position in the system

Format: Individual reflection, pair discussion

Materials: -

Estimated Time: 45mins

Level: 1

Description: Participants gather at a calm and nice place, preferably close to the nature, such as a park, a quiet public square or just a cozy, relaxing working space. Participants form a circle. The facilitator gives a little bit of time for the participants to feel comfortable with the space and then, poses the following open question to the participants:

“What is a system?”

The facilitator gives time to the participants for individual reflection. Thoughts may be briefly shared with the group.

Then, participants are introduced to the idea that they are part of a system. In fact, each of us influences and is influenced by this system. Depending on the origins of this system (e.g. natural environment, social construction), we have a certain level of power to influence it. Participants may imagine living organisms that are born, that die, that degrade and are transformed into something else etc, following the circular process of life. This particular system of complex processes follows specific rules and principles, which cannot be easily broken and that if they are threatened, then the whole system is threatened.

Similarly to the system of an organism, socio-economic systems may die. Considering that these are socially constructed by humans, the rules and principles have been set according to specific values of the people that made them in the first place. In this sense, if the values of the society are not reflected anymore in a particular socio-economic system, this might result in a system change.

By saying this, the facilitator asks participants to think about their social realities and the life principles they follow. Participants are divided into pairs to discuss the following questions based on personal attitudes towards the system and the people around them:

“Are there things happening in your life that you like?”

“Are there things happening in your life that you do not like?”

“Are there things that you wanted to change and you changed them?”

“Are there things that you wanted to change but you did not manage to do so?”

“What could have hindered that change?”

For the pair discussion, participants are trying to allocate themselves in the space in places that they feel comfortable to talk.

Afterwards, participants are gathered together in a circle to share their reflections and observations. This particular sharing moment may use the method presented in **ACTIVITY 1.2**. Otherwise, at least 30 additional minutes should be spending on **debriefing** of this activity.