

Activity 5.13 Active Citizen

Goal: Participants commit to future actions to minimize their impact on the nature

Method: self reflection, pair work

Materials: colorful post-its, markers, pens, flip chart

Estimated Time: 20 mins

Level: 1

Description: This particular activity is a nice closure exercise for the end of a series of sessions or a public event. The facilitator draws a big spider web in a flipchart and a small spider. This represents the community and the spider human actions and how every little thing we do (with perseverance and dedication) could create something bigger. Post-it papers are given to participants and they write down ideas for future commitments.

“Regarding the aspects connected with sustainability (social, economical, environmental and inner sustainability), what is the first thing you would like to do when you are back home? It could be something that you would like to change in your community or some personal behavior you would like to take in consideration in your daily life”.

The commitments could be read out loud or shared between two participants creating tandems to monitor the evolution of these commitments.

The activity was developed by Vivanco Parada (Spain, Argentina) and Maritza Betsabet Medina Ramos (Peru), participants of the STEP Training Course in Spain. Inspiration: Arpine Galfayan (Armenia) and Sebastian Wehrsig (Germany). Edited by Amerissa Giannouli