

Training session (date)

- **Title - *Ice breaking* (duration: 90 min.)**
- **Trainers:** Lucretia Sirinian, Vasile Nicoară
- **Objectives:**
 - to get acquainted with the individual personalities;
 - to stimulate the development of a group syntality and culture;
- **Expected results:**
 - to stimulate the self-reflexion;
 - to verbalize properly the conclusions of the self-reflexion;
- **Assumed training methods:**
 - Controlled verbal, nonverbal and para verbal communication, explanation, answers on post-it (words, symbols), open group discussions/reflexion, and group debate.
- **Individual and group assessment :**
 - to draw the self and group conceptual map, assessment sheets, group diary, self-representation.
- **Training aids:** table name badges, individual badges, coloured sticky notes sets, flipchart, flipchart paper sheets, markers, pins, glue, welcome posters, incense sticks, laptop, video projector, Power Point presentation (music & images), and photo recorder device.

Timing In minutes	Method	Proceedings of the sitting
15	Introductory explanation	The trainer welcomes the participants, introduces himself and presents: - the whole ELICIT+ project: goals, partners and project team (annex PPT: <i>Literacy – Education for European Citizenship</i>); - the present training module, its objectives and expected results.

20	Self-introduction	Trainer and participants introduce themselves by name and by drawing on the table badge a symbol of their personality.
10	Answers on post-it	Participants are invited to answer in writing 3 questions (<i>Who am I? Why am I here? What for am I here?</i>) and to fix the sticky notes on the 3 flipchart paper sheets.
10	Open discussion	Participants are invited to share by chatting previous training experiences and influences on their personal development.
5	Group debate	Trainer and participants propose/debate and agree on several training rules (on the flipchart).
5	Group debate	Participants are invited to set and acknowledge criteria for the evaluation of their evolution during the training.
10	Self-reflexion and presentation	Participants are invited to express, according to their predominant intelligence type, their present personal development stage, their expectations for the end of the module and to add occurred changes.
10	Teamwork	Trainer and participants draw the values map/honeycomb/conceptual map the group is practicing; they are invited to add new elements daily.
5	Individual assessment	Participants are invited to assess with +/++/--/- the training session on the flipchart.