

Alternate Curriculum Training of Trainers

Based on International ToT in Piliscsaba, Hungary, 9-13 Oct, 2023

First day

Time	Module	Exercise	Group	Tools needed
9.00-9.15	Opening Circle	Aim of this week <ul style="list-style-type: none"> - Snaps - Countries - Structure of training 	all	none; option is a ppt with project intro
9.15-10.30	Introduction and creating safe space	Arrival to Space (3 energising music with a smile, with a greeting it can be in your own language, with a compliment on the hair, with a wish something good for today) Learning the names with throwing ball(s) Introduction with symbols and storytelling (3 rounds) Expectation hand with five fingers: <ol style="list-style-type: none"> 1. Thumb: inner motivation for being here 2. Poiniting finger: 	all	JBL Soft balls Symbols Coloured papers, pens, scissors

		<p>expectation from others</p> <p>3. Middle finger: resource I brought here/ and I can offer to the team</p> <p>4. Ring finger: my personal aims&goals</p> <p>5. Little finger: if you want to treat me right, do this to me like a user guide/instructions</p>		
10.30-10.45	BREAK			
10.45-11.00	Energising game	Touch colours	all	
11.00-12.30	<p>Introduction& creating</p> <p>Safe space</p>	<p>Defining group rules</p> <p>Excersises to get to know each other</p> <ul style="list-style-type: none"> - Leaded by clapping hands - Levitating bamboo 	1 trainer	Flipchart paper
12.30-13.45	LUNCH	Lunch		
13.45-14.00	Energising game	Puff with elephants, Marilyn Monroe, palm tree, washing mashine, mixer, Charlie's angels, James Bond	1 trainer	
14.00-15.30	Presentation of the method	Wake up your creativity!	1 trainer	

		<ul style="list-style-type: none"> - Drowing with your group <p>Details of the project:</p> <ul style="list-style-type: none"> - Handbook - Snaps - Training <p>Trying one of printed Snaps</p> <ul style="list-style-type: none"> - Evolution game (to make 3 groups) 		
15.30-15.45	BREAK			
15.45-17.15	SNAP 1 Snap Swap (development of new Snaps)	<p>Small group work (3 groups)</p> <ul style="list-style-type: none"> - Next day: snap testing plan, 1 minute speech to convince it is the best snap and after we will try it - Practice sharing: who has brought an exercise? 	2 trainers	
17.15-17.30	Closing circle	<p>Evaluation form, discussion</p> <ul style="list-style-type: none"> - Choose a colour - Flying away 	2 trainers	

Tuesday

Time slot	Tuesday	Exercises	Group	Tools needed
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	Module			
9.00-9.15	Opening circle	With emotion cards	all	
9.15-10.30	SNAP 2 Snap Swap	Practice sharing: Mathias 30 minutes tables Snap Class	all	post-it music flipschart colours
10.30-10.45	BREAK			
10.45-11.00	Practice sharing (by partners in pair)	Open discussion: How did you find the new snaps created? How do you feel about their usability? Any suggestions to the partner?	pairs	bucket, balls
11.00-12.30	SNAP 3 Snap Swap (developing Snaps)	Emotional processing	warmup all, then in 3 new groups	bamboostick, paper, coloured pens
12.30-13.45	LUNCH			
13.45-14.00	Practice sharing (by partners in pair)		pairs	
14.00-15.30	SNAP 4 Snap Swap (testing each others Snaps)	Test piloting in 3x15 minutes Brainstorming the next topics	A&Zs	

15.30-15.45	BREAK			
15.45-17.15	SNAP 5 Development of new snaps	30 game 1 hour developing new Snaps in pairs (5 snap)	A&Zs	
17.15-17.30	Closing circle	Evaluation form, discussion	ALL	

Wednesday

Time slot	Wednesday Module	Exercise	Group	Tools needed
9.00-9.15	Opening circle	Breathing techniques - cube breathing	Ancsi+ Zs	
9.15-10.30	Presentation of the Nature Method	Path of nature elements - sculpture - Mindfulness - 5 sense exercise with orange: 15 min	Ancsi	
10.30-10.45	LUNCH			
10.45-11.00	Practice sharing (by partners in pair)			

11.00-12.30	SNAP 4 Snap Swap (testing each others Snaps)			
12.30-13.45	LUNCH			
13.45-14.00	Practice sharing (by partners in pair)			
14.00-15.30	SNAP 5 Development of new Snaps		ALL facilitated by ZS&A	
15.30-15.45	BREAK			
15.45-16.00	Closing circle	Evaluation form, discussion		
16.00-17.30	Alternative Free time	Hiking Escape to the woods Meditation		
EVENING	Facultative surprise programme	Folk tale forest	Anikó and ZS	

Thursday

Time slot	Thursday	Exercises	Group	Tools needed
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	Modules			
9.00-9.15	Opening circle	Warm up game + circle	all	
9.15-10.30	Adventurous Methodology (outdoor training) - Part 1 (Kalandok és Álmok)	Experiential learning	in pairs	climbing ropes, slackline, eye- folders
10.30-10.45	BREAK			
11.00-12.30	Adventurous Methodology (outdoor training) - Part 2 (Kalandok és Álmok)	Experiential learning	in small groups	
12.30-14.00	Adventurous Methodology (outdoor training) - Part 3 (Kalandok és Álmok)	Experiential learning Closing circle Processing what happened during the activities	all	
14.00-14.15	Evaluation form			
14.15-15.15	LUNCH			
15.15-17.00	Freetime			
17.15-17.30	Trip to Budapest	Escape room	2 trainers	

Friday

Time slot	Friday Modules	Exercises	Group	Tools needed
9.00-9.15	Opening circle	Warm up game: fetch the ball + circle	all	
9.15-10.15	Impact workshop	Wordcafé - What happened during the week? form groups: stand to the sheet of one day of the training	in 5 small groups	jbl, paper sheets, crayons, stickers
10.15-10.30	COFFEE BREAK			
10.30-11.00	Evaluation of the week	Snaps evaluation Feedback form (on the materials, on the whole training) With world café	all	
11.00-12.00	Wrapping up & Closing	Walking meditation Anonym messenger Scarf Mandala Closing circle	all	scarfs for each, relaxing music



12.00-14.00	LUNCH	Eating is fun together and can mean a good opportunity to say goodbye in a cosy way.		
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Aim of this week

- Snaps
- Countries
- Structure of training

Engaging Icebreakers for Teacher Training Programs: Arrival to Space

Opening the Door to Collaboration and Connection

The first moments of any training program set the tone for the entire experience. For teacher training, fostering a collaborative and supportive learning environment is crucial. Here's an engaging series of icebreakers titled "Arrival to Space" that goes beyond simply introducing names. It promotes personal connection, team building, and helps participants identify their individual and shared goals for the program.

Part 1: Arrival to Space (Preparation - 10 minutes, Activity - 15 minutes)

Materials:

- Upbeat, energizing music
- Beach ball or small bouncy balls (optional)
- Name tags for participants

Instructions:

1. **Welcome with a Smile:** As participants enter the training space, greet them warmly with a smile and music playing in the background.
2. **Compliment Connection:** As you welcome each participant, make a genuine compliment about their appearance (e.g., "That color looks fantastic on you!" or "I love your unique hairstyle!").

- 3. Wishing Well:** Briefly wish them a positive experience for the day (e.g., "I hope you have a day filled with learning and laughter!").
- 4. Introduction in Motion:** Explain that you'll be launching into a series of activities to help everyone get to know each other better.
- 5. Arrival to Space:** While the music continues, instruct participants to move around the room freely. When the music stops (or when you say "Arrival to Space!"), they must find a partner to greet.

Variation: Add a beach ball or bouncy ball (optional) to the activity. When the music stops, the person holding the ball must find a partner for the introduction. This keeps the energy level high and adds a playful element.

- 6. Partner Up:** Once paired, ask participants to introduce themselves to their partner, sharing their name and their favorite subject to teach (or area of interest if new teachers). Encourage them to actively listen and remember their partner's name.

Part 2: Introduction with Symbols and Storytelling (Preparation - 10 minutes, Activity - 45 minutes)

Materials:

- Whiteboard or flipchart
- Markers
- List of various symbols (animals, objects, nature elements, etc.)

Instructions:

- 1. Symbol Selection:** Explain that this activity helps participants express themselves through symbolism.
- 2. Sharing the Symbols:** Present a list of diverse symbols (prepared beforehand) on the whiteboard or flipchart. These can be animals, objects, nature elements, anything with symbolic meaning.
- 3. Choosing a Symbol:** Give participants time to browse the list and choose a symbol that resonates with them. Encourage them to consider what the symbol represents in their life or career as a teacher.
- 4. Storytelling Circles:** Divide participants into small groups of 4-5. In each group, individuals explain their chosen symbol and the story behind it. This allows for deeper connection and personal sharing.
- 5. Three Rounds:** Repeat the storytelling process three times, allowing participants to move to a new group and share a different symbol each round.

Part 3: Expectation Hand (Preparation - 5 minutes, Activity - 15 minutes)

Instructions:

1. **Metaphor Introduction:** Explain the "Expectation Hand" metaphor, where each finger represents an aspect of their experience in the training program.
2. **Thumb:** Ask everyone to hold their hand up with a fist. Their thumb represents their **inner motivation for being here**. Briefly discuss what motivates them to participate in the training program.
3. **Pointing Finger:** Extend the pointing finger. This represents their **expectations from others**. Encourage them to consider what behaviors or support they might expect from colleagues and facilitators throughout the program.
4. **Middle Finger:** Extend the middle finger (tactfully explain this as a metaphorical tool) which represents the **resources they brought to the table**. This could be their experience, expertise, or any unique contribution they can share with the team.
5. **Ring Finger:** Extend the ring finger. This represents their **personal aims & goals** for the training. What specific skills or knowledge do they hope to acquire?
6. **Little Finger:** Extend the little finger. This represents what would make them feel comfortable and supported during the training. Think of it as a **"user guide" for their learning experience**. Do they prefer more active learning techniques? Do they need quiet time for reflection? Encourage participants to share their needs openly.
7. **Summarizing and Connecting:** After exploring each finger's meaning, facilitate a discussion about how these expectations can be addressed collaboratively throughout the training program.

World Cafe Method for Engaging Discussions

The World Cafe is a powerful technique for fostering collaborative learning and in-depth exploration of topics within a curriculum. It creates a dynamic and engaging environment where teachers can share ideas, brainstorm solutions, and learn from each other's perspectives.

Here's how to implement the World Cafe method in your teacher training program:

Preparation:

1. **Define the Central Question:** Choose a thought-provoking question that aligns with your training program's goals.
2. **Set Up the Cafe Space:** Arrange your training area to resemble a cafe. Use round tables with tablecloths, provide coffee, tea, and light refreshments to create a welcoming atmosphere.
3. **Prepare Guiding Questions:** Develop a set of open-ended questions for each round that build upon the central theme. These questions should encourage deeper exploration and connection of ideas.
4. **Prepare Flip Charts or Large Sheets of Paper:** Place these at each table for participants to capture key points and insights during discussions.

The Cafe Conversation:

1. **Opening Round (20-30 minutes):** Present the central question and introduce the cafe format. Divide participants into small groups of 4-5 and assign them to tables. Each group discusses the central question using the first set of guiding questions. Encourage active listening, sharing diverse perspectives, and capturing key points on the flip chart.
2. **Harvesting the Conversation (5-10 minutes):** At the end of the round, one person from each group stays at their table ("host") while the others ("travelers") rotate to a new table. Each traveler shares the key insights and learnings from their previous discussion, prompting new ideas and connections at the new table. The remaining host welcomes the travelers and briefly summarizes their table's previous discussion.
3. **Repeat Rounds (2-3 rounds):** Repeat rounds 2 and 3 with a new set of guiding questions for each round, allowing participants to build upon previous conversations and explore the topic from different angles.

Wrapping Up:

1. **Final Reflection (10-15 minutes):** Bring everyone back together for a final reflection. Invite participants to share their overall takeaways from the World Cafe experience, summarize key points and identify common themes that emerged from the discussions.

Additional Tips:

- Encourage a respectful and inclusive environment where all voices are heard.
- Set a timer for each round to keep discussions focused.
- Provide prompts or visual aids to stimulate discussion if needed.

- Consider having an observer document key points and interesting ideas throughout the cafe.

By incorporating the World Cafe method into the teacher training program, you can create a dynamic learning experience that fosters collaboration, critical thinking, and the exchange of valuable practices.