

Detailed course program

Title of the Learning Activity	Pursuing one's hobbies and passions with the use of ICT
Topic	Discovering one's hobbies and passions
Summary of the activity	<p>After reflecting about the importance of hobbies and passions for the psychological and physical health of people, this learning activity aims to help participants to discover which hobbies and passions can fit with their interests and personality. The session is focused on self-knowledge and reflection on what each of the participants like doing, and also on discovering unknown hobbies and passions for them.</p> <p>It is a practical session, focused on individual and group work, without theoretical contents.</p>
Duration	120 min (2h)
Age Group	30+
Aims of the Activity	<ul style="list-style-type: none"> - to learn how to self-reflect about own's hobbies and passions - to learn which hobbies and passions can fit with our interests and ideas - to learn about the relation between hobbies, passions and ICT
Guidance for a proper performance of the activities	
Methodology to implement the Activity	<p>The teaching process should take place with a maximum of 12 learners. This is mainly a practical learning activity, so the participants will be protagonists of the process.</p> <p>The trainer will do emphasis on the importance of the active participation. This means that s/he will encourage the participation if it doesn't flow naturally: doing open questions, encouraging the participants to think about daily examples about the topic, etc.</p> <p>Great emphasis should be placed on daily activities, minimum of theory and everything to support with interactive tools.</p> <p>Activities will also focus on Cooperative learning methodology, by organising the class into small mixed and heterogeneous groups (4 – 6 participants per group) where students work together in a coordinated way to solve tasks and share opinions.</p>
Methods	<p>Icebreaking</p> <p>Individual work</p> <p>Work in group</p> <p>Discussion</p> <p>Brainstorming</p> <p>E-learning</p>
Tools and materials	Computers/Tablets/Smartphones, Internet connection, data projector, presentation with key information and graphics, Kahoot tool.



Knowledge acquired during the classes	<p>The participant is able to:</p> <ul style="list-style-type: none"> - self-reflect and describe own interests, hobbies and passions; - analyse and compare the results of a test with our own ideas; - use the smartphone to do tests; - use the smartphone to use interactive tools, like Jamboard.
Skills	<p>How to communicate with unknown people, how to reflect introspectively on one's own hobbies and interests, how to use interactive tools (such as Google forms and Jamboard), how to express creatively ideas, how to contribute ideas to others.</p>
Process	<p>This unit will start with a welcome and will continue with a worm-up activity as an icebreaker. The main objective is the integration of all participants. The following task is the exposure of the topic, connecting it with practical examples of everyday life. Everything is supported by interactive presentation and by encouraging discussion and participation of students.</p>
Session 1 Opening session 30 min	<p>The trainer introduces this session and welcomes everybody, (especially new learners). S/he will ask the participants to do a small summary of the previous session. Afterwards, s/he will explain the first icebreaking activity: "What makes us happy"</p> <p>Objective of the activity:</p> <ul style="list-style-type: none"> - Work and explore the emotion of joy/happiness - Reflect on what we experience in the emotion and how we behave - Exchange and share experiences that enable us to elaborate the emotion <p>In order to know and recognize ourselves, it is important to identify what makes us happy and how we behave when we live this emotion. Hobbies and passions are connected with this. The exercise proposes a first phase of individual reflection and production, and then a second phase of group interaction.</p> <p>The trainer will ask people individually to write down what makes them happy. They should write down three to five situations and/or things that make them happy. In addition, they should take note of the visible behaviours they usually have when they are cheerful. When we say visible are those that can be seen, for example showing your teeth when you smile.</p> <p>In the final discussion, each person's writing will be shared and the facilitator can ask questions so that they can recognize themselves: "What parts of the body move when we are happy?", and they can be asked to explain how the body parts move. The trainer can also explore further and ask how they feel when they are happy.</p> <p>Afterwards, the trainer will explain the following parts of the session.</p>
Session 2 75 min	<p>Using the smartphones, participants will do the following test (15 min): https://docs.google.com/forms/d/e/1FAIpQLScFuDNYNfuge0zLDKzQgh0wiH-onavUP4WwIGdcg87YkgybhQ/viewform</p> <p>Meanwhile, the trainer will project a ppt/pdf document with the meaning of the results of the test, in order that participants can check what their results are equivalent to (there are three general results). Each person will check the results of the test and will share if they agree with it or not.</p> <p>After that, trainer will explain the use of Jamboard tool (https://jamboard.google.com/). The activity using the Jamboard tool will have two phases:</p>

	<p>1) Each participant will work in a slide/page. Will write the results of the test and from that, s/he will think of concrete activities related with the result (one of the three general results of the test).</p> <p>2) All the participants will have the opportunity to see the slides of the others and add ideas. Trainer will encourage creativity: they can add ideas writing, drawing, putting images, etc...</p> <p>After that, trainer will encourage each of the participants to comment on their slide, about what they wrote and about suggestions made by their colleagues.</p> <p>To finish the session, trainer will ask to additional comments. S/he will ask if each of the participants will start a new hobby in the following weeks, based on the reflections made by them. S/he will introduce the topic of the following session to encourage motivation.</p>
Evaluation/Assessment	Self-assessment will be done using the tool “Kahoot” (https://kahoot.it/)
Bibliography, links or resources	<p>https://www.hobbyaficion.com/elegir-un-hobby/</p> <p>https://jamboard.google.com/</p> <p>Links that are associated with the topic being discussed. It must be current for the country and the current time.</p>
Additional activities	A demonstration about how to use Google Forms can take place, as an example of one ICT tool available for all.
Mentoring for listeners?	<p>The purpose of mentoring is to develop knowledge and self-awareness about the importance of hobbies for psychological and physical health of each of the participants. Trainers will help the participants to find their hobbies and passions and the way they can put them into practice, with the possibilities of ICT.</p>
Validation of teaching process	There is no provision for validation of teaching for this module.
Special requirements for the trainer	Trainer should be a facilitator. Except for the theoretical explanation, the role of the trainer will be facilitator and listener. The following skills are necessary: empathy, active listening, capacity to motivate and make participants share their ideas and reflections.
Innovative elements	The topic of the course itself is innovative, because it's not common to include content about hobbies and passions in learning programs about ICT skills. This topic has been developed under the premise that ICT not only can be used for labour or studying purposes, but that there are enormous possibilities for the personal development of people. In this session, the knowledge will be based on the contributions of the participants. Through group reinforcement work, they will be encouraged to reflect on their interests and hobbies and to put them into practice.

ANNEX – RELATED MATERIALS

Solutions to the test

If you answered the majority A:

You know that to be in harmony with you and your overall well-being you need to be active at all times, which is why you probably like challenges that involve extra physical effort. So now you can start training for your first marathon or 10 or 5 km run. Yes, you'll need a lot of discipline, and it's clear that you have it, but the satisfaction of finishing such a long race and meeting a goal based on hard preparation will be rewarded when you cross the finish line. No doubt you will want to repeat this because it will be one of the best experiences of your life, where you will show yourself that the limits are only in your head.

If you answered the majority B:

You are more inclined towards a relaxed and stress-free life because you are very aware of the power of your emotions and feelings. If you're a reading fanatic, how would you like to start a book review blog? It's very simple and will lead you to sharpen your analytical side and sense of organization even more. You can start with written articles shared on the web, as you gain confidence you can open your social network accounts to work on your reviews in other formats, such as video or photography, with which you will explore other creative skills hidden in your mind.

If you answered the majority of C:

The bonds you create with the people around you are of vital importance to you. Have you ever thought about creating a civil association to support the cause you care about most? It's time to do it! Imagine being able to work together with your friends and acquaintances to achieve a common good and thus build a more just world. If you still don't find the inclination towards a particular problem, take a look at the problems that directly affect your neighbourhood, city or workplace, and start there. Remember that small actions generate extraordinary changes.

Keep in mind that whatever hobby you are about to start, the fundamental thing is the passion with which you carry it out so that it adds to your lifestyle. Feel confident that the interest you take in your new hobby will be immediately reflected in how you are with yourself, that is, your own happiness.