

## Detailed course program

<b>Title of the Learning Activity</b>	<b>Pursuing one's hobbies and passions with the use of ICT</b>
<b>Topic</b>	<b>Introduction to the Hobbies and Passions</b>
<b>Summary of the activity</b>	This introductory part serves for a basic theoretical approach about the importance of hobbies and passions for the psychological and physical health of people. Also, it will introduce the relation between hobbies, passions and ICT. Based on the theoretical content, the course participants will proceed to a practical activity to carry out a self-evaluation.
<b>Duration</b>	120 min (2h)
<b>Age Group</b>	30+
<b>Aims of the Activity</b>	<ul style="list-style-type: none"> <li>- to learn what hobbies and passions are</li> <li>- to learn about the benefits of hobbies and passions for the psychological and physical health</li> <li>- to learn about the relation between hobbies, passions and ICT</li> </ul>
<b>Guidance for a proper performance of the activities</b>	
<b>Methodology to implement the Activity</b>	<p>The teaching process should take place with a maximum of 12 learners. As it is an introductory learning activity, the trainer will introduce the topic as a subject exposure.</p> <p>The trainer will emphasize the importance of 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>
<b>Methods</b>	<ul style="list-style-type: none"> <li>Icebreaking</li> <li>Individual work</li> <li>Pair work</li> <li>Work in group</li> <li>Discussion</li> <li>Problem solving method</li> <li>Demonstration method</li> <li>Brainstorming</li> <li>E-learning</li> <li>M-learning</li> </ul>

<b>Tools and materials</b>	Computers/Tablets/Smartphones, Internet connection, data projector, presentation with key information and graphics, Kahoot tool.
<b>Knowledge acquired during the classes</b>	The participant is able to: <ul style="list-style-type: none"> <li>- know more about what hobbies and passions are</li> <li>- know what the benefits of hobbies and passions are</li> <li>- how ICT can be used for developing hobbies and passions.</li> </ul>
<b>Skills</b>	How to communicate with unknown people, how to define hobbies and passions (key words), to learn basic knowledge about the importance of hobbies and passions for the psychological and physical health of people, how to use Kahoot through Smartphones.
<b>Process</b>	This unit will start with a welcome and will continue with a warm-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.
<b>Session 1</b> <b>Opening session</b> <i>30 min</i>	<p>The trainer introduces himself/herself and welcomes (especially new learners) the course. S/he will explain the first icebreaking activity: "The Bingo game".</p> <p>The trainer will give each participant a Bingo card with interesting traits that describe different hobbies or aspects of them, things like, "plays the bongos," "allergic to cheese," "dance salsa" (Annex). S/he will explain the game: they have 10 minutes to mingle, introduce themselves, and find people who match the traits on the card. They must put the person's name in the corresponding box or have the person sign the appropriate square. The first person to fill five boxes across or down yells "Bingo!" and the game is over. For extra fun, trainers can give the winner a prize.</p> <p>After this, the trainer will inform the participants about the rules, say a few words about the course and its links to previous and future topics.</p>
<b>Session 2</b> <i>75 min</i>	<p>S/he will start with the content about the importance of hobbies and passions for the psychological and physical health of people, and the relation between hobbies, passions and ICT. This is a theoretical explanation with practical activities.</p> <p><b>Theoretical and practical contents</b></p> <p>We understand hobbies as a regular activity that is done for enjoyment, typically during one's leisure time, not professionally and not for pay. Normally, the hobby is a pastime that may not be related in any way to the work or professional activity that one exercises and in this sense it becomes just an escape route, relaxation or enjoyment to the stress that work or study can generate. The variety of existing hobbies is as numerous as the number of people there are, since each one can have a different hobby, adapting it to their unique lifestyle. Another motivation for hobbies is to get away from boredom. There are many people who are so used to working or studying, so powerfully involved in their duties that they don't know what it is like to be idle, and so this situation disturbs them.</p> <p>The ideal and advisable thing to do in these cases is to look for or develop some hobby, because in this way people can learn to do other things beyond the compulsory ones, and this helps to clear people's minds and renew their energies.</p> <p>Hobbies can be divided into different categories, that can be:</p>

- General hobbies: aims to facilitate a general hobby, for the enjoyment and fun of the person who practices it.
- Educational hobbies: those hobbies that aim to promote the cognitive and intellectual development of the person, using educational resources.
- Collection hobbies: those hobbies that aim to collect different material resources to complete a collection.
- Competitive hobbies: those hobbies that aim to provide a competition space to achieve superior results to those of another participant, group or team.

Then, the trainer will provide a list of hobbies that can be classified in one or more of the categories mentioned before. By teams, the participants will have to group the hobbies presented in the different categories and expose them to the rest of the participants. The trainer can use the following questions to facilitate the joint reflection:

- Why can these hobbies be included in this category and not in others?
- Have you ever practiced these hobbies?
- What do you think are the physical and psychological benefits of practicing these hobbies?
- What other hobbies do you think you could include in the list?
- Can any of these hobbies be adapted to the new information and communication technologies?

### Theoretical contents

As participants will see in the activity, hobbies include collecting themed items or objects, playing sports, engaging in artistic and creative pursuit, or pursuing other amusements. Participation in hobbies encourages acquiring substantial skills and knowledge in that area. Hobbies tend to follow trends in society or communities (example: stamp collecting was popular during the past centuries, and now video games are more popular during the XXI century). In this sense, it is important to mention that ICT provides users with more availability in leisure time to engage in hobbies.

Among others, the benefits of practising a hobby are:

- **Capacity building** Development of personal skills: When a person begins to do something that attracts likes, can discover some abilities that didn't know s/he had before. Then practicing a hobby helps the self-knowledge and to have confidence in yourself. When someone manages to do something on their own, s/he can experience great satisfaction.
- **Goodbye to routine:** A hobby can take people out of the routine. When someone starts to do something different, it can help to clear their mind and promote their well-being. It's good to get out of your comfort zone and create different activities.
- **Good for stress management:** If you are stressed, nervous, with some anxiety, a hobby can help you relax. You are practicing something you are passionate about and that helps you escape from everyday problems. Likewise, it is a good way to exercise patience if we are impulsive people.
- **Encourages creativity:** not all hobbies are the same, but many of them require ingenuity and imagination, which helps to bring out your creativity. This is also good for the day to day, because sometimes we get stuck in certain situations, so if we practice regularly an activity that involves considering alternatives on a regular basis.
- **Mental Gym:** with a hobby you can keep the brain active, you must face new challenges, different possibilities.

	<ul style="list-style-type: none"> <li>• <b>Improves social life:</b> hobbies that are practiced in groups help us to decrease social isolation and the feeling of loneliness. This contact comforts us and improves our quality of life.</li> </ul> <p>Trainer will connect the explanation with examples given by participants. S/he will also encourage them to think about their hobbies and passions: things they actually do and those activities they would like to do but they don't practice at the moment. These reflections will serve for the following sessions.</p>
<b>Evaluation/Assessment</b>	Self-assessment will be done using the tool "Kahoot" ( <a href="https://kahoot.it/">https://kahoot.it/</a> )
<b>Bibliography, links or resources</b>	<a href="https://www.psychreg.org/hobby-mental-health/">https://www.psychreg.org/hobby-mental-health/</a> <a href="https://connecthealth.org.au/enews/pursuing-a-hobby-can-improve-your-mental-health/">https://connecthealth.org.au/enews/pursuing-a-hobby-can-improve-your-mental-health/</a> <a href="https://www.discoverahobby.com/">https://www.discoverahobby.com/</a> <a href="https://www.developgoodhabits.com/benefits-hobby/">https://www.developgoodhabits.com/benefits-hobby/</a> Other links that are associated with the topic being discussed can be used. It must be current for the country and the current time
<b>Additional activities</b>	There are lots of motivational videos that can be used for increase motivation and interest about hobbies and passions. If there is enough time, participants can watch the video all together during the session; if there is not, the trainer can recommend it to watch it at home. Some examples of videos can be: <a href="https://www.youtube.com/watch?v=KVymp-xjYKg">https://www.youtube.com/watch?v=KVymp-xjYKg</a> , <a href="https://www.youtube.com/watch?v=ihXUs179vWU">https://www.youtube.com/watch?v=ihXUs179vWU</a> (This kind of videos, with same topics, can be founded in different languages and/or with subtitles).
<b>Mentoring for listeners?</b>	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.
<b>Validation of teaching process</b>	There is no provision for validation of teaching for this module.
<b>Special requirements for the trainer</b>	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.
<b>Innovative elements</b>	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.

## ANNEX – RELATED MATERIALS

### 1. BINGO

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Allergic to cheese	Born in another country	Can dance the salsa	Can run 2 miles	Can touch their toes
Chews fingernails	Doesn't drink coffee	Doesn't eat tomatoes	Doesn't like chocolate	Doesn't like meat
Doesn't like pizza	Flosses twice a day	<b>Free Space</b>	Has a Celine Dion CD	Has a dog
Has a tattoo	<b>Has twins</b>	Is a lefty	Is afraid of spiders	Is allergic to cats
Is an only child	Is wearing earrings	Is younger than you	Likes chick flicks	<b>Loves flowers</b>

