Development of Essential Life Skills through Community Building

Training Activity Program

1. Action Title	
Training Action name:	**Development of Essential Life Skills through Community Building: Building Connections and Support Networks**
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[JUMP]

2. Event Objectives

This session is designed to equip participants with essential life skills such as empathy, relationship-building, and resilience through interactive and engaging community-building activities. By fostering a sense of belonging and mutual support, participants will explore the value of both personal and professional networks in overcoming challenges and creating opportunities for growth. Through discussions, practical exercises, and real-life examples, they will gain insights into how strong connections contribute to personal well-being and career development. The session also encourages self-reflection and active participation, helping individuals recognize their own role in building and maintaining meaningful relationships. By the end of the training, participants will have a deeper understanding of how to cultivate supportive networks and apply these skills in everyday life.

3. Participants	
Target Group:	Young people aged 16–25, especially those with fewer opportunities

Number of Participants:	20 young people
Staff trainers:	2
External youth workers	2

4. Event Program	
Start Time and Registration	**09:30 - 10:00:** Participant Arrival and Registration - Check-in and distribution of training materials - **Icebreaker: "One Common Thing"** - Participants pair up and have a brief conversation to find one thing they have in common (e.g., a hobby, favorite food, or place they've visited). After a couple of minutes, they switch partners and repeat the process. The activity wraps up with a few volunteers sharing interesting connections they discovered, setting a friendly and inclusive tone for the session.
Opening Session	**10:00 - 10:30:** Welcome and Introduction - Welcome speech - Brief introduction of the training team and program overview - **Warm-Up Activity: "The Community Puzzle"**- Each participant receives a blank puzzle piece and writes one strength they bring to a community (e.g., "Good listener," "Problem solver," "Encouraging"). One by one, they connect their pieces on a board or table, forming a puzzle that represents their collective strengths. The facilitator highlights how different skills and qualities come together to build a strong, supportive network.
Session 1:	**10:30 - 11:30: Exploring Community and Support Networks** **Description**: **"What Makes a Strong Community?"**

	Explore the elements of a supportive community, including trust, communication, and shared goals. **Activity:** **- Community Mapping:** Participants draw a "map" of their current support networks (family, friends, mentors, etc.), reflecting on gaps and opportunities to build connections. **Objectives:** **-** Help participants recognize the value of support networks. - Identify areas for personal growth in building stronger connections. **Trainer:** [trainer's Name]
Break	**11:30 - 11:45:** Coffee and Snacks Break
Session 2:	**11:45 - 13:00: Trust and Empathy Building** **Description**: **"Creating Safe Spaces for Connection"** Learn how to build trust and empathy in personal and professional relationships **Activity:** - **Empathy Walk:** Participants pair up and take turns sharing a personal story while walking. The listener practices active listening and reflecting emotions. - **Trust Bridge:** Teams work together to build a symbolic "bridge" using materials like paper, tape, and markers. Each section of the bridge represents an aspect of trust or connection. **Debrief Questions:** - How did you feel when someone actively listened to your story? - What challenges did you face while building the bridge, and how did you overcome them? **Objectives:** - Strengthen skills in active listening and empathy - Build awareness of how trust forms in relationships Trainer: [trainer's Name]

Session 3:	**13:00 - 14:30: Adapting to Change and Building Support Systems** **Description**: **"Navigating Uncertainty Together"** This session helps participants develop adaptability and build strong support systems in both personal and professional settings. Through an interactive challenge, they will experience the importance of flexibility, teamwork, and resourcefulness in navigating unexpected situations. **Activity:** - **The *Curveball* Challenge**: Teams are given a simple task to complete, but halfway through, they face an unexpected twist (e.g., they must complete it with one hand, switch team roles, or lose part of their materials). This forces them to adapt quickly, communicate effectively, and support each other to succeed. - **Guided Reflection**: After the challenge, participants discuss: 1. How did you react when things changed unexpectedly? 2. What strategies helped your team adapt? 3. How can we apply this to real-life challenges? **Objectives:** - Strengthen participants' ability to adapt in unpredictable situations. - Highlight the role of communication and support systems in overcoming obstacles. - Encourage a growth mindset, showing that challenges can lead to creative solutions. Trainer: [trainer's Name]
Closing Session	**13:30 - 14:00:** Wrap-Up and Feedback - Summary of key takeaways from the training - Participant feedback through an evaluation questionnaire. - Distribution of participation certificates. - Thank you and closing remarks by the organizer.

5. Required Resources

Materials	- Notebooks and pens - Blank puzzle pieces (cut from paper or cardboard) (for the Community Puzzle) - Materials for the Trust Bridge (paper, tape, markers) - Printed survival scenario handouts (for the Curveball Challenge)
Personnel	- 2 Trainers/facilitators - 2 External Youth Workers
Technical Equipment:	- Projector and screen - Wi-Fi access

6. Collaborators

[List of Collaborators]

7. Contact Information

Contact Person:	[Name of Contact Person]
Phone Number:	[Contact Phone Number]
Email Address:	[Contact Email Address]

Additional Notes

Ensure all participants are aware of the venue location and schedule.

Volunteers should be briefed on their roles and responsibilities prior to the event.

A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.

[…………………..]

[…………………..]

[…………………..]