

TRAINING CURRICULUM

Learning Humanity from Animals!

LEHUA project: 2016-3-HU02-KA205-002032

2018 October



MEMBERS OF THE CONSORTIUM

<p>Rogers Foundation for Person-Centred Education, Hungary Coordinator http://rogersalapitvany.hu/en/</p>	
<p>Budapest Zoo and Botanical Garden, Hungary http://www.zoobudapest.com/</p>	
<p>Milvus Group Association, Romania http://milvus.ro/RO/</p>	
<p>TANDEM n.o. – Slovakia https://www.tandemno.sk/sk</p>	

TRAINING OVERVIEW

The aim of the training:

- raising awareness, shaping attitude, shifting mindset
- gaining new knowledge on animals by lectures (presentations) and observations of living animals
- improving self-awareness through non-formal learning methods

The structure of the training:

- days 1-3: personal level is in the focus
- days 4-6: group level (community, society) is in the focus
- 7th day: evaluation, closure

The structure of the modules:

- It's important to have at least one contact animal activity or observation activity of a living animal each day
- It's also crucial to have such activities where we collect experiences on the physique, lifestyle and behaviour of animals
- Regular self-reflection sessions to draw the conclusions and raise awareness
- Self-reflection and group-reflection

Elements across the whole training week:

- What animal would you like to be / which animal do you resemble? Envelopes with your chosen animal which can be used as a post box for messages, feedback, etc during the whole week
- Flipchart paper on the wall to collect participants' feedback
- Methodological questions and answers session in the mornings and methodological discussions in closed small groups in the evenings

WEEKLY PROGRAMME

	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day
Morning		Discussion of ethodological questions	Discussion of ethodological questions	Discussion of ethodological questions	Discussion of ethodological questions	Discussion of ethodological questions	Discussion of ethodological questions
Before lunch		Module 1 Controlled by the senses all of us sense, perceive, and think differently	Module 3 Needs Needs of animals and people, hiararchy of needs	EXCURSION	Module 5 Similarities in the behaviour of animals and humans Animal- and humanetology	What should we learn from the animals? Opportunities for personal and social development	Training closure Assessment of the training Giving feedback Farewell
Afternoon	Introduction of LEHUA methodology Learning humanity from animals	Module 2 Diversity we are different and anything can have an adaptive value	Module 3 Needs (continuation) Needs of animals and people, hiararchy of needs	Module 4 System thinking Group as systems and its dynamics	Module 6 The rules of co-existence How can a society work well? Different strategies	Module 7 Stereotypes and preconceptions System of beliefs, positive / negative prejudice	
Evening			Methodological discussions in small groups	Methodological discussions in small groups	Methodological discussions in small groups	Methodological discussions in small groups	

DIFFERENT ROLES DURING THE WEEK

Role	Tasks	Responsible person
Host	Physical wellbeing of participants, logistics, food, coffee breaks, accomodation	
Admin	Official administration, participant lists, certificates, contracts, financies	
Photographer	Photo and video documentation	
Trainers	Planing and running of the training, giving space for personal development, permanent assessment during the training, adjustments. Drawing conclusions.	
Senior trainer	Responsible for the process as a whole, permanent presence, supervisor	

DETAILED DESCRIPTION OF THE PROGRAMME

AN EXPERIENCE-BASED DEMONSTRATION OF THE OBJECTIVES AND THE METHODOLOGY OF THE LEHUA-PROJECT					
1st day afternoon		Aim of the module: To provide initial experience for the week with the help of the knowledge gained on nature			
		Time frame: 3-4 hours			
Duration	Activities		Leader	Tools	Topic to be discussed
15:00-15:30	30 min	Greeting, introducing, basic information about the training week		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • different methods of learning • everything and everybody can become the source of the development of learning and self-knowledge • experience-based learning • non-formal learning
15:30 – 16:00	30 min	Introducing the participants and the trainers (name, background, motivation)			
16:00 – 16:30	30 min	Getting to know each other better: <ul style="list-style-type: none"> · Stand in a circle, look at the faces, swap places if your eyes meet. · Greet each other with an encouraging smile, or a handshake or a padding on the shoulder, or an embrace · Pair discussion: share a memorable experience with animals. · Pair discussion (with an other pair): If your pair had the chance, what kind of animal would he/she prefer to change to and why? 			
16:30 – 17:00	30 min	Collecting things in nature: go out to nature with your worksheet (in pairs / small groups)			
17:00 – 17:15	15 min	<i>BREAK</i>			
17:15 – 18:00	45 min	Investigation with animals			
18:00 – 18:30	30 min	Closing circle, sharing experiences			

MODULE ONE: CONTROLLED BY THE SENSES					
2nd day morning		Aim of the module: To demonstrate that all of us sense, perceive, and think differently and we all have our own attitudes			
		Time frame: 3-4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
9:00 – 9:15	15 min	Methodological questions and answers		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • physical differences in perception • factors affecting our perception of reality (emotions, attitudes, etc.) • adaptation, evolution, empathy, tolerance, nature conservation
9:15 – 9:25	10 min	Energizer: animal sounds – find your partner by voice			
9:25 – 9:35	10 min	Bat orientation game: the participant who plays the bat must find the way without bouncing into any obstacle.			
9:35 – 10:05	30 min	Tactile boxes: feel out the various animal parts (bones, shells, shed skin, horns, hairs, etc.)			
10:05 – 10:20	15 min	See what a rhino sees: moving in the room while wearing rhino spectacles			
10:20 – 10:50	30 min	Lecture / group discussion on the differences of the animals' perception and its consequences			
10:50 – 11:00	10 min	<i>BREAK</i>			
11:00 – 12:00	60 min	Reflections on the differences of the animals' perception: <ul style="list-style-type: none"> • 'Linzer-technique' (sitting in two concentric circle, pairs are formulated from the outer and the inner circle). Sharing experiences with the help of questions asked by the triner • Choosing 'your animal' for the week (What animal would you like to be / which animal do you resemble?) • Draw the coat of arms of your choosen animal on an evelope which can be used as a post box for messages, feedback, etc during the rest of the week 			
12:00 – 13:00	60 min	Formulating personal expectations, commitments, development goals (the three tree method)			

MODULE TWO: DIVERSITY

2nd day afternoon		Aim of the module: To recognise that we are diverse and anything can have an adaptive value			
		Time frame: 3-4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
14:30 – 15:00	30 min	Activity with coloured worms: bird families are looking for food in the grass / snow		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • diversity • openness, tolerance, empathy • adaptation, evolutionary psychology
15:00 – 15:30	30 min	Lecture / presentation on adaptation and diversity			
15:30 – 16:30	60 min	Introduction to the diversity within the world of insects			
16:30 – 17:00	30 min	Sharing of personal reflections, lessons, experiences – in small groups of three (in the nature)			
17:00 – 17:10	10 min	<i>BREAK</i>			
17:10– 18:30	80 min	Formulation of the professional evening small groups Give the model of the aquarium-technique			

MODULE THREE: NEEDS

3rd day	Aim of the module: To recognise the difference in needs both among animals and people – we need different things. How can we take into account each other's and our own needs, and help them to be satisfied?				
	Time frame: 7-8 hours				
Duration		Activities	Leader	Tools	Topic to be discussed
9:00 – 9:15	15 min	Methodological questions and answers		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • the hierarchy of needs (Maslow pyramid model) • human and animal needs, motivations • Murray's system of needs • the recognition and expression of needs, demands, reaction to the needs of others
9:15 – 9:25	10 min	Energizer: biodiv-activity			
9:25 – 10:00	35 min	Lecture / presentation on migration of birds			
10:00 – 10:45	45 min	Who can fill his belly more quickly? – predators and herbivores game closed with plenary discussion			
10:45 – 11:00	15 min	<i>BREAK</i>			
11:00 – 12:20	80 min	Crative activity in small grous in the topic of needs and motivations			
12:20 – 13:00	40 min	Short relaxation and a creative individual activity: what are the needs of your choosen animal??			
13:00- 14:30	90 min	<i>LUNCH BREAK</i>			
14:30 – 14:40	10 min	Energizer			
14:40 – 15:50	70 min	Sharing experiences and lessons so far. Creating a tale with the method of kamishibai			
15:50 – 16:20	30 min	Creating common stories about animals (which animal, where, when, what to do)			
16:20 – 16:30	10 min	Information about the excursion next morning			
16:30 – 16:40	10 min	<i>BREAK</i>			
16:40 – 17:10	30 min	Evening work in small groups (methodological discussion)			

MODULE FOUR: SYSTEM THINKING

4th day afternoon

Aim of the module: The understanding of the complexity of cohabitation (at the level of nature / society / communities / etc.), and the fact that everything relates to everything. The understanding of the phenomenon of mutual dependence, and co-dependency.

Time frame: 3-4 hours

Duration		Activities	Leader	Tools	Topic to be discussed
15:45 – 16:00	15 min	Energizer: How do different animals move? Can you move in the same way?		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • Ecology, ecological services, trophic cascade • the understanding of group dynamics processes • different roles and strategies that can be fulfilled in a group (e.g.: self-sacrifice, altruism) • nutritional strategies, specialists and generalists
16:00 – 16:40	20 min	Lecture / presentation on ecology, ecological services, trophic cascade			
16:20 – 16:50	30 min	group work - creating food chains			
16:50 – 17:00	10 min	<i>BREAK</i>			
17:00 – 17:05	5 min	Energizer			
17:05 – 18:15	70 min	The tragedy of the commons - complex simulation game (40 min) and discussion afterwards (20 min)			
18:15 – 18:30	15 min	Common still picture / human statuettes based on today experiences			

MODULE FIVE: ANIMAL- AND HUMAN ETOLOGY					
5th day morning		Aim of the module: To find common roots, parallels between the behaviour of animals and humans and to identify the differences			
		Time frame: 3-4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
9:00 – 9:15	15 min	Methodological questions and answers		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • the biological roots of human behaviour • the evolutionary bases of human behaviour
9:15 – 9:30	15 min	Energizer			
9:30 – 9:55	25 min	Lecture / presentation on ethological observations			
9:55 – 10:50	55 min	Individual/pair work: the observation of animals based on a given set of aspects (ethogram)			
10:50 – 11:00	10 min	<i>BREAK</i>			
11:05 – 11:05	5 min	Energizer			
11:05 – 12:30	85 min	Pair / small group discussion of the outcomes of animal observations (15 min) Sharing experiences of small groups on plenary (20 min) Looking for human parallels/contrasts in relation to the results of the observations (in an other small group) 20 min Discussion of the lessons learnt in small groups on plenary (30 min)			
12:30-13:00	30 min	Lecture / presentation on humanetology			

MODULE SIX: THE RULES OF CO-EXISTENCE

5th day afternoon		Aim of the module: Cooperation, rivalry, altruism, assertiveness, agressivitiy. Getting to know how to regulate social co-existence, communal and social rule-making.			
		Time frame: 7-8 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
14:30 – 14:40	10 min	Energizer		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • rules of social co-existence • cooperation, competition, enforcement of rights, altruism, assertiveness, aggression • flexibility of the system of rules (chaos vs. rigidity) • personal relationship to compliance and adaptation
14:40 – 15:30	50 min	Raid in the ant hill (25 min) Discussion of experiences and watching the video about the flee of ants (25 min)			
15:30-16:00	30 min	Lecture / presentation on types of co-existence			
16:10 – 16:20	10 min	<i>BREAK</i>			
16:20 – 18:00	100 min	Construction of a green bridge: an activity based on cooperation			
18:00 – 18:30	30 min	Sharing of personal experiences of the day			
18:30 – 19:00	30 min	Evening work in small groups (methodological discussion)			

WHAT SHOULD WE LEARN FROM THE ANIMALS?					
6th day morning		Aim of the module: Digesting the experiences gained during the week, synthetising them on individual and on group level. What is worth learning from the animals, what is only worth observing? What kind of social / community / personal opportunities for development could you recognize by observing the animal world?			
		Time frame: 3-4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
9:00 – 9:15	15 min	Methodological questions and answers		See at each activity in the Lesson Plans	<ul style="list-style-type: none"> • lesssons learnt on community level • lesssons learnt on personal level
9:15 – 10:35	80 min	Fairy-tale pedagogical activity – The cockroach which carried a mountain on its back			
10:35 – 10:45	10 min	<i>BREAK</i>			
10:45 – 11:30	45 min	Understanding the experiences of the week individually and on plenary. Immersion in nature individually and creating a common mandala..			
11:30 – 12:10	40 min	Bats and moths – team game			

MODULE SEVEN: STEREOTYPES, PREJUDICE					
6th day afternoon		Aim of the module: Understanding the origin and impact of stereotypes and preconceptions, opportunities for their changing and banishing			
		Time frame: 3-4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
14:30 – 14:40	10 min	Energizer		See at each activity in the Lesson Plans.	<ul style="list-style-type: none"> • stereotype, positive and negative prejudice • system of beliefs • discussion of personal prejudice, and beliefs
14:40 – 14:55	15 min	Lecture on the animal saving activity and rehabilitation of Budapest Zoo			
15:55 – 17:55	120 min	Owl pellet analysis and creative work			
17:55- 18:05	10 min	<i>BREAK</i>			
18:05 – 18:30	25 min	Animal dating profiles			
18:30 – 19:00	30 min	Evening work in small groups (methodological discussion)			

TRAINING CLOSURE					
7th day morning		Aim of the module: Reflection on the individual learning/development process. Giving feedback to each other. Farewell			
		Time frame: 4 hours			
Duration		Activities	Leader	Tools	Topic to be discussed
8:30 – 8:45	15 min	Methodological questions and answers		See at each activity in the Lesson Plans.	<ul style="list-style-type: none"> • Reflection on the individual learning/development process. • Giving feedback
8:45 – 8:50	5 min	Energizer			
8:50 – 9:10	20 min	Filling of evaluation questionnaires			
9:10 – 10:00	50 min	Did we meet our personal development goals? – discussion in small groups			
10:00 – 10:15	15 min	<i>BREAK</i>			
10:15 – 10:20	5 min	Energizer			
10:20 – 11:30	70 min	Giving written personal feedback to others			
11:30 – 12:00	30 min	Issuing certificates, farewell ceremony, shooting group pictures			