Educational material

For students and participants in the dialogue

Introduction

This guidebook was created as a result of the experience of working with youth women leaders during the project: Common Dialogue for a Shared Future. The core methodology used for the workshop was the Design Thinking method. Along with other exercises, it allowed us to enter the process and highlight what, according to our participants, is the problem with extreme attitudes in our societies. The project fell at a particular time of the outbreak of war in Ukraine which had a huge impact on the results and process of the work. In addition, for two of the three workshops we involved youth women from disadvantaged backgrounds, which was also reflected in the results.

Where did the idea for the method come from?

We cannot solve problems using the same thought pattern we use when they arise

Albert Einstein

No one sews a piece of unshrunk cloth on an old garment. If he does, the patch tears away from it, the new from the old, and a worse tear is made

Gospel of Mark 2,21

Design Thinking Workshop AS IS

Participants:
In total we hosted 66 youth females from Poland, Germany, Switzerland, and Ukraine

Challenges:
Language barrier - not all of our participants spoke the level of English as declared

The outbreak of war in Ukraine

People from different age groups

People from disadvantaged groups

What is Design Thinking?

DESIGN THINKING

Empathize
Understanding people

Ideate
Generating your ideas

Define
Figuring out the problem

Test
Refining the product

Prototype
Creation and experimentation

Source: Maqe

What is Design Thinking?

Intro: 5 rules of a good cooperation

1. **Active listening** - people who are in distress tend to escape to their own thoughts. It is very important to give them empathy and a chance to talk - about how they feel in the situation, and what bothers them.

2. **Focus on the goal of the workshop** - the attention of people in distress seems to drift away from the events in the room. It is important to keep people focused on the main theme by observing the group temperature, and when it drops down ask additional questions, and use additional exercises.

3. **Create a friendly, welcoming space** - there are multiple exercises that can help people bond with each other and support them in building connections. We are presenting them separately as a part of the training materials

4. **Use creative methods of delivery** - creative thinking is very appealing. The more they need to engage their different ways of thinking and taking action, the higher chance is that they will focus on reaching the outcomes.

5. **Make a clear introduction** - radical attitudes, challenges that women face in societies, obstacles to dialogue - these are difficult topics that require proper introduction.

Ice breakers/Team building activities

Marshmallow Challenge

Materials:
Equal no. of spaghetti sticks (e.g. 30) per group
String and a duck tape - one metre per each
Marshmallow/piece of plasticine

Goal:
Team Building, communication

Time:
15 mins for the exercise + 5-10 mins to sum up

Process:
If there is a need, you need to divide a larger group into smaller ones - around 5 people each. The goal of this task is to build the tower by using all available materials. The tower has to stand alone and the marshmallow/plasticine should be on the top. In our version of this game, participants couldn't talk to each other, they could only use non-verbal communication.

Analysis:
How did the process look like in the group?
How did you communicate with each other?
Was there any leader?

Marshmallow Challenge

Network of Connections

Materials:
large sheet of paper, post-it notes, markers or pens

Goal:
Identify similarities between workshop participants, integrate them with each other, overcome the difficulties of first contact

Time:
20 minutes for the exercise + 2 minutes for the summary

Process:

Participants write their name in the middle of a post-it note, then on the four corners of the note write information about what I like, e.g. coffee, animals, traveling. Next, we glue the post-its on one large card and connect with a marker to other same or similar information, associate with each other.

Analysis:
What was the group exercise like?
How many connections are there between participants?
What comes up most often?

Network of connections

Sign language

Materials:
None

Goal:
Kick off the group, icebreaker, energiser

Time:
15 mins

Process:

Participants stays in small circles. First person shows a sign (hands/legs/jumps/face), then the following person needs to repeat the sign and add his/her own. The exercise ends when all participants will take their round and all movements are repeated

Analysis:
How did you feel?

Sign language

Elements Design Thinking

Persona/Human

large sheets of paper for each group, sands, crayons, post-it notes

Goal:
Development of creativity, empathy, cooperation, communication in the team

Time:
30-40 minutes for exercise + 15 minutes for conclusion

Process:
the task of the participants, who work in groups, is to present in as many details as possible the person affected by the problem. on a large piece of paper, divided into 11 parts, they write down the character's specific features. The character can be real or imaginary. Participants enter their name, surname, age, place of residence, education, family life, lifestyle, values, goals, frustrations, quotes and draw a likeness of this character

Analysis:
What was the exercise like in the group?
How did you communicate with each other?
Did you have the same vision for the persona?
Do you feel closer to that persona?

Persona/Human

Problem Ladder/Pyramid

Materials:
understanding the problem, arousing creativity in finding solutions to the problem

Goal:
problem understanding, arouse creativity, looking for solutions to the problem
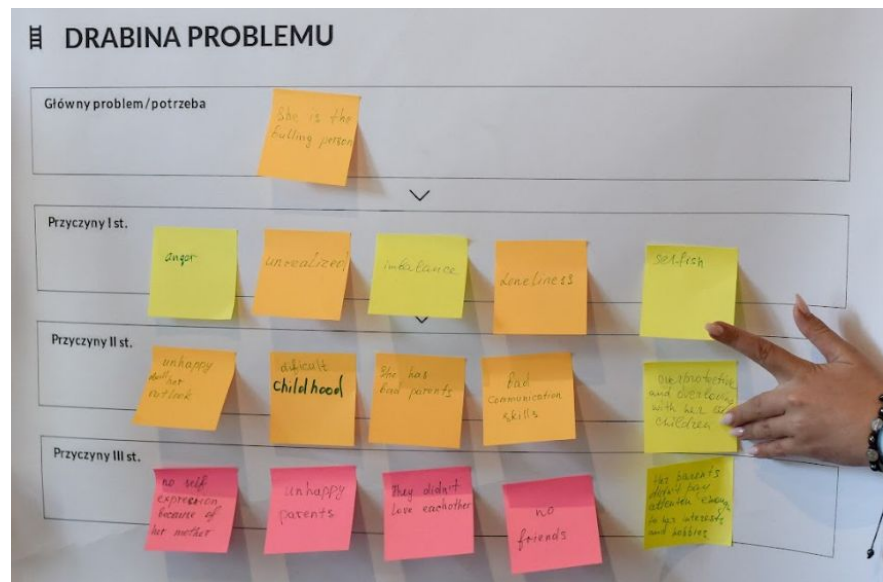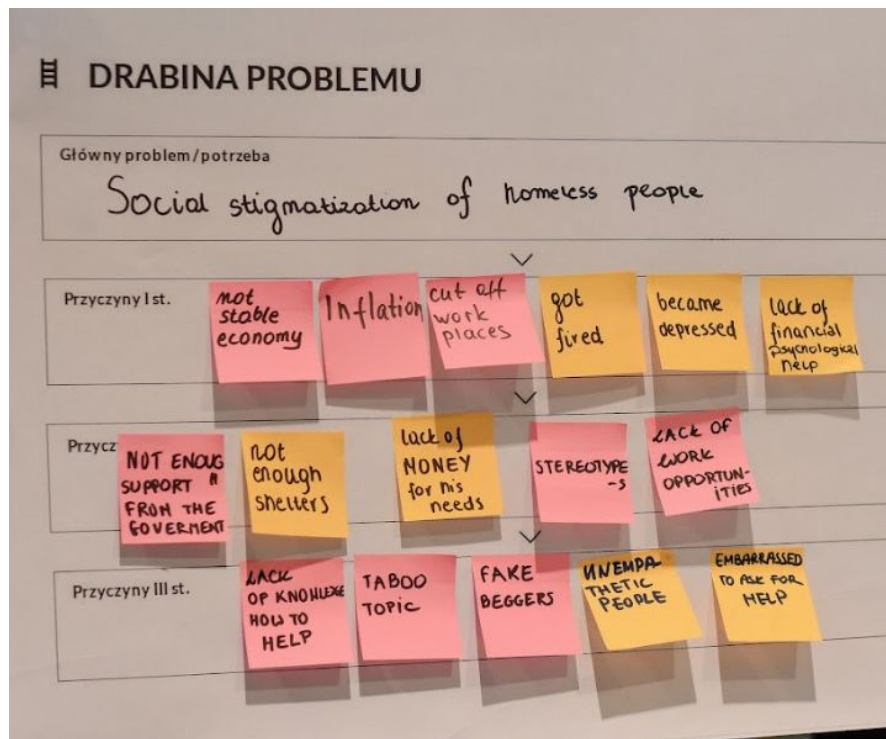
Time:
20 mins for the exercise + 5-10 mins to sum up

Process:
Participants identify the problem with which they then analyze. They write it down in the form of sentences on the top of the sheet of paper (the first rung of the ladder/pyramid). They then ask themselves "why is this so?" and on the line below (the second rung of the ladder/pyramid) they write down their answers to this question in the form of short statements, preferably 1-2 words. Then they again ask themselves the question "why is it so?" and to each term above they write further answers, in this way they repeat the exercise to 3-4 rungs of the ladder/pyramid.

Analysis:
What was the exercise like in the group?
How did you communicate with each other?
Was anything surprising among the ideas indicated?

Problem Ladder/Pyramid

Prototyping: Storyboard

Materials:
large sheet of paper, divided into 6 squares, markers, post–it notes

Goal:
Development of empathy, creativity, problem solving, team communication,

Time:
60 min + 15 for presentation

Process:
Participants using the information developed so far, persona, problem ladder and create a scenario of the situation in which the protagonist/selected person found himself. They draw scenes in six boxes, where the first scene is the problem situation and the last is the proposed solution to the situation. It is important that the scenes are drawn and described with a short commentary under the bottom of each grid.

Analysis:
What was the exercise like in the group?
How did you communicate with each other?
Did you have different ideas than before?
What turned out to be the most innovative in your opinion?

Prototyping: Storyboard

Testing:Scenes/Improvisation

Materials:
The storyboard from the previous prototyping exercise
(storyboard)

Goal:
cooperation, integration, communication, creativity, development
of empathy

Time:
10 minutes for preparation and 15 minutes for presentations

Process:
Participants take 10 minutes to analyze their storyboard and get
ready to present it to the other people in the room. They then stage
their story as faithfully as possible. They get into the roles and
present the problem and solution.

Analysis:
What was the exercise like in the group?
How did you communicate with each other?
Did you have different ideas than before?
What surprised you during the presentation?

Prototyping/Prototyping: Psychodrama

Testimonies

Testimonies

This workshop emphasize the current issues in the world and helps us open the eyes to other cultures and need of other people

Zhanna, Ukraine/Ukraina

I'm going back with the knowledge now, that when we see in our daily life, people who are being rejected, it's very important to speak up and to not be indifferent and reconcile because this is stronger weapon than hate

Leony Germany/Niemcy

The most important thing in communication is respecting the other person's values, believes the way they see the world with the empathy

Victoria Poland/Polska

Testimonies

Here I've learned that dialogue is not only about talking, but also being an active listener of every point of view

Perrine, Switzerland

It was a great opportunity to take time and think about the problems we have personally and other people do and to learn how to speak about this and find solutions

Abby, Germany

It was very interesting and useful experience, which I'll use in my future while creating the dialogue at my university, daily life, with my friends and in international society

Tanya, Ukraine

Testimonies

What does dialogue mean to you?