

"Getting to know each other"!



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INSTRUCTIONS TO TRAINER

The aim of this exercise is to facilitate interaction between the participants at the beginning of the STP in order to:

- Allow participants to get to know each other
- Familiarise participants with an interactive way of working together
- Facilitate a relaxed and supportive group climate
- Encourage participants to share expectations and experiences linked to the course and to safety issues. It also allows the trainer to clarify any unrealistic expectations, doubts or resistance, reinforcing the "training agreement".

This method provides work in subgroups followed by a plenary presentation. This allows participants to be gradually exposed to a smaller context and then later a bigger group to help them feel at ease.

Exercise.

- 1) The trainer introduces the activity by explaining that:
 - this is an exercise through which each participant will present to the rest of the group by answering a series of questions
 - this exercise will be two-step: 1) small groups; 2) plenary
 - within each small group (composed of three trainees), participants will take turns in the following roles:
 - a) the interviewer will ask questions to the interviewee
 - b) the interviewee will answer the questions
 - c) the observer will listen and will present the interviewee in the plenary section
- 2) After the first interview, participants will change their role so that all three of them will be able to interpret all of the three roles.
- 3) The trainer gives all the participants the sheet INTERVIEW (one copy for each participant) and asks the participants to create groups composed of three trainees.



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Notes:

- If there are participants who already know each other, it is appropriate to divide them into different groups, in order to create groups composed of people who do not know each other or only know each other a little.
- In case the number of participants cannot be divided into three, the trainer could include himself/herself in a group or a group of 4 people could be created (in this case one member of the group will not do anything for a session).

It could be useful to suggest to the participants that they use the sheet INTERVIEW in this way:

- The interviewer reads aloud the questions on the sheet, but he/she does not take notes
- The observer uses the sheet to take notes about the answers
- The interviewee does not use the sheet

4) The trainer will give 15 minutes to work on this before the plenary session

5) In the plenary session, with a roundtable method, each of the participants presents the summary of the interview. The interviewee could add missing information if necessary.

6) In the end, the trainer will summarize (and clarify) the expectations raised and other useful elements to enhance the training agreement and a positive climate.

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INTERVIEW FORM

	1) What is your name?	
	2) Where are you from?	
	3) What is your job?	
	4) In your opinion, what does working safely mean?	
	5) What are your expectations about this course?	