

Each team will work with a toolbox:

Toolboxes	Tools	Page	
		Concept	Exercise
Understanding the context of communities	Institutions	13	14
	Resilience and social capital	16/19	20
Focusing on individuals and communities	Psychosocial scaffoldings	25	32
	Self-esteem and networks	34	40
Using culture and the imagination	Storytelling	43	50
	The arts	52	58
Acting on frontiers	Opening up borders and partnerships	61	70
	Contact and dialogue	72	78
	Citizenship	80	86

The following is a suggested schedule for a one-day training event:

Time	General activities	Instruments and materials	Expected results
9.30–10.00	Welcome Participants will confirm their names and email addresses (optional)	Coffee and biscuits	List of attendees
10.00–10.30	General presentation by organisers/leaders	Presentation in PowerPoint Screen and projector	Sensitising about the conceptual references
10.30–12.30	Discussion in small groups. Each group will have a leader and a secretary (for a maximum of eight participants). All participants will discuss the results presented in participatory activities. Four topics will be discussed (one per group)	Sticky notes Paper Felt pens Pens Photographs	Visual representations of the relationships/ideas about the presented results
12.30–13.30	Lunch break While participants eat, organisers will classify their reactions (notes produced in the previous exercise) into meaningful categories	Table for categorisation exercise PC to prepare discussion	List of the main issues of common concern to be discussed
13.30–16.00	Plenary discussion conducted by organisers/leaders. Participants will present their outputs and conclusions. They will be encouraged to reflect on the application of the concepts to their daily lives	PC Screen and projector	Recording with more testimonials about the discussed issues
16.00–16.30	Break	Coffee and biscuits	
16.30–17.00	Concluding remarks and evaluation of the event (questionnaire)	Copies of questionnaire	Statements of commitment for the future Feedback for future events