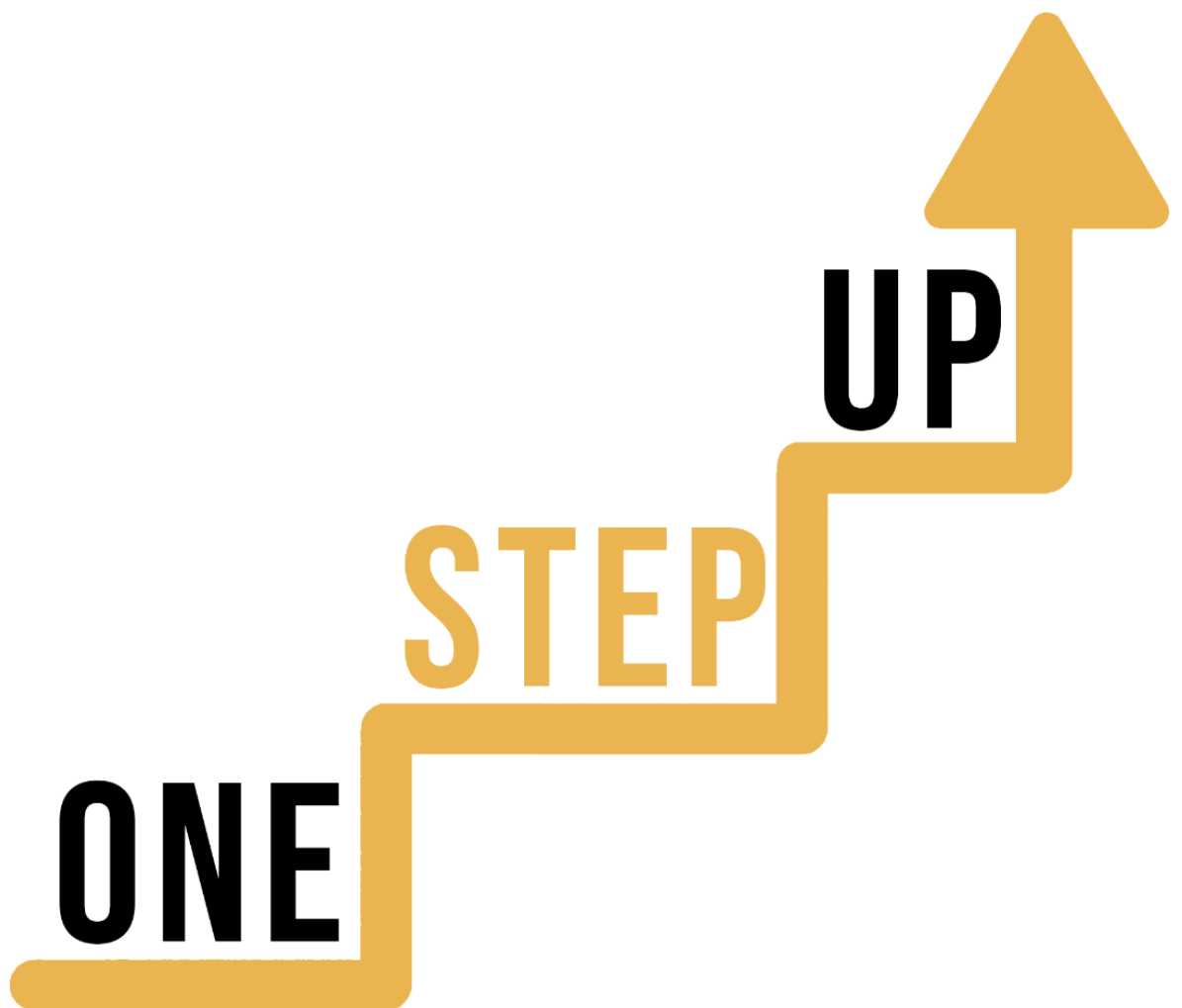


**CULTURAL AWARENESS AND
EXPRESSION COMPETENCE &
SPORTS AND HOBBIES**

ADULT EDUCATOR MANUAL





MICRO-LEARNING RESOURCES TO RE-ENGAGE LOW-SKILLED ADULT LEARNERS IN EDUCATION AND TRAINING

Adult Educator Manual

The aim of this short handbook is to support you, as an experienced educator working with low-skilled and marginalised adult learners, with diverse needs, to use the video resources and the activity sheets provided in the Suite of Micro-Learning Resources to Re-Engage Low-Skilled Adult Learners in your centre and in your community. Through this short manual, we will provide you with some background information on the topic being discussed in the video resource and provide some guidance to support you to introduce and implement the accompanying activity with adult learners in your group. The activity that has been developed to accompany the video resources aims to further develop their understanding of the topic outlined in the video resource. Finally, this manual will also present you with some de-briefing questions that you can use in your group of adult learners, to assess the user-friendliness and quality of the activity you have completed with them.

The topic of this manual relates to the video resources Cultural Awareness and Expression Competence & Sports and Hobbies.

INTRODUCTION TO THE TOPIC

Sports and hobbies are a good way to learn to be culturally aware and express yourself. Indeed, sport brings together all types of people from different cultures. Sport has no borders and it is through it that we can learn from each other. Even if progress is still to be made today, particularly in terms of the inclusion of women, LGBT people or the disappearance of racism, it should be noted that sport is one of the most effective ways to develop cultural awareness and expression competence.

Throughout the ONE-STEP UP resources, low-skilled adults can explore how these learning materials can positively impact their ability to become culturally aware through sports.

INTRODUCTION TO THE ACTIVITY

In the Learner Handout, low-skilled adults have the opportunity to delve into the initiative done by UFOLEP. This project organizes outdoor sports activities in the neighborhoods underprivileged to stimulate social cohesion and trust and transmit positive values. This practice permits to educate people to improve their social skills and strengthen social inclusion and cultural integration. This initiative opened up the perspectives of vulnerable young people and made them aware of their cultural sensibility through sport.

Moreover, learners have the possibility to engage in the interesting “Dancing around the world” activity. This activity will make you discover many dances of the world. You will discover other cultures through sound, music and song.

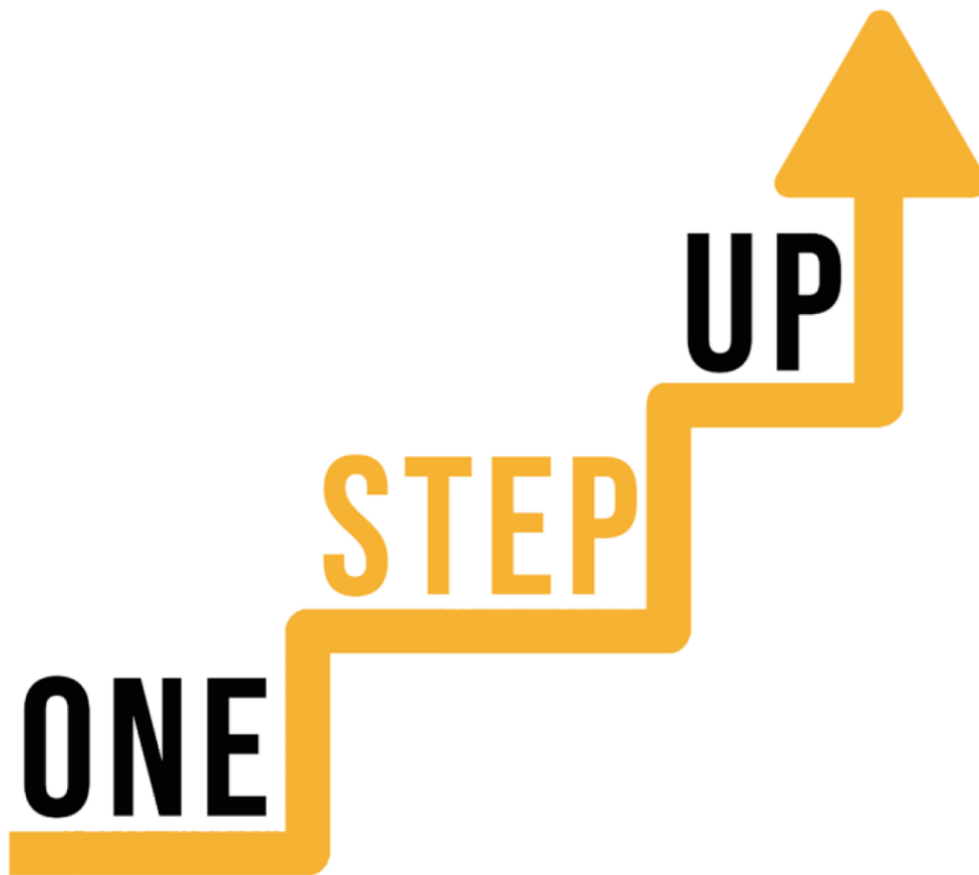
USING THIS RESOURCE WITH A GROUP

To use this resource with adult learners in your local group, we recommend that you begin by showing them the video resource to introduce the theme of Cultural Awareness and Expression Competence & Sports and Hobbies. This video will help learners to understand the topic before they begin the Learner Handout activity. Once they have gained a general knowledge of the theme, they will be able to begin the handout. For this, we recommend that you print one handout per learner to complete. All learners need for this resource is a pen to complete the learner handout and a computer to view the video. This resource will take one hour in total to complete.

DE-BRIEFING QUESTIONS

Here are some potential debriefing questions for participants to reflect on after completing the case study and activity:

- What surprises you the most about the initiative “Start on the Street”?
- If you had the possibility, would you have liked to participate in this kind of event?
- In what ways did this project go beyond just teaching cultural awareness and expression competence?
- What was your experience like during the “Dancing Around the World”?
- How can sports and hobbies be incorporated into education or training programs for low-skilled adults to improve their cultural awareness and expression competence?



ONE STEP UP



Co-funded by
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Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency. Neither the European Union nor National Agency can be held responsible for them. Project Number: 2022-1-LT01-KA220-ADU-000085898