



Dream Journey Rev. 1

Sat, 18/10/2014 - 00:18 -- Sergei Tereshenkov

Type of tool:

Activity

Duration:

90-120 min

Topics addressed:

Personal development

Project management

The tool fosters personal development of participants in a creative way. As a result of a "dream journey" based on a related piece of literature, they come up with ideas for their future development and/or for their projects and initiatives

Aim:

To foster personal development of participants

Methodology:

The tool combines different types of wider methodology - outdoor education, simulation, theatre, etc.

Step by step process:

The tool includes a number of stages, which are vital for its successful implementation:

1. Preparation for the reflection process (equaliser vs. energiser).
2. Reading of an excerpt from one of the works of literature (start), which 1) stimulates the use of potential of dreams, 2) implies a movement and 3) is connected to the place where the training takes place. For example, it was chosen an excerpt from Arkady and Boris Strugatski's work "Roadside Picnic" in the Sverdlovsk Region (Russia), where there was a natural surrounding with mountains, fields, etc. (see the 1st file attached) For Cluj-Napoca, it may be Bram Stoker's "Dracula" (see the 2nd file attached). The eyes of the participants should be closed in the course of the entire reading.
3. After having "waken up", the participants remain silent and get an encouragement from the facilitator to move to their dreams (from Point A, where they are now, to the Point B) in a line. The facilitator shows a certain direction but says that the road shouldn't be direct and may have curves, circles, etc. on the path. The participant leading the line shows (a) certain movement(s), which are copied by others, s/he may also to overcome imaginatives holes, rivers, etc., and the others should do the same. Afterwards, another person takes over the leading position. The procedure repeats until the Point B is reached. In the course of the journey, the participants remain silent and don't pay attention

to any external people, sounds, etc., the core is reflection and thinking of / generating their own dreams.

4. At the Point B, the facilitator reads the further excerpt from the book symbolising the achievement of the finish line (final).

5. The facilitator asks participants to take journals, papers, etc., cut out images related to their reflections and dreams, and to make a collage of those cuts standing for their dreams.

6. Optional: Should the target be not only the personal development, which is important for a particular personality, but the animation of participants to implement their (social) projects/initiatives, the share of collages and reflection in pairs/smaller groups/big circle on possible ideas based on their dreaming may occur.

7. Leaving the roles (e.g., Matsunga)

8. Overall reflection of the tool

Materials and resources:

Actually, the only materials needed are old journals, newspapers, etc. for collages. As regards resources, there are a spacious area for manoeuvres (a track chosen by the facilitator in advance - should be safe to avoid potential conflicts) and open-mindedness as well as fantasy of participants are needed. Besides, the participants should be really concentrated on the track and shouldn't let anything to bother them.

Outcomes:

1. The participants realised the potential of their dreams for their real lives and achievements
2. The participants learnt how to use their potential for their future personal development
3. The participants are aware how to wake and use their creativity
4. Optional: The participants came up with the specific ideas for their projects and initiatives

Evaluation:

This tool has been implemented once only so far, but it was a real inspiration for the entire course of the training. Positive sides of the tool can be seen inter alia in a creative way of reflection, elaboration of acting skills, and insights participants get after this "journey". Still, it must be observed that participants wouldn't have entered their panic zone, ie this tool should be implemented at a secure place (inside and not outside the camp), the track should be examined by the facilitator in advance, etc. Unfortunately, the first implementation experience was faded because of insecure surrounding, when the participants left the camp's territory.

Notes for further use:

1. To prepare the participants to act and to unchain them
2. To adopt the tool to the specific surrounding/area (literature source, movements, etc.)
3. To care for security of the place, where the tool has been implemented
4. To let get the participants out of the role and openly discuss the process, after the journey is over








Rating:

Average: 4 (1 vote)

Documents/handouts:

 [RoadsidePicnic.pdf](#) [1]

 [Dracula.pdf](#) [2]

-  [IMG_2283.JPG](#) [3]
-  [IMG_2286.JPG](#) [4]
-  [IMG_2293.JPG](#) [5]
-  [IMG_2295.JPG](#) [6]
-  [IMG_2287.JPG](#) [7]
-  [IMG_2290.JPG](#) [8]
-  [IMG_2291.JPG](#) [9]

Source URL: <https://educationaltoolsportal.eu/educationaltoolsportal/en/tools/dream-journey-rev-1-0>

Links

- [1] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/RoadsidePicnic_0.pdf
- [2] <https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/Dracula.pdf>
- [3] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2283.JPG
- [4] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2286.JPG
- [5] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2293.JPG
- [6] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2295.JPG
- [7] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2287.JPG
- [8] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2290.JPG
- [9] https://educationaltoolsportal.eu/educationaltoolsportal/en/system/files/documents-handouts/IMG_2291.JPG