Title: **Important 4 U Vs Important 4 Me**

Exercise Code:

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| Modules: | Group size: | Duration: |
| 9. Intercultural dialog | Small group  Large group | 120 min |

# Purpose: become aware of and accept the way of thinking and acting of people we face

# Description: People act influenced by their values​​, such as family, health, money, etc. The values​, although may change, are both personal and inherited by society and influenced by culture, responding to the question "what is important to me now" and have a hierarchy in the sense that for someone can be a more important value (e.g.: health ) rather than another (e.g.: the family).

# Material: Core Value List ( attached)

# Methods: The exercise can be held in the following way:

# it is assumed that there are no values​​, or value scales, that can be considered as better than the others (no one can say that the value of love is better than the value of money);

# each participant individually write on a sheet of paper at least 20 "things" that are important for him/her, the list of 125 core values ​​attached can help;

# choose the 10 that they consider most important;

# put the list in order from the most important to the least important;

# in case of need, the trainer will help the participant to establish the hierarchy of values​​. In case of doubt between two values ​​which may appear to be of equal importance, the trainer ask the following question: "you are on a tower and you have to throw down one. Which one will you keep?"

# Once ordered and written the list, he/she shares the first 5 with the rest of the participants explaining the reason;

# Advice for Trainer:

# Source/Literature:

# Handouts: