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# #1 INTRODUCTION

## A WARM WELCOME!

The trainees are welcomed warmly. It is great that they have come! They will meet new people and learn a lot. In the beginning, the level of insecurity is high, since the participants often do not know each other yet. They do not know exactly what to expect.

During the first meeting, two things are important:

- 1. Who are the other participants?
- 2. What is B4M?

## Programme/Procedure

Nr.	Contents	Duration	Material
1	Ice-breaker games	30 Min	Profiles, pens
2	Volunteering	20 Min	Projector, Internet
3	B4M – The course	10 Min	-
4	Group photo	5 Min	Camera, Smart phone
5	The 4-eye-meeting	5 Min	-
6	Good question	15 Min	-

## 1. Ice-breaker games

### 1.1 Truth or lie

Each member of the group thinks of three sentences describing themselves. Two of these sentences should be true, one should not be true.

Then everybody takes turns presenting themselves with their three sentences and the rest of the group tries to figure out, which of the sentences is not true. They may ask questions about each sentence, of course.

### 1.2 Nameless profiles

Everyone may create a profile of himself or herself answering questions about hobbies, things they like or do not like, experiences, etc.

When everybody is done, the profiles are collected and put up for all to see. The participants should now try to relate the anonymous profiles to the people present. Questions for clarification are allowed.

## 2. Volunteering

Watch the short film „Mr. Indifferent“ by Aryasb Feiz (2:45 minutes) together:

<https://www.youtube.com/watch?v=qLGNj-xrgvY>

The film shows a man. He does not care about the people around him. Through a light-bulb-moment, he discovers the joy of helping. After that, he starts getting involved.

The trainees answer the following questions about the film:

1. What did you see?
2. Why does the main figure in the film start getting involved?
3. What is „volunteering“?
4. Have you volunteered yourself before?
5. Do you know any other positions in which you can volunteer?
6. Why is volunteering important?

God gifted us all with talents and lifetime. It is our decision how and what we use them for. When a person works by choice and not for money we call that „voluntary“. In Germany, approximately 30% are engaged in voluntary work. Voluntary work is important and good. For human beings, animals, the environment, but also for me. You can explore your abilities and learn something new every day.

The following video gives a good explanation what voluntary work is all about:

<https://www.youtube.com/watch?v=tYmvsrkN8po>

### 3. B4M – The course

The topic of the course is voluntary work in congregations and youth work. The trainees will get to know their strengths better. Moreover, they will learn how they can support other people.

*Question: What is required for working in groups?*

#### Topics

These are the topics for the next meetings:

- |                  |                 |
|------------------|-----------------|
| #1 Introduction  | #6 Faith        |
| #2 Personality   | #7 Leadership   |
| #3 Communication | #8 Presentation |
| #4 Feedback      | #9 Mentoring    |
| #5 Conflicts     | #10 Games       |

## Dates for the group meetings

Please discuss within the group which weekday and which time are suitable for your B4M-Meetings.

Weekday	
Time	

Talk about punctuality and commitment. Is everybody ready to attend the meetings on a regular basis?

## 4. Group photo

Take a group photo! Later you can have a look at it and enjoy the good memories.

## 5. The four-eye-meeting

After each group meeting, you will have a conversation with one participant. This 4-eye-meeting should take approximately one hour. You can meet, take a walk, have a phone call, go for a coffee or an ice cream, whatever suits the both of you.

Possible questions:

1. Tell each other: Who am I?
2. How did you like the first B4M meeting?
3. Which experiences with volunteering do you have?
4. Where would you like to volunteer?
5. Do you see reasons against volunteering?

## 6. Good question!

The B4M meeting is over. The Trainees are welcome to stay and chat a little bit more. The good question wants to lead into an interesting discussion. Today it is:

What do you think? Does god has a plan for your life? Or does everything just happen by accident?

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