



Fiche Animation

WORKSHOP

for the SOCIAL TRANSFORMATION

LEARNING METHOD 1: The telegram for the family

This is an individual writing exercise. The telegram method allows learners to take time to reflect on their experiences. It also opens up a personal space for reflection and writing on a topic common to the group. This method creates cohesion between learners, who can, if they wish, share their stories.

The process (Steps, the procedure and the role of each)

	Step 01	Step 02	Step 03
Goal	Expressing yourself on an issue	Writing	Debriefing
Preparation for playing time	5 min	20-30 min	15 min
Role of each	The trainer states a theme on which the learners are invited to write a few lines	Learners write independently of each other without putting their names	The trainer reads the writings and comments on the forms of answers given
Instruction or point of vigilance	Write anonymously to your friends and family about everything you want to know about your stay at the training centre in a few lines	The tone, the form of writing is free	
The necessary tools / supports	Cut out white paper (so that each person has a piece about 5 cm wide)	Paper + pen	
EXAMPLES	It can be asked: tell your relatives how the training is going		

Objectives of the tool or method

- (1) It test the participants' ability to get to the point.
- (2) It tests the participants' level of writing skills.
- (3) It also allows for an evaluation of the training by the participants.

Utilisation pratique : This exercise can be used at different points in the training. It can be used in training in facilitation for social change as well as in training in agro-ecology.

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