

## **FORTHEM Collective Short-Term Mobility**

### **Life & Vision - Design Your Life**

**Organising university:** Johannes Gutenberg-University (JGU) Mainz

**Location of the event:** Universtiy of Jyväslykä, Finland

**Organisers:** The project is organized and carried out by staff and students of the focus area Lifelong Learning and Media Literacy (JGU Mainz)

**University staff members:** Dr Petra Bauer, Dr Kim Deutsch, Christina Wolf  
Master Students of the study program Lifelong Learning and Media Literacy

**Project description:** The concept of Life and Vision has been an integral part of the master's program Lifelong Learning and Media Literacy at JGU Mainz for several years. It allows students to become aware of their values and determine which life path they want to take. The concept focuses on the professional career and addresses personal aspects and shows how professional and private life can be

combined. The course encourages the students, among other things, to reflect on their strengths, ideas, and values concerning their "professional identity" and future career.

**Day by day programme:** 13.06.2022 - 17.06.2022

Day	Morning	Afternoon	Evening
<b>Day 1</b>	Arrival	Informal meeting of the participants and staff Explanation of the week, structure, targets	
<b>Day 2</b>	Intro Life & Vision Understand / Observe Explanation of the exercises	Personality List Talents Love and Hate My Values Work- and Life script Interview	Cultural evening (in discussion)
<b>Day 3</b>	Define a Viewpoint Explanation of the exercises	Life Quake Life EQ Scholarship Sweet Spot Wall	Cultural evening (in discussion)
<b>Day 4</b>	Understand My Viewpoint Explanation of the exercises	Mood Board Job Bingo	
<b>Day 5</b>	Find Ideas & Develop Prototypes : Exercises Matrix of Ideas Jobs Apply Stairway to Heaven Fail Better	Farewell	

**Eligibility criteria and selection criteria specific to this project:**

x One-page CV

x One-page Motivational letter