

Erasmus+ „Highway to Europe“

2nd conference of the project in Wolfsburg (Germany) 13th – 19th March 2017

All four workshops are there to think about how to improve your chances to successfully access the European job market and/or further your chances and motivation to study abroad. The questions may sound simple, but they are true key to making your life easier, help you overcome everyday obstacles and think about the meaning and purpose of success and happiness in your life.

In this workshop you are going to answer the difficult question of “What do I want my life to be like?” – Everybody speaks about improving and optimizing your work performance, your learning results and yourself. But why? What can I win and what will I lose in return?

Discuss the following questions:

1. If I can improve my learning efficiency by 20% (meaning: instead of learning for 60 minutes I can achieve the same result as in 52 minutes of learning), what would I do with the 8 minutes I won?

(ideas: learn some other things too, for which I now do not have the time at the moment / rest a little more to become a healthier and fitter and maybe become a better learner when I have more sleep / spend more time with friends and family / spend more time for hobbies and pleasures. Find more and other examples which might illustrate your thoughts.)

2. If I optimize my life, what can I win and what will I lose?

(idea: if I get a job that pays more, but instead of 40 hours I will have to work 60-80 hours a week. Then I could buy a bigger car e.g. to impress my neighbours, friends and myself. The car is more spacious, takes more fuel and parking space even though it does not have more seats.)

3. What makes me happy? (Ideas: success / happiness / hard work / laziness / recreation / work-life-balance – But what is all this (definitions) and what does it mean to me (do I want / need this?) Find out what other people (examples) have said about this and what they think has been important in their life.