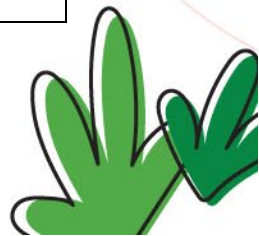
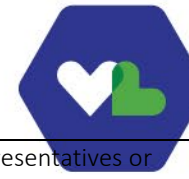




## COMPETENCES FOR ACTIVE CITIZENSHIP AND DEMOCRACY LEARNING

<p><b>Introduction</b></p>	<p>Competences for active citizenship do not arise automatically from the acquisition of knowledge about democracy. The practice of "Learning and Living Democracy" goes beyond this, it encourages and strengthens democratic participation and shaping in school, in civil society, in the community and/or in politics in a broader sense. broader sense. In the school context, this means taking seriously the voice, participation, and co-decision-making of all school stakeholders, to promote competences in this direction and to make use of school democracy and to implement them. This is a cross-curricular task that requires a lot of commitment from teachers and students but also from the school management.</p>
<p><b>Objective / teachers' goal</b></p>	<p>Design competence, independence, and sustainable values Participation of students in shaping teaching and learning</p>
<p><b>Relation to competence framework</b> <a href="#">INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</a></p>	<p>Competence in analysing sozial needs Capacity building and intervention</p>
<p><b>Dimensions (check the dimensions and related aspects below)</b>  <input type="checkbox"/> Bodily functions   <input type="checkbox"/> Mental wellbeing   <input type="checkbox"/> Meaningfulness   <input type="checkbox"/> Quality of life   <input checked="" type="checkbox"/> Participation   <input type="checkbox"/> Daily functioning</p>	
<p><b>Materials</b></p>	<p>Paper for notes</p>
<p><b>Approach</b></p>	<p>Activity 1: Pair up and discuss the following statements and find examples for it. Central features of democracy are thus: - Fundamental rights/human rights are protected and guaranteed - Rule of law and separation of powers - Parliamentarianism - Party competition or right to opposition and free media - Elements of direct democracy: right to vote (linked to citizenship), referendum, popular initiative, popular consultation</p>





	<ul style="list-style-type: none"><li>- Elements of indirect democracy: elected representatives or delegated by parties (e.g., parliament and government, associations government, associations, and social partnership)</li><li>- Majority principle (limited by the protection of human rights and rights of minorities)</li><li>- Equality of opportunity (equal rights and duties for citizens)</li></ul> <p>Activity2: Bild a class council about a topic the class may choose. The class council is a - usually weekly - meeting of the class community (pupils, teacher; duration at least one hour) to discuss conflicts, make or discuss decisions and set rules for living together. The concrete goals of a class council can be manifold and always remain flexible. They concern lessons, togetherness, the whole school, the planning of school activities (e.g., election of class representatives) and projects, but also personal matters. A common setting for a class council: pupils and teachers post their comments on a blackboard during the week on the questions "I think good/I like", "I wish/suggest", "I criticise/do not like". For the class council, the pupils always choose another person to chair the class council (tasks: Opening and closing the meeting (Tasks: opening and closing the meeting, reading out the written entries, asking for new topics and calling on the speakers in order). The topics, rules and agreements discussed, and agreements are recorded. The pupils and determine the rules from the beginning. Rules can be questioned and, if necessary, modified, questioned and, if necessary, modified.</p>
Type of activity (workshop, assignment, quiz, debate, presentation, etc.)	Workshop, debate
Duration	6 hours
Final goal (learning outcome)	The students learned about democracy rules and participation in democratic systems





Dimension/Aspects							
<b>Bodily functions</b>	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
<b>Mental well-being</b>	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
<b>Quality of life</b>	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
<b>Social participation</b>	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
<b>Daily functioning</b>	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
<b>Meaning</b>	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

