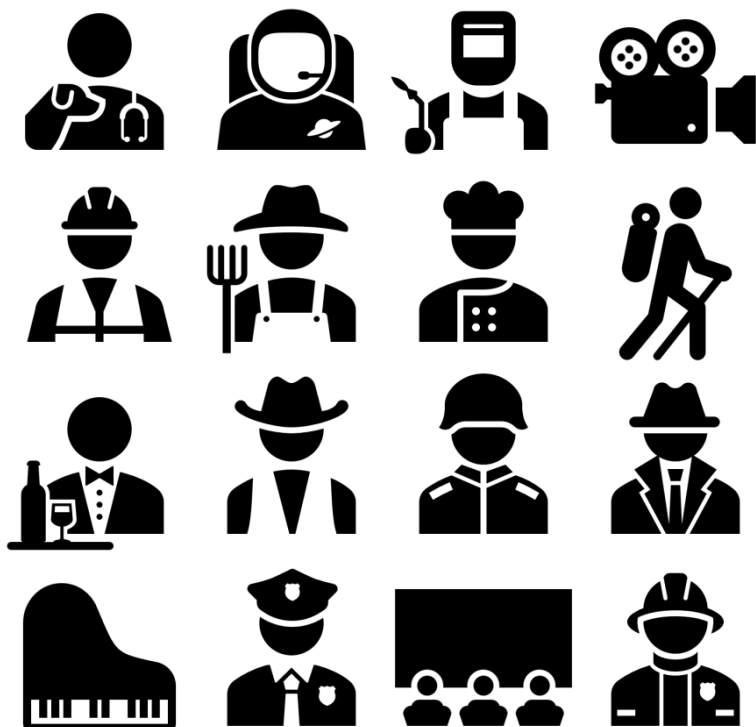


Exercise 8.2. Work & leisure



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Pictures used in this manual (and annex's) have been downloaded from pixabay.com and sclera.be.

Work or leisure activities

The aim of this exercise is to stimulate AAWID to think about possible (voluntary) work and/or leisure activities they could do pre- or post-retirement. Each activity can be done individually or in group.



Find the templates for each activity in **ANNEX 1** (page 6-34).

Activity 1: Game - work or leisure activities?

Begin by telling the individual (or group) the activity is a game to get them thinking about the difference between work and leisure activities.

If you work with a group of people (max. 6) let them work in pairs for this game.

Give each pair a sheet of flipchart paper divided into two zones.

Work 	leisure 
---	--

Give the groups all pictures (see annex 1, page 6 and following pages) and tell them to take one picture at a time and discuss if it shows a work activity or a leisure activity.

Then ask them to place the picture in the appropriate zone of the flipchart. The game is complete when the group discussed and placed all the cards on the chart.

The participants that have all cards correct (leisure= pictures 1, 5, 9, 11, 12, 13, 15, 16; work = all other pictures) win this game. Think about an incentive that would motivate to do the Activity.

This is an example of work versus leisure (see more pictures annex 1)




For those who made some of the activities incorrect, ask to elaborate why they made this choice. How can they see or know that something is a work activity and not a leisure activity? If the activity was difficult, try again later.

Activity 2: My work experiences


Ask the participants to tell something about their own work/jobs or day activities (for those clients that go to a day centre or do activities at the residence).

Print out the worksheet 'work experiences' (Annex 1, page 16) for each participant. Give to them 10 minutes to answer the questions. Help if necessary.

What is your current, or your latest work/day activity experience?



How long do/did you work?



Do you like doing this work/day activity?








Yes





No


How many days do/did you work? Colour the days (half days).


Monday	Tuesday	Wednesday	Thursday	Friday
				

If you have other work/day activity experiences? Tell us about them.

 My first job I was working as.....

 I worked there foryears

 My second job, I worked as.....

 I worked there foryears




Activity 3: My leisure/hobbies/recreational activities

Print out the overview 'leisure/hobbies/recreation' (Annex 1, page 17) + the activities.

Now ask the participants to describe what they do during leisure time.

Let them think about the previous week, things they did as leisure /recreational or as a hobby. Use the overviews (annex 1) to help them.

For example: on Monday when I am home from work, I do some knitting and watch TV

	Morning	Afternoon	Evening
			Knitting Watching TV

You could also cut out the overview and make cards with the text on the back of the picture.



In this activity you could ask the participants to guess which leisure or recreational or hobby activity they see on the picture and ask them if they also do this activity sometimes. If they do, ask them to highlight it with a fluor marker on their own overview.

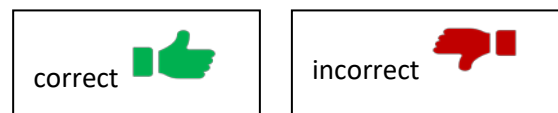
In a second step, tell the participants to take the pictures that represent their leisure/recreational or hobby activities (Annex, page 18) and decide which activities they like the most and which they like the least.

Show them the examples of Isabel (Annex, page 25) Let them rank their 3 most favourite and 3 least favourite activities on the template (Annex, page 26).

Activity 4: What is voluntary work?

In this activity participants learn the difference between paid or supported work activities and voluntary work activities.

The activity involves a few closed-ended quiz statements with dichotomous response alternatives. (Annex, page 27)



Example question: Only young people do voluntary work.

But first ask the group (or individual) if they know what voluntary work is. Let them explain to see if they really understand. Maybe refer to the story of Isabel or ask if they know someone who is doing voluntary work.

Activity 5: Quiz

This activity helps participants reflect on the entire retirement process, why people work or have worked, why they cut down on work, what they can do when they retire, This activity involves a slide show describing the stories of four different people (Annex, page 28 or PowerPoint on the platform).




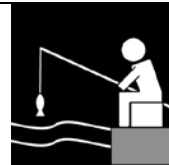
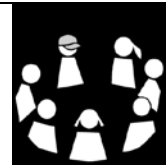
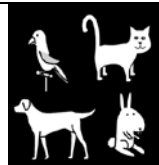
Each slide describes what they did as a job, why they cut down on work or retired, and what they did as activities after they retired.

Describe the activity to the participants and tell them there will be a quiz at the end so they need to concentrate and listen carefully.

Slowly work through the slides, discussing any additional retirement-related information such as age, pace, kind of activities, supports....

Activity 6: Type of voluntary work

Start with a recap of the previous activities. Ask the group (or individual) what they remember about the differences between paid work and voluntary work. Also ask them if they remember what Maria, Filip, Anna and Chris did as a volunteer.

Maria Elderly home	Filip Fishing club	Anna Kinder garden	Chris Animal shelter
			

In this activity the aim is learn participants about the different types of voluntary work (Annex, page 33). Using the stories of Maria, Filip, Anna and Chris, questions are to select the correct age group and sector.

Note:

In the activity we refer to some common types of voluntary work opportunities. However, in order to support own clients we recommend to only use these examples (or add other examples) that represent the local possibilities for voluntary work.

Annex 1

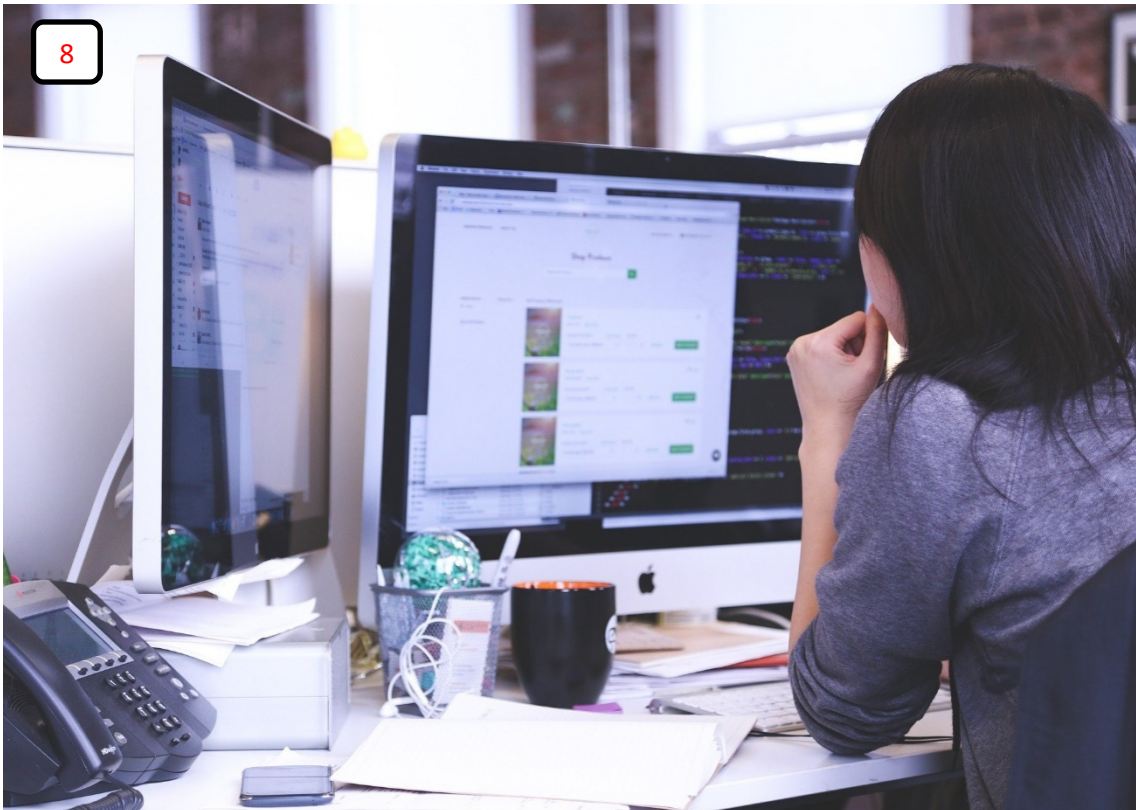
Activity 1: work-leisure?

Which picture shows a work activity and which shows a leisure activity?





















Activity 2: My work experience

What is your current, or your latest work/day activity experience?



How long do/did you work their?








Do you like doing this work/day activity?


Yes 


No 


How many days do/did you work? Colour the days (half days).


Monday	Tuesday	Wednesday	Thursday	Friday
				

If you have other work/day activity experiences? Tell us about them.





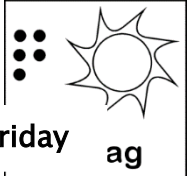


 My first job I was working as.....

 I worked there foryears

 My second job, I worked as.....

 I worked there foryears








Activity 3: My leisure/hobby/recreational activities

	Morning	Afternoon	Evening
 <p>Monday</p>			
 <p>Tuesday</p>			
 <p>Wednesday</p>			
 <p>Thursday</p>			
 <p>Friday</p>			
 <p>Saturday</p>			
 <p>Sunday</p>			
<p>Other activities I do sometimes (e.g. day trip, traveling, cinema, ...)</p>			

Overview of leisure/recreational/Hobbies





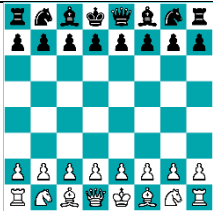


Leisure activities






	<p>Attending auto races</p>
	<p>Attending concerts</p>
	<p>Attending sports events</p>
	<p>Bird watching</p>
	<p>Bicycling</p>
	<p>Puzzles</p>
	<p>Crossword puzzles</p>

	<p>Dining out</p>
	<p>Fishing</p>
	<p>Walking</p>
	<p>Music listening</p>
	<p>Painting</p>
	<p>Reading books</p>
	<p>Talking to friends</p>

	<p>Visiting museum</p>
	<p>Watching TV</p>
	<p>Going to cinema</p>
	<p>other</p>

Recreational activities

	Playing pool/billiards
	Bowling
	Backpacking
	Camping
	Chess
	Dance
	Golf

	<p>Jeu de boules/petanque</p>
	<p>Playing cards</p>
	<p>Sailing/boat trip</p>
	<p>Swimming</p>
	<p>Weightlifting/fitness</p>
	<p>Other?</p>

Hobbies

	<p>Arts and crafts</p>
	<p>Computers</p>
	<p>Baking/cooking</p>
	<p>Flower arranging</p>
	<p>gardening</p>
	<p>Model building</p>

	<p>Photography</p>
	<p>Sewing/knitting/embroidery</p>
	<p>Singing</p>
	<p>Other</p>

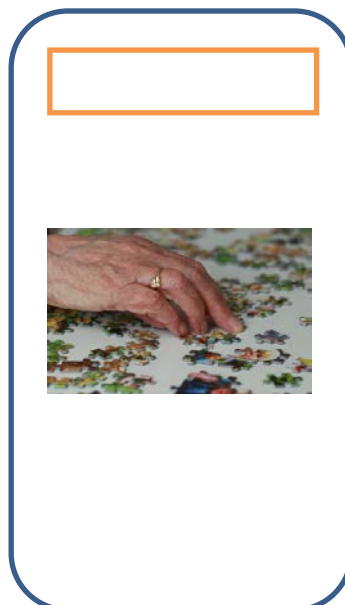
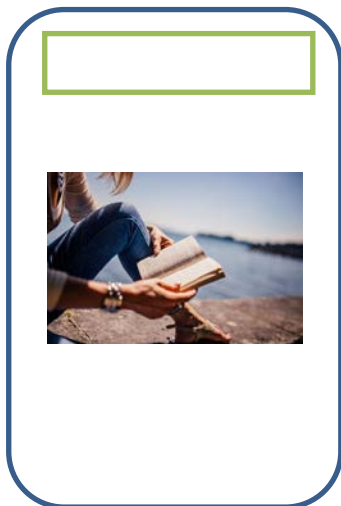
Favourite activities

Example: Isabel



Least favourite activities

Example: Isabel



My most favourite activities




























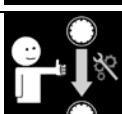


Three rounded rectangular boxes arranged horizontally. Each box has a colored header at the top: the first is green, the second is orange, and the third is purple. The rest of each box is blank for writing.

My least favourite activities

Three rounded rectangular boxes arranged horizontally. Each box has a colored header at the top: the first is green, the second is orange, and the third is purple. The rest of each box is blank for writing.

Activity 4: Voluntary work statements

Green is the correct answer while red is the wrong one. Before printing, put the text in black.

	Statement	Correct	Incorrect
	Only young people do voluntary work.		
	Voluntary work is always paid.		
	As a volunteer I can help other people.		
	As a volunteer I can expand my circle of friends.		
	Voluntary work is a lot of work pressure.		
	As a volunteer I can learn new skills.		
	As a volunteer I cannot choose what to do.		
	Voluntary work is unsupported work		
	To do voluntary work I always need a training		
	As a volunteer I can choose the hours I work		

Activity 5: Quiz

Look and listen to the following four stories.



Maria always worked at the daycentre's bakery. The reason why she worked there was to **feel competent**.

When Maria was 60 years old she said:
"Now I stop working, like my brother did when he was 60."

After retirement, Maria did some chores at the group-home where she lived. She did the ironing and always set the table.

But very soon, Maria was bored. She wanted to do things outside of the group home.

One of her dreams was to work in a cafe.

With the help of her brother and her support worker, Maria was able to try out some community activities.

Few months later, Maria was working at **the cafe** of an elderly home, where she was helping out behind the bar few hours a week as a volunteer.



Filip worked as a painter for more than 20 years. He worked mainly to be able to **pay the bills and the rent**.

When Filip was 45 years old, he became very sick and had to cut down on work. Instead of 5 days, he would work only 3 days a week.

When Filip was 60 he decided to completely retire from his paid job.

He was **not interested in finding a voluntary work**. Instead he goes back to school, where he learns to use the internet.

During the days off work, Filip chilled at home and took up fishing, one of his earlier hobbies from when he was still a kid. Later he even joint a fishing club.

Filip is happy with his new found freedom, although it wasn't always easy as he now had less money from his retirement fund. He learned how to manage the money and lives a happy but sober life.



The Quiz

What was the reason for working? Match the person with the correct reason.

Maria



Filip







Anna



Chris



	For work satisfaction
	For the money
	To buy food
	To feel competent
	To meet people
	To pay the bills and the rent
	To pass time and not get bored
	Have no choice

How old was Filip when he retired? Select the correct age

- 60 years old
- 55 years old
- 45 years old
- 70 years old

Why did Maria want to retire? Select the correct answer

- she came very sick.
- she wanted to, just like her brother at 60 years of age
- she was 65 years old and was able to retire
- she had a hard time keeping up with her tasks at work

When Filip retired, what did he do?

- He worked in a bakery
- He worked in a café
- He did volunteer work at the animal shelter
- He joined a fishing club and learned how to use the internet

What is Anna doing now that she is retired?

- She is working at a cleaning company
- She is a volunteer in a kinder-garden where she reads stories to children
- She is volunteering at an elderly home

Who is volunteering in a football canteen?

- Maria
- Chris
- Anna
- Filip

Activity 6: type of voluntary work

Recap:

- Maria = cafe in an elderly home
- Chris = no voluntary work
- Anna = kinder garden, reading stories to children
- Filip = Animal shelter


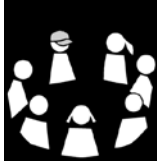
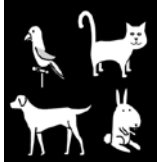


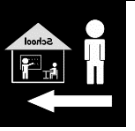
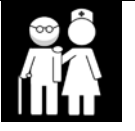


Age groups




Did Maria do voluntary work with children, adults or elderly people?

Did Anna do voluntary work with children, adults or elderly people?

Sector. In which sector did they do voluntary work? Check the correct box.



	Maria	Marie	Chris
			
 Sports			
 Health care			
 School/education			
 Eldery care			
 Cultural sector			
 Leisure			

	<p>Nature</p>			
	<p>Animal</p>			
	<p>Agriculture</p>			
<p>Other:</p>				