



*Just be yourself*

# Z E B R A - F O R M A T I O N S A S B L

**No profit organisation in  
the non formal sector of education  
\*Hannut - Belgium\***

**W o r k s h o p a c t i v i t i e s  
i n s m a l l g r o u p s**

**Q u a l i f i e d  
t r a i n e r s .**

- **D e v e l o p i n g s o c i a l a n d p e r s o n a l s k i l l s**
- **S h a r i n g e x p e r i e n c e s**
- **O p t i m i s i n g t a l e n t s**

**[h t t p : // w w w . z e f o r . n e t](http://www.zefor.net)**



# \* Origin \*

**Zebra-formations was created in 2005 in view of formalising existing benevolent actions and local programmes in order to give them more visibility. Originally focused on groups with specific needs or with particular profiles such as:**

- asylum seekers ( on social values, cultures, institutions).**
- deprived persons ( on self-esteem, budget management).**
- senior citizens in residences (on any topic as a stimulating factor).**

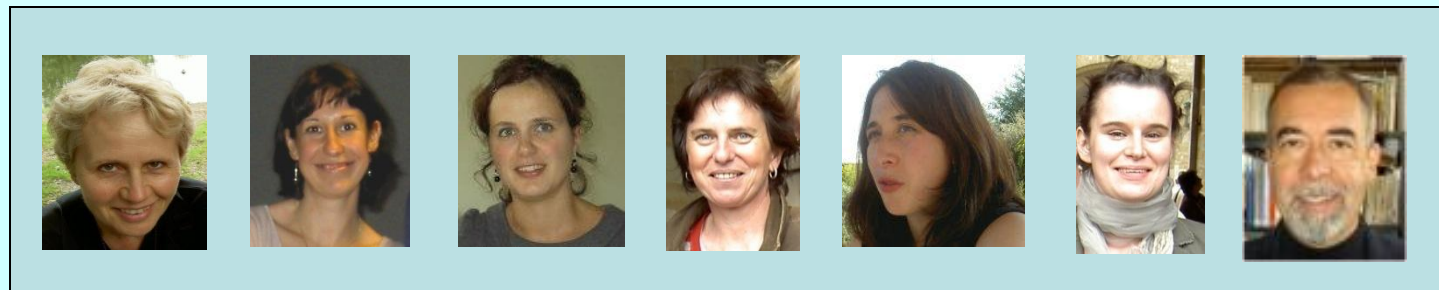




# Who are we ?

## The initiators of the scheme:

- Educational mentors and trainers in group dynamics in the fields of psycho-sociology and human geography. They have a well established experience in education and training courses: their activities have mainly been focused on learning strategies, developing skills and communication.
- Administrators professionally involved in public social care services or in recruitment services in the private sector.





# Who are we ?

## Associates and target institutions.

Zebra formation has established formal cooperation with several local organizations :

- CPAS Hannut: → Public Centre for Social Action
- Résidence Lories: → Residence for senior citizens in Hannut .
- Résidence Malevé: → Residence for senior citizens in Maret
- Résidence Les Acacias: → Residence for senior citizens in Braives
- Collectif Logement asbl: → private organization caring for homeless persons
- Bobliothèque Communale: → French speaking community library





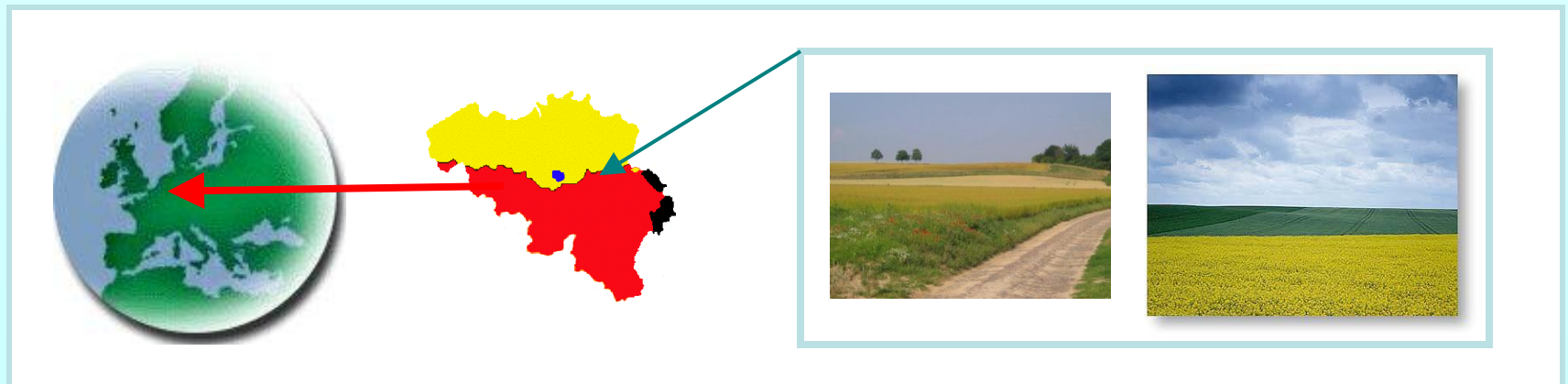
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# Where are we ?



**Hannut, Liège Province, in the heart of Belgium, is**

- 172 kms from Ettelbruck, Luxemburg**
- 1300 kms from Łomianki, Warszawski Zachodni, Poland**
- 1861 kms from Alicante, Spain**
- 1900 kms from Fasano di Brindisi, Italy**
- 2060 kms from Famalicão, Portugal**
- 2410 kms from Narva, Estonia**
- 3063 kms from Beypazari, Turkey**





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# Where are we ?



In Hannut: “a town in the country” (15 000 inhabitants).





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# In which contexts ?





# What do we do ?



## 1) SOCIAL SKILLS WORKSHOPS AND TRAINING GROUPS

For persons with specific difficulties related to their professional occupation , having to cope with conflicts, stress and important demands.

Through:

- situation analysis
- simulation and role-play
- exchange of ideas and tricks of the trade







# What do we do ?



## 2) STUDY CIRCLES & BUDGET MANAGEMENT

For persons with social insertion difficulties and a low self-esteem profile.

Through:

- experimentation of new attitudes
- discussion of alternative solutions
- reactivation of dormant talents





# What do we do ?



## 3) SENIOR CITIZENS REMINISCENCE GROUPS

For aged citizens in institutions requiring special attention:  
aphasia, Alzheimer syndrome, deafness,...

To stimulate memory, reconnect relationships, encourage self-expression and social interaction.

- By:
- listening and telling stories on a wide variety of subjects (arts, places, occupations, etc.)
  - talking about personal interests and tastes
  - discovering new conversation subjects





# What do we do ?



## 4) ENGLISH LANGUAGE WORKSHOPS FOR SENIORS

For persons who wish to improve their English language skills

- By:
- conversation tables on a variety of topics
  - talking about personal interests and tastes using role plays and communication games



# Lifelong learning partnerships

Taking part in Grundtvig projects



Meeting in Belgium



Meeting in Slovenia



# Lifestyles Revisited



**Educational Experiments in Intergenerational Environments**



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N S** A S B L

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the informal sector**

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**W o r k s h o p a c t i v i t i e s  
i n s m a l l g r o u p s**

**Q u a l i f i e d  
t r a i n e r s .**

- Developing social and personal skills**
- Sharing experiences**
- Optimising talents**

**<http://www.zefor.net>**