„Hangout together“: 10 Walks – 5 Weeks – 2 People

Prepare:
➢ Find a partner: Team up in a pair (no more, otherwise there won’t be enough time).
   o You can find partners: In courses (lectures, seminars, exercises, tutorials); via the student council; at the workshops of the Central Student Advisory Service; ...
➢ If you like, post the start of the weeks together and an update every week with the hashtags #unifreiburg #hangout2gether on Instagram (or your favourite platform).

Walk and talk:
➢ Meet twice a week for a walk of a minimum of 30 minutes.
➢ You always take a short time for worries and time for good things:
   o 2x 5 minutes: time to complain, e.g.:
     ▪ I miss ...
     ▪ I found … challenging ...
     ▪ I don’t know how ...
     ▪ …
   The other person listens well and without judgement and does not try to talk him/her out of it at this point. After that: Change roles!
   o 2x 5 minutes: all the other and good stuff, e.g.:
     ▪ My highlight of the last few days was ...
     ▪ I found it remarkable/interesting that ...
     ▪ It did me good when I ...
     ▪ …
   Again, the other person listens attentively and appreciatively before you switch roles.
➢ Afterwards you can relax the talking regime for the rest of the time.
➢ Reflect together: What effect does this have on you?

After 5 weeks:
➢ If you want, you can keep t/walking together or create a new pairing. Maybe you also get some more ideas on how to support each other.