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Values Exercise

Facilitator notes

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Training Curriculum

Exercise Title: Personal and EU values

A set of flashcards are provided. **Pink Headers** are personal values and **Blue Headers** are European Values.

Print out two sets of flashcards, split the group in two. Issue a set to each team and ask them to select which values are important to them and to rank them in their group. Without mentioning which ones are EU Values (**Blue Headers**) give the group ten minutes to arrange their selected values in order of importance. Ask them to feedback.

General Personal and Social Values

1. Honesty – Being truthful and transparent.
2. Respect – Showing consideration and regard for others.
3. Compassion – Empathy and concern for others.
4. Responsibility – Taking ownership of one's actions and duties.
5. Fairness – Treating people equitably and impartially.
6. Integrity – Upholding strong moral principles.
7. Generosity – Willingness to give or share resources.
8. Perseverance – Commitment to continue despite challenges.
9. Open-mindedness – Willingness to consider new ideas.
10. Empathy – Ability to understand others' feelings.
11. Loyalty – Strong support or allegiance.
12. Courage – Acting in the face of fear or adversity.
13. Freedom – Emphasizing personal and political freedoms.
14. Kindness – Caring for and supporting others.

Values of the European Union

1. Human Dignity – Respect for each individual's inherent worth.
2. Freedom – Personal, economic, and political freedoms, including freedom of movement.
3. Democracy – Active participation and representation in government.
4. Equality – Equal treatment and opportunities for all.
5. Rule of Law – Laws are upheld fairly and apply equally to all.
6. Human Rights – Protection of rights, including minority rights.
7. Solidarity – Support and unity among member states and citizens.
8. Justice – Fair treatment in laws and practices across all member states.
9. Peace – Commitment to maintaining peace within the EU and beyond.
10. Respect for National Diversity – Embracing cultural, linguistic, and national differences while fostering unity.