

Boost your 21st Century Skills – Master Global Citizenship

29.07.2023-02.08.2024

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The day to day programme is subject to changes depending on the availability of the guest lecturers

Saturday and Sunday, 27 and 28 July 2024		
Time	Activity	Description
12:00-18:00	Key pick up	You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.

Monday, 29-07		
Time	Activity	Description
9:00-9:30	Welcome and Campus tour	
9:30-10:00	Welcome session	Meet & Greet and course introduction
10:00-12:30	Communication, socio-cultural understanding, collaboration Becoming aware of the four-mode perspective and the ways it works best for you in your personal life.	On day 1 and 2, Communication is the main topic. You will be introduced to the Four-Mode Perspective: this universal principle entails that every challenge can be met, and that every message can be brought in four different ways. Together we will explore each of the four modes: their benefits and qualities you can develop when you are in the specific modes, how to motivate people in four ways, how to provide feedback and how to build bridges and avoid annoyances. The Four Mode Perspective becomes even more interesting if looked at from a global perspective: you will discover that the four modes are the same everywhere in the world, but their appearances differ from one culture to another. After submerging yourselves in the Four Mode Perspective for two days, you will be surprised and exited how it will give an enormous boost not only to your communication skills, but also to broader thinking and better understanding others.
12:30-13:30	Lunch*	
13:30-17:00	Communication, socio-cultural understanding, collaboration	Follow up, see description Monday morning

Tuesday, 30-07		
Time	Activity	Description
9.30-12:30	Communication, socio-cultural understanding, collaboration	Follow up, see description Monday
12:30-13:30	Lunch*	
13:30-17:00	Communication, socio-cultural understanding, collaboration	Follow up, see description Monday

Wednesday, 31-07		
Time	Activity	Description
9.30-12:30	Critical thinking What is normal? What is the value of opinions? Ego-awareness. The art of letting go.	Today is about Collaboration in socio-cultural diversity. Two skills mixed into one day of discoveries about the fun and the challenges of collaboration effectively and pleasantly. Exercises, dialogues, challenges and quizzes will test your abilities and strengthen them on the go!
12:30-13:30	Lunch*	
13:30-17:00	Critical thinking	Follow up, see description Wednesday morning

For more information about the Social Programme, please visit the [Utrecht Summer School website!](https://www.summerschoolutrecht.nl)

Thursday, 01-08		
Time	Activity	Description
9.30-12:30	Self-regulation The joys of saying no. Off-line discoveries. Balancing acts.	Today is all about looking inward: self-regulation, critical thinking and media literacy are the three courses on the menu. You will investigate the power of your automatic pilot and use of overriding it more regularly. You will discover new and highly powerful ways of looking at your ego and your opinions and learn to be bothered less by the both of them. And you will enjoy sensations you can only experience when everything is offline.
12:30-13:30	Lunch*	
13:30-17:00	Self-regulation	Follow up, see description Thursday morning

Friday, 02-08		
Time	Activity	Description
9.30-12:30	Problem-solving, creativity Obstacles as opportunities. Discovering your purpose. Creating your narrative.	This is moving day: you will work on problem-solving skills, creativity and entrepreneurship, skills that will help you deal with challenges and obstacles in life. An important role in this day's program is played by the Diversity Matrix: an instrument offering you 120 strategies (and an endless variety of combinations between them) to solve problems and develop out-of-the-box solutions.
12:30-13:30	Lunch*	
13:30-15:00	Problem-solving, creativity	At the end of this final day, you will receive the 21st-Century Skilled Global Citizen Certificate during a festive graduation ceremony
15:00-17:00	Saying goodbye	Drinks at The Basket

*Please note: Students must bring/cover their own lunch

The lunch times in the programme can vary, these times are just an indication.