

„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).
 - 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:
 - **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!

- **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.