Components	Content (working method)	Duration (slides)	Step	Objective	Instructions	Breathing (voices chime)
1. Presentation	Name participants (Chatstorm)	2 min (1.1)	Participants act	The participants overcome their inhibitions to speak	Task: - Participants state their names in the chat	out (yes)
2. Welcome	1. Name WL (Talk)	1 min (1.2)	WL speaks	WL state their names	Talk: - WL mentions ONLY their names	in (no)
3. Getting to know each other and socialising	Participants Self-description (Character object)	8 min (1.3)	Participants act	The participants get to know each other and are activated through movement	Task: - Participants have 1 minute to pick an object that says something about them (personal or professional) Each person briefly introduces their object and their relationship to it - max. 1 min/participant - Participants call on the next person themselves	out (yes)
•••	2. Participants introduce themselves (We and I)	1 min (1.4)	1/3 WL BR preparation	Participants get to know each other a little better	Task: - "In each group, please find 3 similarities and 3 differences in conversations in BR." - BR time: 8 min - Presentation of results after BR by 1 participant per group in plenary, max. 1 min	in (no)
	•••	8 min (1.5)	2/3 Participants group work BR	Participants get to know each other a little better	Participants: Groups work in BR	out (yes)
•••	•••	3 min (1.6)	3/3 Participants present	Participants speak in front of the group	Moderation: - 1 participant per group presents results - max. 1 min/group	out (yes)
•••	3. WL introduces themselves (Talk)	2 min (1.7)	WL speaks	The participants get to know the WL	Talk: - WL name institution, tasks, background - Hospitants introduce themselves	in (no)

Duration of unit: 25 minutes.