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Extreme challenge interview

Peer interviews that compare a learning activity with a kind of adventure or expedition



Aims

- To help participants identify and recognise their personal expectations, concerns and feelings before a learning activity (EVS project, training course or youth exchange)
- To encourage participants to express their personal expectations, concerns and feelings
- To share the above information with other participants on the same project or activity



Group

- Max 30 people



Needs

- Large room
- Whiteboard or flipchart
- Post-it notes
- Pens
- Paper
- Handouts with interview questions
- For a possible adaptation: computer, data projector and internet connection to show a survival documentary



Time

- 90 mins



Step by step

Break the group up into pairs and explain:

"You have to interview your partner, imagining that the interviewee is preparing for a trip to an exotic place as part of a challenge. Your task is to interview them about what they will do during the trip and what they hope to achieve and learn. You need to find out how your partner is preparing for the trip, and the worries, difficulties or obstacles that they expect to come across during the journey."

Give the participants a script of the interview (you may print it out on the handouts or write it on a flipchart during the activity):

- Why did you decide to take up this endeavour?
- What are you planning to achieve and learn during the quest?
- What exactly is the quest about? What are you going to do? What is your daily life going to be like?
- How are the preparations going? Have you already got all the information about the place you are going to?
- What do you expect to be the most difficult part of the journey?

Identifying & documenting

Describing outcomes

Introducing Youthpass

Role of facilitator

Tell them they should allow a maximum of 15 minutes per person, before the pairs switch roles, and the interviewers become the interviewees. Ask them to write down the most important information about each other on a piece of flipchart paper, which they will present afterwards.

When all the participants have interviewed each other, ask them to present their results. Each participant will talk about the person that he or she has interviewed. Allow 30-40 minutes for the presentations part.

Stick the posters with the information on them on the wall. Set aside 10-15 minutes after the presentations for debriefing, comments and summary.



Debriefing

- Do all the journeys have something in common?
- What are the most common worries and expected difficulties?
- What are the most useful preparation tips?
- Which of the ones presented by your colleagues caught your attention? Why?



Adaption

- This activity is especially useful for raising awareness and prompting self-reflection about the obstacles faced by young people with fewer opportunities when taking on a new project or activity. The interviews help the young people confront and understand each other's challenges, and also those of young people with fewer opportunities.
- Backstage preparation can give an extra dimension to the activity. The facilitator can take the participants to a natural environment or show them a survival documentary to provide the necessary ambience.



Tips

- Time management is very important for the presentations. Remind participants to be as concise as possible. If you have a large group, set a time limit of 1-2 minutes per person.
- Trainers should emphasise the fact that the interviewees are expected to talk about the real tasks and activities they are going to carry out during the EVS, youth exchange, etc.



Extreme Challenge Interview questionnaire

- Why did you decide to take up this endeavour?

- What are you planning to achieve and learn during the quest?

- What exactly is the quest about? What are you going to do?
What is your daily life going to be like?

- How are the preparations going?
Have you already got all the information about the place you are going to?

- What do you expect to be the most difficult part of the journey?



Created by Jan Gasiorowski. Survivor (TV series) on Wikipedia: [http://en.wikipedia.org/wiki/Survivor_\(TV_series\)](http://en.wikipedia.org/wiki/Survivor_(TV_series)) &
Alone in the Wild (National Geographic): <http://channel.nationalgeographic.com/videos/alone-in-the-wild/>