


TRADING PLACES*

▶ ABOUT THIS ACTIVITY

 **Time:** 15 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Get to know each other in more depth.
- Exchange values, viewpoints, or ideas with other participants.

 **In this activity you will:**

- Ask participants to write a vacant destination on a post-it and then to circulate in the room and discuss their choices and perhaps to trade for another (15 minutes).

 **Materials:**

- Post-it notes

 **Preparation:**

- Trainer may want to prepare a question based on the upcoming session

Instructions

1. Give each participant one Post-it note.
2. Ask the participants to write on their note one of the following (pick one depending on the mix of participants or mood that day):
 - A value they hold.
 - A vacation they really enjoyed or would like to take.
3. Ask the participants to stick the note on their clothing and to circulate around the room reading one another's notes.
4. Next, have participants mingle once again and negotiate trades for other notes. The trades should be based on a desire to possess that value, experience, idea, question, opinion, or fact for a short period of time. Require that all trades be two-way. Encourage participants to make as many trades as they would like.
5. Reconvene the full group and ask participants to share what trades they made and why. For example, "I traded for a note that Sally had, stating that she has traveled to Africa. I would really like to travel there because my ancestors are from Ghana."

Summary

Wrap up session.

Source: 101 Ways to Make Training Active. Mel Silberman. 1995.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.