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Examples for Warm-Up Questions

Collection of Materials on „Programme design and conceptualisation“ – Document 17

**Questions to familiarize with the participants**

**10 Finger Exercise**

I would like to know how you are doing. We will practise the 10 Finger Exercise. 10 fingers means: I am doing excellent, 1 finger means: I am not doing well at all. Please show as many fingers as you feel.

**Camera on /Camera off or stand up Exercise**

I'll say something and if that suits you, please turn your camera on / stand up.

• I slept well and enough

• I have had enough for lunch

• I have already done some sport today.

Estimate the distance from your home to Brussels. How far do you live from Brussels?

* 0 - 200 km
* 200 - 500 km
* 500 - 1000 km
* More than 1000 km

**Questions with connection to the event**

**Have you ever participated in a digital citizens' dialogue?**

1. Yes
2. No

**How much are you interested in politics in general?**

1. Very much
2. A bit
3. Not at all

**Think about the future of the EU. What are you?**

1. Very optimistic
2. Rather optimistic
3. Rather pessimistic
4. Very pessimistic

**How satisfied are you with the EU? I am ...**

1. Very satisfied
2. Rather satisfied
3. Rather unsatisfied
4. Very unsatisfied

**How well are you informed about EU politics?**

1. I feel very well informed
2. I feel rather well informed
3. I feel rather uninformed
4. I feel very uninformed