



Co-funded by
the European Union

Building a Comprehensive Educational Ecosystem for Sustainable Development Goals

Project Reference: 2023-1-PL01-KA220-HED-000165127

Implementation period: 01.10.2023 - 30.09.2026

Programme: Erasmus+

Action Type: Cooperation partnerships in higher education

EU Grant: 400.000,00 €

Coordinator



Lodz University
of Technology

Partners



ACEEU



ABD

Welfare and
Development
Association



Nykiel



RIGA TECHNICAL
UNIVERSITY



UAB
Universitat Autònoma
de Barcelona

Player

Walk in My Shoes

Walk in My Shoes

Time: 25 - 35 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

The Story

Every day, we interact with people who may be experiencing things we cannot see. Understanding how others feel - and what they may need - helps us communicate better, prevent conflict, and build trust. Empathy is also essential for achieving the Sustainable Development Goals (SDGs): it strengthens inclusion, reduces inequalities, and supports peaceful, cooperative communities.

Your mission: discover what empathy means in practice and how it can change the way we interact with others.

See the person, not just the situation.

Mission Tasks

Step 1: What Is Empathy? (5 minutes)

As a team, search for simple definitions of empathy, compare and discuss them, and create your own easy-to-remember definition (not academic).

Step 2: Behind the Situation (10 minutes)

Think of two everyday situations where empathy would help (e.g., conflict, stress, exclusion, misunderstanding). For each situation: describe what is happening, identify how the person might feel, identify their possible need, and suggest how an empathetic response could change the situation.

Example: A student misses a deadline. Emotion: overwhelmed. Need: support, understanding. Empathy: ask what happened instead of judging, offer help or flexibility.

Step 3: Your Empathy Rules (10 minutes)

Create three simple 'empathy rules' your team can apply in daily life.

Examples: 'We listen fully before responding', 'We try to understand before judging'.

Optional mission bonus:

Act out a short scene showing a situation without empathy and then with empathy.

Why Your Mission Matters

Empathy helps us connect with others and respond with care instead of assumptions. It strengthens cooperation, reduces misunderstandings, and supports fairness - all essential for building inclusive communities and advancing the SDGs.

Empathy is not just a feeling - it is a skill we can practise every day.

A better world begins with understanding each other.

Mission Equipment

Smartphone

Internet access

Notepad or whiteboard for taking notes

