

ACTIVITY 1

Read the following text to the participants and after you finish, ask them to write down as much as they remember, as they remember.



Lifelong learning is a vital component of personal and professional development in today's rapidly evolving world. It allows individuals to adapt to changing circumstances, acquire new skills, and stay relevant in their fields. By continuously seeking out new knowledge and experiences, lifelong learners can unlock opportunities for personal growth, career advancement, and fulfillment.

Moreover, lifelong learning fosters curiosity, creativity, and critical thinking, enabling individuals to approach challenges with resilience and innovation. Ultimately, embracing lifelong learning empowers individuals to lead more enriching and meaningful lives while contributing positively to their communities and society as a whole.

