

BETTER TOGETHER

Discovering Joy in Company

INITIATIVE



**Three sessions
for young people
on loneliness and
social connection**

**Field guide for running the talks
Public Beta v0.5 - Updated 2025-09-04
Check www.initiative-gemeinsamkeit.de/lectures-en/**

Introduction

Student Loneliness - at least in Germany - has been consistently high for the past 10 years, as the publications of Diehl (2018, Data from 2014) and Wenig (2025) show. This likely will vary across countries and cultures, but conversations also with other experts at GILC (www.gilc.global) and WHO data show that the base problem is rather consistently present.

The slide deck will remain in English for a while to permit scrutiny and feedback over a common standard, however a German glossary will be provided to enable presenters at German universities and institutions (core focus group for this presentations) to utilise this with the appropriate nuancing.

The idea is that this will enable someone caring about student or job-starter loneliness to powerpoint karaoke a good session to prepare youth aged 18-30 for navigating the changes in their social network that starting university or a job in a new city often brings with it.

Good luck with this endeavour
Christian Langkamp

What it is and beta protocol

Purpose: Starter pack to run an introductory session on loneliness and social connection.

Who is it for: Lecturers, student services, student clubs, NGOs helping to prepare students and young job starters for and within the years 18-30,

Audience: Students, vocational trainees, interns, job starters aged 18-30

How to give feedback:

Best as 30 min teams session with Christian Langkamp, christian@initiative-gemeinsamkeit.de, alternatively email.

Versioning: Versions usually will be published monthly or bi-monthly, depending on feedback received.

Deck Chooser and Session Templates

Session 1: **Loneliness** (30 min plus 15 min questions)

Purpose: Understand what loneliness is (and isn't), why it happens, and the first levers to change it.

Use when: You need a shared language before discussing habits or community-building; ideal for orientation weeks or wellbeing modules.

Best for: Groups with mixed backgrounds who need conceptual clarity and low-stakes starting points.

Session 2: **Social connections: Core** (30 min plus 15 min questions)

Purpose: Build and protect the few relationships that carry you—and learn how to make time together feel alive.

Use when: You want practical routines for your 5–15 core people (housemates, close friends, study teams).

Best for: Small cohorts ready to practice (peer groups, clubs, project teams).

Session 3: **Social connections: Extended** (30 min plus 15 min questions)

Purpose: Grow the outer rings—weak ties, acquaintances, and communities—and learn how they compound into belonging.

Use when: You want to increase belonging for the institution and facilitate wider community building

Best for: Student unions, international offices, and societies designing programming and spaces.

Sendoff: Campus localisation (30 min)

This should be a short overview of good initiatives, sportsclubs etc. At the university. Can extend if initiatives want to come up and present their stuff, but usually this is done at general fairs. The idea is here to walk the students again through some recommendations they might have missed. This needs to be prepared locally.

Activities and Facilitation Notes

Discussion on **Loneliness**

Depending on size and audience: loneliness is intimate topic, not sure whether a group discussion is for everyone. Possibly delay until participants have gotten to know each other better.

Discussion: **Factors and habits for developing friendships**

In groups of 3-4 - what is most important for developing friendships over time
- what makes for a good encounter

Discussion: **Platonic attraction - First impression**

In groups of 3-4: What is platonic attraction, what makes you want to talk to someone, or continue an initial 5 min discussion into 30 min.

Discussion: **Habits on campus / in new city**

What works, what places or communities have you frequented or do you intend to frequent

If there is ample time, e.g. for a 6 session over 6 weeks programme - use the **adult friendship course** of Initiative GemEinsamkeit on the website or include your faculty or institution in the scope of the student and job starter matching programme of www.talktothatone.de also offered by Initiative GemEinsamkeit.

Choosing appropriate activities very depends on audience size, available location, time and context of other activities and offers at the institution.

How to use this pack (public beta)

What this is. A working draft intended to be useful right now. Please treat it as a Public Beta: good enough to run, still improving.

How to use. Share the PDFs freely for non-commercial teaching, workshops, and student events. You're welcome to add a local resources slide and adjust timing to fit your session.

Please keep intact. The overall sequence and slide design are part of the pedagogy. If you need deeper edits, just ask—we're happy to help and to learn from your context.

Credit. Please attribute to Initiative GemEinsamkeit and keep the footer link to the "latest" version.

Sources. We license this for non-commercial educational use with attribution. We don't claim any rights over the underlying research; our contribution is the synthesis and slide design. The „long text“ behind part 2 and part 3 is „Practical Friendship“ by Christian Langkamp.

Language. The canonical model names (e.g., FEAST) stay in English for literature consistency; feel free to add short German glosses for clarity.

Feedback. This is a step toward a better presentation—tell us what worked, what didn't, and what you changed.

Master copy / latest version at
www.initiative-gemeinsamkeit.de/lectures-en/

Deutsches Glossar: Hilfe bei der Wortwahl bei deutscher Präsentation mit den englischen Folien

FEAST+G

Focus	Fokussieren, „Commitment“
Encounter	Begegnung gestalten
Attune	Einstimmen,
Schedule	Verabreden / Datum setzen
Treasure	Beziehung wertschätzen, Erinnerung aufbauen
Growth	Persönlichkeitswachstum miteinander

About the Initiative GemEinsamkeit

The Initiative GemEinsamkeit is a small NGO with the aim of creating a knowledge and networking platform for practical, applied work on loneliness. Globally and in Germany, there are already numerous projects that have helped lonely people and fostered sociability and high-quality friendships. Through building our network and ongoing discussions with our partners, we aim to:

1. Collect promising, ready-to-use approaches.
2. Discuss them in suitable online and in-person formats.
3. Provide professional support for their implementation in pilot projects and gather feedback.
4. Aggregate these approaches into a comprehensible, publicly accessible, and continuously evolving collection (Open Educational Resource).
5. Distribute finalized ready-to-use approaches within our network.

We do not conduct our own scientific research, as scientific research and societal analysis are already comprehensively and excellently carried out by the European research network "Loneliness in Europe" and the Kompetenznetzwerk Einsamkeit mandated by the Federal Government / BMBFSJ through 2026 . Our role is to support with a complementary step—integrating analytical results with practical experience and packaging them into ready-to-use recipes and tools. In this way, we aim to contribute to addressing loneliness in Germany.

We are a member of the Global Initiative for Loneliness and Connection (GILC, www.gilc.global) and coordinate our activities with the other member institutions therein.

The contact details are

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