

Dear Colleagues,

we are pleased to announce that once again/for the first time we are actively involved in the action “Two Hours for Family/ Two Hours for Human”. This is the Global Social Movement for closeness initiated by the Humanites Institute over eleven years ago. The action is a response to the growing phenomenon of loneliness, depression, and the breakdown of interpersonal relationships, including the breakdown of families which results from the pace of our lives.

We are aware of the important roles you play outside of work and how many tasks you perform in your everyday life, in your families, communities in which you live, or in which you pursue your passions. The pace of life that accompanies all of us is not without significance, either. Pressure, stress, and rush often mean that what is most important is lost somewhere along the way.

We know what kind of tension resulting from the pandemic you have had to face so far. More and more often we feel tired, lonely, and lost. In this challenging time of war in Europe, the support we receive from loved ones is essential, as is our support for others, closeness, acceptance, empathy, love, sharing good emotions, and caring for relationships. Therefore, we would like to invite you to take part in the “Two Hours for Family/ Two Hours for Human”.

**Let’s stop for a moment, let’s slow down!** Let us consider what our true value is. We will discover then that our strength to act often comes from the quality of relationships with our loved ones in the family and of the relationships that we build around ourselves at work, at school, at university, or simply in life, and which we often neglect due to lack of time and fatigue. Consequently, we often reduce it to the exchange of simple information from everyday life, losing the possibility of a kind of re-discovering our loved ones again, which is the driving force of relationships, such as, for example, when falling in love.

The culmination of the action Two Hours for Family/Two Hours for Human takes place **on 15th May for a reason. Did you know, it’s International Day of Families?** Especially on this day, let’s use the free afternoon for joint activities with family and friends. It can also be a space for getting to know each other a bit better by the employees of our company. **We want to make your task a bit easier by enabling the earlier finish of the workday on Friday, 13th May, preceding the International Day of Families, or on any other day agreed by your team.**

**Below you can find some ideas on how to spend this time in relation to the main theme of this year’s campaign:**

**Let’s reminisce together!**

* What did you most enjoy playing with your parents or grandparents when you were little?
* Think back together with your family. What was the first party you went to – talk about the circumstances of its organization, who was there, what you did?
* Everyone has a favorite song – what is the favorite song of children and parents? And grandparents? A unique delicacy from childhood – what was it? And what was the most delicious thing for your parents and grandparents?
* Talk about friends: who was your first best friend? Ask family members about their friends from years past.
* Talk about what animals have accompanied you since you were little: what was the name of mom’s favorite childhood puppy, or maybe a family member was once chased by a rooster?
* What was an iconic item that you dreamed of? Was it a gadget or maybe a piece of clothing?
* Do you know what the happiest day in the lives of your grandparents/parents/children was?
* What did your parents wear? And your grandparents? What was in vogue then, and what is now?

**Talk about your school years:**

* What is/was your favorite subject at school, and why? How do your parents/grandparents/siblings remember school?
* Think about who had the strictest teacher; what subject did they teach?
* What did you play during breaks at school?
* What were your school trips like? Tell your children about it.
* Worst day at school. What was the best day? – Tell each other about these situations.

**Laugh together!**

* Tell each other what the best/funniest prank you ever pulled on someone was?
* What was the strangest thing you have ever eaten? – share these stories with your relatives!
* Ask family members: what is their funniest childhood memory?
* And if you had a chance to meet your ancestors, what would you like to ask them, what would you like to tell them?
* Have you ever made a culinary mistake? Tell your friends and family about it.
* Do you remember the mischief of your family’s puppy or funny places where the cat liked to sleep? Or maybe there are other stories about mischievous pets in your family? Please share them!
* Ask family members reliably makes them smile? Try to make them laugh.

**Reflections and dreams:**

* Be a happy, fulfilled person – talk about this with your loved ones – what does this mean to them?
* Tell yourselves – what are you most grateful for?
* Talk about whether you prefer to have everything planned or to act spontaneously?
* Have you had a failure/setback that worked out for the best? – Share it with your loved ones.
* Do you still dream? What dreams do you have now? Ask your parents/grandparents about this.
* Talk about your dream vacation. Have you been able to have such a vacation?

**Everyone has their own key to closeness.** We are convinced that you will find it and spend unforgettable moments together. Create your own closeness rituals as often as possible. Celebrate interesting, deep, intergenerational conversations while our loved ones are still with us, let’s discover some family stories, anecdotes, let’s preserve them for the future generations. Then, the emotions that accompanied them will stay with you for longer! Life can be full of passion and interesting activities among people close to your heart. It is only up to you, what emotions you fill them with!

[option for companies that have decided to purchase cards for employees]

On such a special occasion as #2h4family, we have prepared a gift for you – a set of **ASK ME** cards. This simple game gives you an extraordinary opportunity to get to know your loved ones better. There are no points in it, no competition and no losers. It is a game in which the rules are dictated by curiosity.

Feel invited to have fun and spread the idea of the Global Social Movement “Two Hours for Family”. Let’s inspire others with our example. While playing, having fun with your families, share with us the best questions or stories that you heard, maybe even a photo. Tag it with #2h4family and post it on your social media. Let’s all support the idea and show that “Two Hours for Family” really does bring people closer.

With kind regards,

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