

Colleagues,

we are very pleased to let you know that our company/organisation has joined the Two Hours for Family/Humanity campaign for the first/next time. Last year, more than 2,000 companies and organisations from as many as 59 countries worldwide took part in this campaign. Including – US.

**We invite you to celebrate International Family Day together**

as part of the Two Hours for Family/Humanity campaign

#2h4family is a Global Social Movement for Intimacy, launched 12 years ago by the Humanites Institute in response to the growing phenomena of loneliness, depression and human connection crisis.

Living a fast-paced life is not conducive to building family bonds and strengthening relationships. The pandemic has further widened the distance between people. The proliferation of remote working has meant that some of us do not meet our work colleagues on a daily basis. Absorbed in the virtual world and global topics, we are losing those closest to us: children and grandchildren, parents and grandparents, siblings, uncles, cousins, friends. We are getting further and further away from each other. Therefore, it is worth taking precautions - let's try to get closer to our... loved ones.

**With the "Two Hours for Family/Humanity" campaign, we urge you to use these symbolic "two hours" to spend quality time with your nearest and dearest. Preferably intergenerationally! Think about it: when was the last time you spent time having a good, long conversation with your loved ones? When was the last time you learned something new from them?**

The motto of this year's #2h4family is:

**WITH PASSIONS ACROSS GENERATIONS!**

Pursuing passions is a great way to spend time with family or friends and a good topic of conversation that strengthens bonds! What are your passions? What are your loved ones passionate about?

**WHAT DO WE WANT TO GIVE YOU AS PART OF THIS SPECIAL EVENT?**

**FIRSTLY - TIME**, an extra two hours for your loved ones and, in line with this year's motto, for your passions. On 15 May, the International Day of Families, the final of this year's edition takes place. You can all leave work early on this very day.

[above *option for companies that have decided to donate free hours to their employees*].

**SECONDLY, A RANGE OF ATTRACTIONS**:

*A place to showcase a unique programme of action within a particular company.*

**THIRDLY - ASK ME CARDS**, which we have purchased for you to support you in nurturing relationships. This simple game gives you the opportunity to get to know your loved ones better. It has no points, no competition and no losers. It's a game where the conditions are dictated by curiosity about the other person, their experiences, memories and dreams.

[above *option for companies that have purchased ASK ME cards*].

We also want you to know that for COMPANY NAME, you are first and foremost people. Great Employees, sensational Employees, but above all people with many important roles. You are Mothers, Fathers, and Children, Grandmothers, Grandfathers and Grandchildren, Carers, Friends, Citizens. We greatly value all the life roles you fulfil outside of work! We know that each and every one of you is a unique Personality and a one-of-a-kind story. We want to support you in this.

If you document your participation in the campaign on your social media channels, you can add the hashtag #2h4family. Let **the great social change of work culture and lifestyle** carry on!

Stay warm!

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**How do you start a good conversation? Need some inspiration? Here they are!**

**Take a moment to reminisce together! Let each of you answer questions, and be sure to call your grandparents!**

- Do you have a common family passion? Has it been in your family for generations?

- Do you know Grandpa's passion from your childhood? What did Grandma collect when she was in primary school? Ask them!

- What are your dreams? What will you ask the Goldfish for? What about your Mum and your Dad? What superpower would you like to wake up with tomorrow?

- What was the happiest day of your life for you and your loved ones? And your work colleagues?

- What did you most enjoy playing with your parents or grandparents when you were little?

- What is your favourite song? And your Parents’, Grandparents’ and Siblings’?

- An unforgettable childhood treat - what was it for you, your Parents and Grandparents?

- Ask your Family members who was their first Best Friend?

- Talk about what animals have accompanied you since you were little: what was the name of your Parents' favourite childhood puppy? Or maybe someone in the family was once chased by a rooster?

- What is the craziest thing you have done in your life?

- Ask loved ones or colleagues: what gift has brought you the most joy in your life? What was it and from whom?

**Have a laugh together!**

- What was the best prank/joke you did to someone or someone did to you?

- The strangest thing you have ever eaten? How about your Grandma or Grandpa?

- Ask your family members: what is their funniest childhood memory?

- Have you ever had a cooking mishap? Tell your friends and family about it.

- What reliably makes you smile? And your parents and grandparents?

- What is the funniest thing you believed in as a child?

- What is the craziest thing you have done in your life?

**Talk about your school days:**

- What is/was your favourite subject at school and why?

- How do your Parents/Grandparents/Siblings remember school?

- Think about who among you had the strictest teacher, what subject did they teach?

- Tell us what you used to play at recess at school. Be sure to ask your parents and grandparents!

- What were your school trips like? Tell your relatives about it.

- Worst day at school. And what was the best? - Tell each other about these situations.

**Activate your imagination! Talk about dreams, we suggest you answer the following questions:**

- An iconic item that everyone dreamed about? Was it a gadget/ record/ book/ clothes? What do you dream about now?

- You meet a goldfish. What would be your three wishes?

- To be a happy, fulfilled person - what does this mean to you?

- Tell yourself - what are you most grateful for?

- Has there been a failure, a setback that has worked out for you?

- What dreams do you have now? Ask your Parents/Grandparents.

- What did you want to be when you were a child? And your Parents/Grandparents/Siblings?

- What animal do you want to be and why?

- You can meet any person/character. Who would it be and what would you ask them?

By taking part in the action and documenting it on your social media channels, remember to add the hashtag #2h4family. Let Global Change carry on!