

## Video Analysis Worksheets

### Question 1

- Break down the video into key sections that represent distinct challenges and adaptations taken to address them.
- Name and analyze each section, focusing on the following aspects:
  1. Challenges faced along with their complexity and nature (What makes this situation challenging?)
  2. Adaptation(s) – what are the specific adaptations the characters undergo? How do these transformations reflect adaptive thinking?
  3. Visual Elements – Describe how these visual elements – colors, shapes, movements and animations – represent adaptability?

Indicative answer:

#### Section 1: Title - The Mountain Climb

- Challenge: Characters must climb up to a steep mountain.
- Way of Adaptation: Transforming into triangles to climb.
- Visual Elements: The characters change shape from circles to triangles, gaining angles that help them climb the mountain, which will be impossible in their initial circular form.

#### Section 2: Title – The Flood

- Challenge: Unexpected heavy rain leads to a flood, threatening characters.
- Way of Adaptation: Character become flat to float.
- Visual Elements: The characters change shape to become flat, enabling them to float and avoid drowning. The character no.3 – who remains in its triangular shape – demonstrates an inability to adapt and stays at the bottom of the water, rescued by the two other characters.

#### Section 3:

- Challenge: The previously rescued triangulated character faces a new journey, leaving behind the other two who remain flat and floating on the water.
- Way of Adaptation: The character transforms into a human creature to continue the journey.
- Visual Elements: The character changes from a triangular shape to a human form, symbolizing the ability to move forward, while the other two characters remain behind, still in their flat – floating state.

#### Section 4:

- Challenge: The main character faces severe climate change phenomena – such as extreme heat causing droughts and heavy rainfalls that lead to the destruction of crops and germination.
- Way of Adaptation: A new ally is added in the effort to combat climate change phenomena. Collaboratively, they utilize a mechanism that collects rainwater and channels it to the crops, contributing to the regeneration of the nature.

- Visual Elements: Here, the main character experiences extreme heat, depicted as sun rays causing plants to wilt, and heavy rainfall that leads to the destruction of plants. The collaboration between the two characters is visually represented by a pipe and flowing water that revive the landscape, demonstrating adaptability and innovation.

\*Section 4 can further break down into three sub-sections, reflecting the two climate change phenomena and the final collaborative solution give. Following this approach, the two first sub-sections demonstrate the inability of the main character to adapt and find effective solutions to the problems, while the third sub-section illustrates the successful collaborative attempt of the two characters to address the issue, being both adaptable and innovative.

## Question 2

Reflect on the concepts of adaptability and flexibility as demonstrated in the video:

- Provide definitions of adaptability and flexibility, highlighting their connection and clearly distinguishing the differences between them.
- How are these skills relevant to real-world settings, particularly in the field of Applied Research within VET?
- How adaptability and flexibility can enhance the effectiveness and innovation of research practices in VET.

Indicative answers:

- Adaptability is the ability to adjust to new conditions or changes in the environment, while flexibility refers to the willingness to bend or change plans in response to unexpected challenges. Although both concepts involve change, adaptability is more about changing one's approach to fit new circumstances, whereas flexibility is about being open to multiple ways of achieving a goal.
- In real-world settings, especially in Applied Research within VET, adaptability allows researchers to modify their methods and strategies in response to evolving industry needs, while flexibility helps them remain open to incorporating innovative solutions and diverse perspectives, ensuring their work stays relevant and impactful.
- Adaptability and flexibility enhance research practices in VET by enabling researchers to swiftly respond to changes, integrate new technologies, and collaborate effectively. This leads to more innovative research results that are aligned with the latest industry trends and address practical challenges in vocational education and training.