

**INTERNATIONAL CONFERENCE**  
**“SOCIAL MOBILITY MODEL –NEW LEARNING PATHWAYS TO SOCIAL INCLUSION”**

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**Concept of Visual Workshop**  
***“Equal Opportunities and non discrimination”***  
**within Social Mobility Model**

*Angelika Böttcher*  
*VHS Göttingen, Germany*



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[www.socialmobility.eu](http://www.socialmobility.eu)



INNOVATIVE METHODS AND PRACTICES TO FACILITATE SOCIAL INCLUSION

# Aim of Visual Workshop

*to help senior citizens, unemployed persons and migrants to develop their civic competencies on equal opportunities and non-discrimination in order to adapt to diverse and changing society and labour market and to protect their human rights*

# Objectives

- *to prepare training materials for visual workshops “Equal opportunities and non-discrimination” to make learners aware of their human rights*
- *to perform national testing of visual workshops in 5 partner countries on 40 senior citizens, 50 unemployed persons (women) and 40 migrants in Czech Republic, Germany, Lithuania, Spain and UK*

# Deliverables

- *training materials for workshops*  
*“Equal opportunities and non-discrimination” (CD-ROM)*  
*in English, Czech, German, Lithuanian and Spanish (also*  
*available for download from the project’s website*  
*[www.socialmobility.eu](http://www.socialmobility.eu) )*
- *13 national piloting sessions of one-day workshop “Equal*  
*opportunities and non-discrimination” performed for in*  
*total 144 learners in in Czech Republic, Germany,*  
*Lithuania, Spain and UK*

# Training material

**VISUAL WORKSHOP**

**"Equal opportunities and non-discrimination"**

**Training material**

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**WP4: VISUAL WORKSHOPS "Equal opportunities and non-discrimination"**

**SUGGESTED SESSION PLAN FOR VISUAL WORKSHOPS**

The aim of the visual workshop "Equal opportunities and non-discrimination" is to help senior citizens, unemployed persons (women) and migrants to develop their civic competences on equal opportunities and non-discrimination in order to adapt to diverse and changing society and labour market and to protect their human rights. <sup>1</sup>

Activity	Purpose	Task for trainers	Time	Resources needed
• Welcome • Introduction of LIGHT project, training aim and objectives • Icebreaker exercise	• To welcome the participants, to get acquainted with each other, to introduce the project and the training  • To help participants to become more acquainted with each other and to warm the atmosphere, to give participants the opportunity to activate and bring in their previous experiences / knowledge about discrimination	• welcome participants • present project and training	15 min	• chairs in a circle (without tables) • "LIGHT" Visual Workshop 2
		• ask participants to choose one picture out of the middle of the circle • ask participants to introduce themselves and describe spontaneous their feelings and thoughts concerning the chosen picture • if personal experiences with discrimination are already mentioned here, the trainer should ask them up for later discussion	20 min	• pictures showing discriminating situations (lying in the middle of the circle)

**Take a step forward**

*"Everything flows from the rights of the others and my re-awakening duty to respect them"*  
Emmanuel Levinas

**Themes:** Discrimination and Xenophobia, Poverty, General human rights

**Complexity:** Level 1

**Group size:** 12-30

**Time:** 60 minutes

**Overview:** We are all equal, but some are more equal than others. In this activity participants experience what it is like to be someone else in their society. The issues addressed include:

- Some reality being often a source of discrimination and exclusion
- Empathy and its limits

**Objectives:**

- To promote empathy with others who are different
- To raise awareness about the reality of opportunities in society
- To foster an understanding of possible personal consequences of belonging to certain social minorities or cultural groups

**Materials:**

- Role cards
- An open space (a corridor, large room or outdoors)
- Tape or CD paper and whiteboard marker

**Preparation:**

- Read the activity carefully. Review the list of "situations and events" and adapt it to the group that you are working with.
- Make the role cards, one per participant. Copy the (adapted) sheet either by hand or on a photocopier: cut out the strips and fold them over.

**Instructions:**

1. Create a calm atmosphere with some soft background music. Alternatively, ask the participants for stories.
2. Hand out the role cards at random, one to each participant. Tell them to keep it to themselves and not to show it to anyone else.
3. Invite them to sit down (preferably on the floor) and to read their role card.
4. Now ask them to begin to get into role. To help, read out some of the following questions, leaving after each one, to give people time to reflect and build up a picture of themselves and their lives.
  - How was your childhood? What sort of house did you live in? What kind of games did you play? What sort of work did your parents do?
  - What is your favourite film or book? Where did you holiday? What do you do in the morning, in the afternoon, in the evening?
  - What sort of clothes do you wear? Where do you live? How much money do you see each month? What things do your friends own? What do you do for a hobby?
  - What excites you and what are you afraid of?

Photo: Action Rights Resource with Tony Mason - Council of Europe 217

**FOR DIVERSITY AGAINST DISCRIMINATION**

**Diversity at work**

Everyone has rights

An initiative of the European Union

**FOR DIVERSITY AGAINST DISCRIMINATION**

**Discrimination QUIZ**

**1 in 6 Europeans have suffered discrimination in the last 12 months\* – How much do you know?**

\* Eurobarometer: survey 296 on discrimination in the European Union - Perceptions, experiences and attitudes (July 2008)

An initiative of the European Union

# Training agenda

1. *Welcome*
2. *Icebreaker exercise*
3. *Trainer input: Discrimination and what the law says*
4. *Role play “Take a step forward”*
5. *Trainer input: What you can do*
6. *Discrimination Quiz*
7. *Case study (team-work)*
8. *Feedback*
9. *Evaluation & Closing*

*Thank you for your attention!*



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