

BOOKLET

TO SHARE AND EXCHANGE

BETWEEN PEOPLE WITH DIFFERENT ABILITIES!

From the European Youth Exchange:



MIX'ABILITIES

CADALEN - France

**From the 20th to the 30th
June 2017**



Statement of intent

MIX'ABILITIES

The main goal of this Youth Exchange was to develop tolerance and cooperation between European youngsters from different backgrounds, possibilities and abilities.

This YE pursued also other objectives:

- To encourage the youth to live in a more healthy way, through an healthy diet and outdoor activities
- To encourage critical thinking and to be active in a group dynamic.

The week went on as the following:

- 2-days workshop on Forum Theater, later followed by an interactive presentation on the local school ;
 - African dance and percussion ;
 - Discovery of "Joelette" and walk in the countryside with it ;
 - Games and debate about discrimination linked with disabilities;
 - Sign dance

GAINING INTERCULTURAL KNOWLEDGE

The intercultural aspect was really important in this exchange, as it is important for all project like this, the mere fact of having people from different countries is a workshop itself. As part of our program we organized intercultural evenings, where the participants had the chance to share their traditions and informations about their country with the others, thus providing the group with a large international background.

All of those workshops allowed creating group dynamics and developed cooperation between the participants.



THE BOOKLET

The booklet that you have in your hand is written by the participants of this TYE, with some help of Solafrika team. Every workshop is described in this booklet. The creation of this booklet was organized as the following: two or three supervisors are chosen for each activity, and are responsible for the writing and the pictures for the booklet. This booklet is then sent to every participant to be used as a tool to reproduce and improve the workshops and the knowledge acquired during this Youth Exchange.

THE PARTNERS

Mix'Abilities has been implemented by five European organizations through the Erasmus+ program :

Asociación para la Mediación Social: EQUA - Spain

Društvo za kulturo inkluzije (DKI) - Slovenia

Solafrika - France

Continuous Action - Estonia

EYCB - Czech Rep



Erasmus+

Forum Theatre

by Adèle from Solafrika

Duration : 4 – 6 hours

Number of participant : 15 - 30 per.

Story of the activity : Paolo Freire has created the theory of the pedagogy of the oppressed, where the learning relationship between a teacher and the students has to be an equal exchange of knowledge. Augusto Boal combined elements from Paolo Freire's theory to enhance his theory in his book 'Theatre of the Oppressed'. The Theater of the Oppressed was then created by Augusto Boal in the 60s, first in Brazil and later in Europe. It is an interactive form of theater where the audience can change elements of the plays, such as the script, the scene... Spectators can come onto the stage to play the role of one character in order to change the outcome of the scene. The goal of this type of theater is to promote social and political change. The audience is regarded as « spect-actor» as it gets the opportunity to analyse, express opinions and views, and transform the reality. This tool created by Augusto Boal as been re-use by many people and explore in many different situations. So now the tool of forum theater as evolved and different people adapted it to different cultural background as well.



Objectives of the activity : Experiment different option in hard situations from real life. Showing types of discrimination and finding ways to improve the situation. It also makes space for communication and cooperation.

Detailed steps of the workshop

In the beginning of Forum Theatre is important to make all participants more talkative, for that we used few trainings and games, for example :

The "hello" game

Especially useful when starting a Forum Theatre session with people who have never met before: everyone has to shake hands with someone and say their own name; they can only let go of the other person's hand when they have grabbed another hand – to whose owner they will say their name and so on. Than you can continue with walking, but participants are trying to find other with f.e. same colour of eye etc.



The blind games

The group divides up into pairs: one partner will be blind, the other will be her guide. The pair decide of one sound/noise. Then all the blind people are to close their eyes and all the guides, start making their sounds, which their blind partners must follow. When the guide stops making the sound, the blind person should stop moving. The guide is responsible for the safety of his blind partner. He should change his position frequently. You can do the same exercise with a "touching code" to guide decide by the pair before.

Then you can start with Forum Theatre : To explain how it works, make a scene or a picture to explain well the tool, for example :

The great game of power



In this exercise we used five chairs and one table to simulate situations of power and oppression. The audience was then invited to modify the scene in order to give one element the greatest amount of power in relation to the other ones, and in the opposite to achieve equality between all the element.

Creating the scenes

After the games and explanation of the principle of Forum Theatre, the participant had time to think about their own scene. We divided ourselves in 4 groups. Each group should discuss about situation that happen in their life linked with disability. The purpose at the end is to create a scene, from those experience, and this scene need to be a problematic one (without an happy ending). This scene should be short (1min max). All participants will play their scene in front of other groups and then we took some time to work a bit on the scenes to improve them.

After that, we chosen two scenes and we did a forum between us on the both of them: the scene are played a first time, than everyone can try to make changes in the scenes. Everyone who as a proposition can change the actor and will play as she or he (one by one).



The writers: Ana, Ana, Radek, Katerina, Lara, Ajda

THE SCHOOL INTERVENTION

Duration : 2 hours

Number of participant : 4 groups per 5 persons ; about 25 children in class

Objectives of the activity : Introduce to children the topic of discrimination connected with disabilities.



Story of the activity : Forum theatre about disabilities in the local school in Cadalen : After forum theater between us, each group work again on their scene. We needed to adapt our scenes for children, for them to understand well. Because of the language barrier, we prepare scene without speaking, made just by gestures, human sculptures and clear scenes.



Detailed steps of the workshop

We had been divided in four groups, with four short scenes.

The children had been in different age. The first group of the children was in the age 6-8 years. The second group of the children in the age of 8-10 years.

At the beginning of the lesson we proposed and played a few games to remove fears and nervousness between us and the children. Then we started with the Forum Theatre about situations connected with disabilities and discrimination. Children were active and have a lot of ideas about fixing a problem which we created in the scenes. After forum theatre we played other games to finish our meeting and to say goodbye.

Ways of adaptation

It is possible to change the topic or place of Forum Theatre and adapted it to the age of an audience. We can use Forum Theater to describe hard situations from real life and try to find solution. We can use it at school, with small or bigger groups and with children, youth or adult.

The writers: Petra, Zuzana

African dance and percussion

By Chantal from Atout Piol

Duration : 1 hour each

Number of participant : 25 people

The dancing

Objectives of the activity : To express yourself through dance, communicating with bodies ; speaking through body-language and eye-contact

Material : Balls

Detailed steps of the workshop :

1. Walking around the room and discovering it
2. Looking at people whilst walking around the room
3. Making eye-contact
4. Making body-contact



5. Dancing with a partner : The one who is holding a ball can dance whilst the other one is standing like a statue. Then you have to pass the ball to your partner and now they can dance

6. Then switching partners

7. All of the participants are in 4 rows and try different African dance moves first while standing still and then while moving. They move through the room with the dance steps.

The djembé

Objectives of the activity : learning to feel the rhythm and communicate through different rhythms and sounds

Material : Djembé, sticks



Detailed steps of the workshop :

First, to get the feel of the djembé and learn the different sounds you can make with it, we did some simple sounds. Then we repeated the rhythm that were played to us. After that we communicated/asked questions from each other, improvising different sounds. In the end, when we had gotten the feel of Djembé, we all combined to make a simple musical piece.



The writers: Margaret, Timothy, Julie

Joelette

By Romain from Umen

Duration : 1 day (3 + 4 h)

Number of participant : 26 people

Objectives of the activity : We learn how to use Joelette ; the special one-wheeled chair that enables any person with reduced mobility or disability to be active. We are learning how to move it in the fields and how to carry it.

Material : Joelette with additional equipment



Introduction of Joelette

We were introduced with Joelette and how its unfolded and build in functional shape (first you unbuckled it, then you assemble the wheel and after the chair is put up). To use it, you need four guides and the person that is driven around. When the person sits inside, you have to carefully put the chair up and move it from the ground. The rear guide handles the balance and the front guide controls the traction and gives the direction. On the side there are two more persons that take care for safety.

After understanding how it works, We used Joelette and went to a hike in the area.



The writer : Katarina

Anti-discrimination day

By Maëva from Solafrika

Duration : 5/6 hours

Number of participant : 20 people

Objectives of the activity : We discover different points of view, find stereotypes in ourself, which we have and which we did not know before, we are learning that everyone has stereotypes and the most important thing is what we are doing with it.

Material : For collage we used paper, newspaper, glue, scissors, pen, pencils ; Pictures with faces

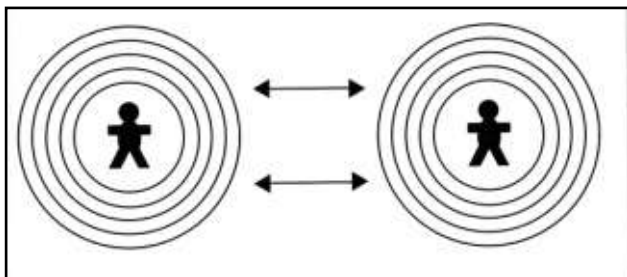
Energizers

First we started with fews games to get ourselves in the mood and also get energized!

1. the "me too" game: Think about something personal in your life that you think is unique to you. You say it to the group. If no one else share the same characteristic then the speak is to the next person. If someone else as the same characteristic she.he has to jump up and say « ME TOO » and sit on her.his leggs. If there is several people you go on top of eachother. Then you go back to your original sit. And you'll have to say something again until no one comes on your leggs.
2. The other game is that someone in the middle of the circle says an experience she.he has and people, who also had the same experience need to change his/her seat.

the onion of identity

This workshop aimed to work on identity by defining different layers of it, trying to approach how these layers are related to each other, going from the surface towards the core.



Proceeding:

The 1st onion was to be filled in individually: we needed to write 5 points about what represents us, the group members were free to share their work among each other or keep it for themselves.

Than we find a partner and write her/his onion of what we perceive of this person and than share with this person.

"First impression" game

Everyone has one paper with a picture of a person and write the first word or a sentence, which comes to mind. Then you fold it and pass it to the next person, and so on until you had in your hand every pictures. When a person got his/her first picture back she/he looks on words. With those words we try to classify them in 3 categories:

- fact (=description : everybody can see the same thing),
- sterotype (=interpretation : what I see with my own vision and background),
- prejudice (=evaluation : what I think it is, example : sadness, violence...).

You can find this tool on the educational pack: **all equal all different** of the concil of Europe: **here**

This activity is a simulation...

Just Do it!

The goals of this simulation were:

- To experience discrimination.
- To analyse how we discriminate against certain social groups and at the same time blame them for the situation they are in.
- To raise awareness about how we help preserve unfair social structures.



The basic of the simulation:

4 groups were given a task to make a collage. One of the groups was discriminated because they were given an information, which they couldn't understand. All groups could manage to do the task except that group.

After the simulation, we did a debriefing where everyone could understand what was going on during the game and express her/his feelings.

We then discuss of the link between that we just experiment and real life situations.

Moving debate

The point of the moving debate is to collect all of the possible opinions, arguments and point of views on one topic.

How does it go?

The space is divided into two area, one stands for "I agree", the other for "I disagree". The trainers give statements and the participants are asked to take position in the space. The goal of the debate is that the starting position is based on one's opinion, but later the positions go with the arguments. From this starting position, we collect some of the arguments for both sides, possibly different ones. After each argument the participants are free to change sides, if they agree with the argument, regardless of their opinion on the topic as a whole. People who change sides can be asked to explain what made them change their mind. The debate goes on until there are no new arguments on the topic.



In our case the topic was culture and identity, the trainers chose the following statements:

- Should there be special institutions for disabled people ? Or integrated schools ?
- I've got a restaurant, I think the state should pay the adaptation of the access for disable persons !
- We should sanction the bosses who don't employ disable people ?

Ways of adaptation

of the all day

The type of group activity with different instructions can be transferred to different types of activities to reflect about discrimination/participation, any other topic, for example giving directions like to be only able to talk to women/men, only being able to talk to hearing people, restricting use of hands/voice/eyes (always depending what is useful for the topic at hand) and to have the groups « create » something 'beautiful'/'stable'/'tall'...etc with limited materials to see how they react/participate/integrate others and themselves with their different roles/limitations or 'privileges'.

The writers : Luz Marina ; Jannika ; Marta ; Morgaine

Sign dance

By Lucie from "la compagnie Danse des Signes"

Duration : 3/4 hours

Number of participant : 25 people

Objectives of the activity : Deaf people can understand stories using different senses, they use more visualization because they can not hear. Using of signs help to represent words without speaking. Sign dance could represent all spectrum of feelings, passions, emotions or stories only using body movements and signs by hands. This dance allows people to be closer to not speaking community using interesting and funny way.

Material : Music

Face circle game:



People stand or sit in circle, one who starts makes a face mime and faces the next player, next player mimics the first one and moves his face towards next player, while moving changes it to new mime, then next player mimics again the previous one and passes a new one on.



5 Element dance:

Using your hands, body and sound to express fire, air, earth, water and wood.

Love and hate game:

People in pairs face each other and show with simple signs hate or love. There are two versions – in one the pair changes to the opposite emotion, in another the pair increase the emotions to its maximum.



EU dance:

Group dance choreography made on remix of the EU hymn (Beethoven), dynamic movements changes slow scenic movements following the song rythm. After body representation comes part using hand signs which represents a story.

Ways of adaptation

A dance performance to introduce the sign culture

The writers : Lauren, Hanna, Betka



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Asociación para la Mediación Social: EQUA - Spain
Društvo za kulturo inkluzije (DKI) - Slovenia
Continuous Action - Estonia
EYCB - Czech Rep

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ALL THE PARTICIPANTS:



Katarina, Ajda, Jaka, Ana, Izidor



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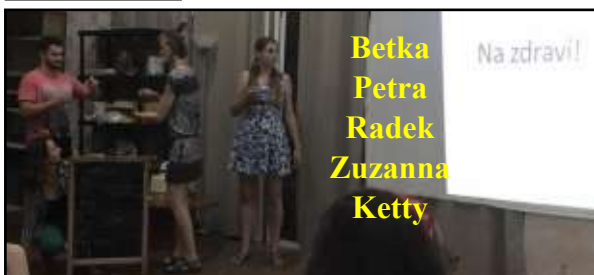
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