

Journey Into Identities

Youth Exchange

From June 12th to 22nd 2019

Bedeille - French Pyrenees

Booklet adressed to anyone interested in the topic and wanting to spread awareness through informal education.



Erasmus+



This Booklet has been written by the participants of the Youth Exchange with some help of Solafrika's Team.

It is a result of the work and exchanges which occurred during the Exchange between the participants, the trainers, the facilitators the local community and each person that we met along this adventure.

It is addressed to anyone interested in the topic of gender identity and/or anyone wanting to spread awareness about this topic.

You will find here a selection of workshops and reflexions that we went across, as well as detailed explanations of some workshops in order to successfully offer them to other Lovely Souls.

The aim of this Booklet : to spread knowledges, competences, ideas...
We hope you will get inspired and you knows..., maybe one day you will reuse and improve those activities !

Happy reading !

For any further informations, please contact solafrika@yahoo.fr



Description of the project

Journey Into Identities

The main goal of this Youth Exchange was to lead youth to be more tolerant towards the new concepts of gender and sexual identities. To achieve this goal we had several objectives :

- 1/ Discovering the diversity of identities
- 2/ Knowing what is discrimination and how to fight against
- 3/ Knowing oneself better to find one's place in the society

To prepare this we organised an "Advance Planning Visit" which is a weekend of preparation with the team leaders of the teams. We worked on those objectives and put a lot of attention on the living environment we wanted to propose to the participants during the Youth Exchange.

We created a kindly, safe and enjoyable environment where everybody could express oneself freely and be respected.

As always, we also promoted a simple, healthy and organic daily life applying the Zero Waste concept as much as we could to experience this change and its benefits on our lives. This, as well as cooperation and everyone's implication in the collective daily life.

Main activities

Workshops to discover about gender identities.

Workshops to understand discrimination.

Theatre and Forum theater as personal and collective development as well as to fight against discrimination.

At the end of the project we went to a Hip Hop Youth Festival to propose workshops to kids and youth there.

In this way, the participants shared their new knowledges and competences with the local community and showed what they learned during the Exchange.

This part was really important to us because it put into practice the work of the participants and also allowed the dissemination of the project.

This moment was an intense intercultural exchange between the participants and the local population.

Our European partners

Journey Into Identity has been implemented by five European organisations through the Erasmus + Programme :

EYCB, CZECH REPUBLIC

Arcigay Turino, ITALIE

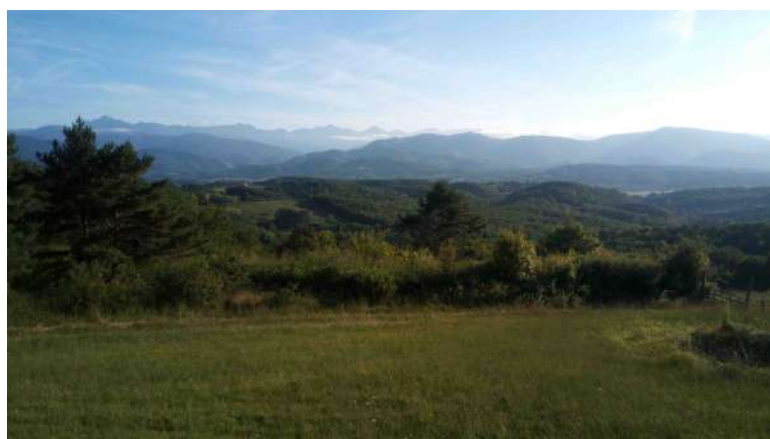
Eurodynamis, SPAIN

Rooftop Theatre, CYPRUS

Solafrika : Hosting Organisation

Solafrika is a non-profit organization which aims to create meetings between European youth in order to share, understand better each other and create solidarity, as well as revealing the potential of each person. Since 2010, the organization implements a lot of environmental, social and cultural projects in the region of Ariège (France).

Through the Erasmus + program, the organization gives young people the chance to live international mobilities, all expenses paid.



Games : Energizer , Ice-Breaker, Team Building

To start a good day a good energizer is needed.

Ice breakers, energizers, team building games are good ways to create a group dynamic, get to know each other and break the barriers on the first meetings. The aim of the activity is to wake up and get us ready to start the activity in a good mood and energy.

Zombie

12 participants minimum

1 chair per person

→ 1 of the participant is a Zombie. The rest of the participants are seated and 1 chair still empty.

The Zombie has to walk slowly to sit on this chair.

The aim is to prevent him from sitting on the chair by moving from chair to chair.

Two rules : No speaking and when someone stands up he can not sit on his chair again.

I love you but I can not smile

6 and + participants

→ One participant is in the middle of the circle. This participant chooses a person and looks at her in the eyes, telling her "I love you but I can not smile". If the person smiles or laughs, she becomes the lover who can not smile (she goes in the middle of the circle and repeat the same action). If the person doesn't smile, the lover chooses another one and repeat his declaration of love.

What I love about you

→ Make a big circle with everybody. One by one people will turn looking at the person on their right and tell her something they like/ love about them.

Worms – Chicken – Humans

→ It's like the "rock-paper-scissors" game : Worms eat Humans who eat Chickens who eat Worms.

Make 2 teams. Each team chooses secretly what they want to be. Then the two teams face quite close to each other and at the same moment, they show what they are through gestures (the gestures are given at the beginning, to be able to recognize quickly and easily each animal). Then the eaters have to catch their food. If someone get caught, he passes on the other team side.

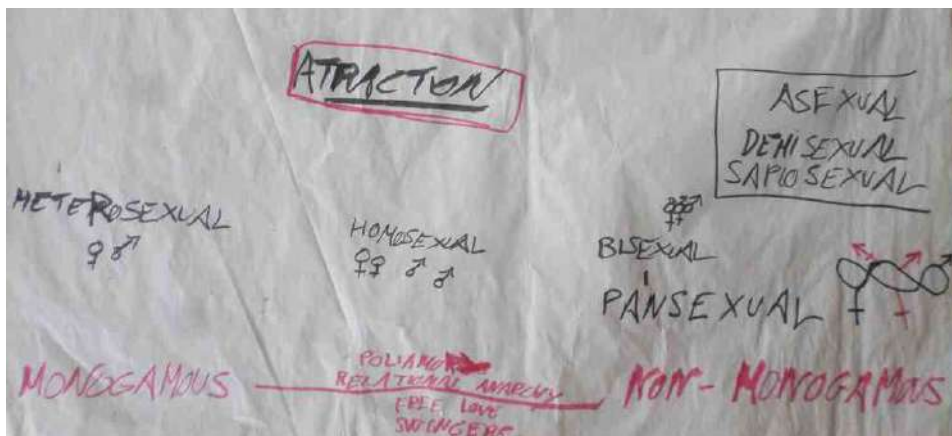
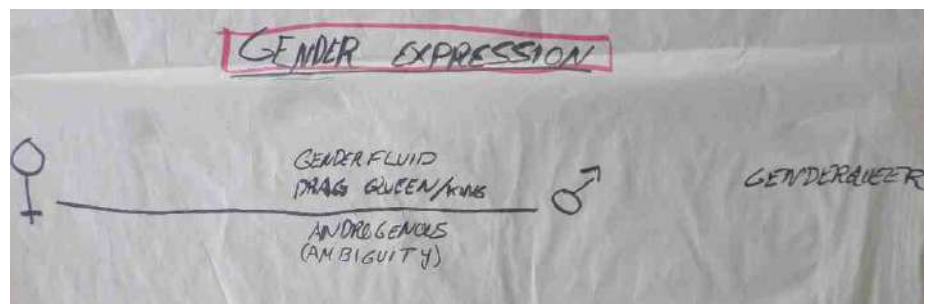
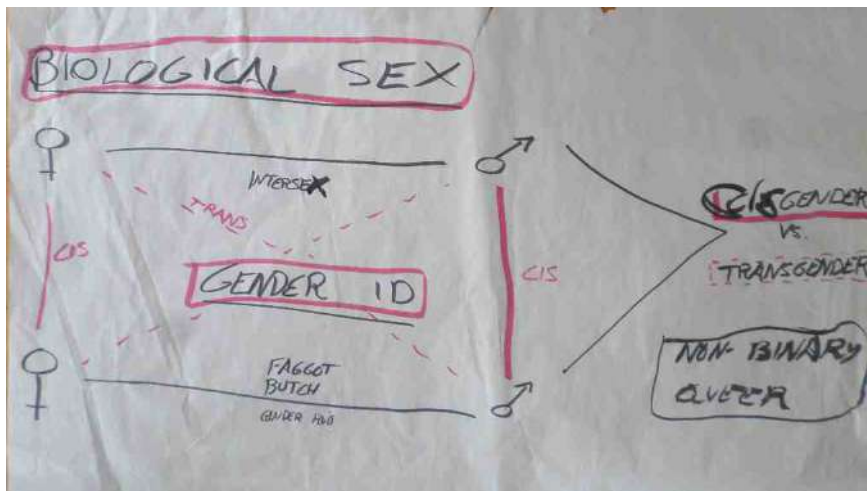
Group massage

Stand in a circle and give massage to the person in front of you so everyone gets a massage.

Gender talks

Update : vocabulary and concepts

We had a discussion about the differences between “biological sex”, “gender identity”, “gender expression” and “attraction” trying to destroy the society boxes. All the new definitions we learned let us to understand and accept better ourselves. We discovered a colorfull palette of possible identities and spoke about discrimination, oppression and equality. It has been very usefull.



Vocabulary



Biological sex : a medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex.

Gender identity : the internal perception of an one's gender, and how they label themselves, based on how much they align or don't align with what they understand their options for gender to be.

Gender expression : the external display of one's gender, through a combination of clothing, grooming, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity.

Attraction : the feeling of liking someone and often of being sexually interested in them.

Intersex : term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female. Formerly known as hermaphrodite (or hermaphroditic), but these terms are now outdated and derogatory.

Faggot : derogatory term referring to a gay person, or someone perceived as queer. While often used derogatorily, it is also used reclaimed by some gay people (often gay men) as a positive in-group term.

Butch : a person who identifies themselves as masculine, whether it be physically, mentally, or emotionally. 'Butch' is sometimes used as a derogatory term for lesbians, but is also be claimed as an affirmative identity label.

Cisgender : a gender description for when someone's sex assigned at birth and gender identity correspond in the expected way (e.g., someone who was assigned male at birth, and identifies as a man). A simple way to think about it is if a person is not transgender, they are cisgender.

Transgender : (1) a gender description for someone who has transitioned (or is transitioning) from living as one gender to another (2) an umbrella term for anyone whose sex assigned at birth and gender identity do not correspond in the expected way (e.g., someone who was assigned male at birth, but does not identify as

Transexual : a person who identifies psychologically as a gender/sex other than the one to which they were assigned at birth. Transsexuals often wish to transform their bodies hormonally and surgically to match their inner sense of gender/sex.



Non-binary : (1) refers to any gender that is not exclusively male or female. A similar term is genderqueer. (2) Also is a way of thinking that sexuality, gender, and gender expression exist on a continuous spectrum as opposed to an either/or dichotomy.

Queer : a slur used to refer to someone who isn't straight and/or cisgender.

Genderfluid : a gender identity label often used by people whose sense of self in relation to gender changes from time-to-time. The time frame might be over the course of many months, days, shorter, or longer, but the consistent experience is one of change.

Drag Queen/King : someone who performs (hyper-) femininity/masculinity theatrically.

Androgenous : a gender expression that has elements of both masculinity and femininity.

Heterosexual : experiencing attraction solely (or primarily) to some members of a different gender.

Homosexual : a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This [medical] term is considered stigmatizing (particularly as a noun) due to its history as a category of mental illness, and is discouraged for common use (use gay or lesbian instead).

Bisexual : a person who experiences attraction to some people of their gender and another gender.

Pansexual : a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions.

Asexual : experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions.

Demisexual : little or no capacity to experience sexual attraction until a strong romantic connection is formed with someone, often within a romantic relationship.

Sapiosexual : One who finds intelligence the most sexually attractive feature; behaviour of becoming attracted to or aroused by intelligence and its use.

Monogamous : having a sexual relationship or marriage with only one person at a time.

Poliamory : refers to the practice of, desire for, or orientation toward having ethical, honest, and consensual non-monogamous relationships (i.e. relationships that may include multiple partners).

Relational Anarchy : the belief that relationships should not be bound by rules aside from what the people involved mutually agree upon.

Swingers : someone who is willing to have sex often with many different people

Body Map



Aim : body awarness, self confidence, identity

Time : 1.5hour

Material : In a big room : Paper, Markers

Description : Visual, Kinesthetic, Storytelling

Exploring one's body seems like discovering oneself new. It is a way to perceive oneself and realize what body means for you.

Steps :

- 1- Game to start connecting with the participants and with myself.
- 2- Make pairs. One by one : each one will draw their partner's silhouette on a paper with no features inside, just the outside shape.
- 3- Keeping the silhouette of their partner, each one writes 3 traits about them on the left of their silhouette.
- 4- Each one gets back their own silhouette (and this until the end of the activity) and write 3 traits about themselves on the right of their silhouette.
- 5- Each one draws a mountain inside their silhouette where they know this is a strength of them.
- 6- Each one draws a flower inside their silhouette where they can feel their vulnerability.
- 8- Each one draws a river : this is the part they use the most to communicate.
- 9- Each one draws 3 little stones : these are events that moved them deeply in their life.
- 10- 1 minute of break, thank everybody and propose them to share what they want with their partner.
- 11- You can add another sharing time where participants can share the story of their map in big group if they want.

A powerfull activity to discover and connect to oneself and "see how the others think

A step forward

Time : 1hour

Material : a big area, papers with the roles for the participants, +- costumes, statements that will be readen by the trainer.

- An activity based on roleplay and consciousness.
- To be aware of our priviledges and the discrimination that we are suffering from.
- Be in other's shoes, understand the reality and how much we are lucky or not.

-> Pull a character, get in this character's shoes and take a step forward if you can answer yes to the statements.

Whole workshop was very emotional and hard.



Debriefing :

A debriefing is absolutly necessary.

You can do it like this :

-As the participants still in their character's shoes with their costumes, ask them one by one to express their identity, telling their story to everyboby. Ask them to end by explaining their end position.

- Take a break : everyone take off their costume and get out their character's shoes (this step can be leaded by the trainer to help them in the process). Take more time so that everyone can come back to reality and breathe a little bit.

- Now that everyone is back in their own shoes you can brainstorme about how can you stop these discrimination.

- Optional :

*write a letter to your character

*thanksgiving for something/someone you feel lucky in your life

Questions to help them to fit in their person's shoes:

- What was your childhood like?
- 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 everyday life like now?
- What sort of lifestyle do you have?
- Where do you live?
- What do you do in the morning ? in the afternoon ? in the evening?
- Where do you socialise?
- How much money do you earn each month?
- What do you do in your leisure time?
- What you do in your holidays?
- What excites you ?
- What are you afraid of?

Statements/ Questions to ask:

- You have a proper housing with electricity and drink water.
- You had been to school and you can read the journal.
- You never had hard financial difficulties.
- You can vote for the local and national elections.
- You have a phone, a television and a car.
- You can consider that your language, religion and culture are respected in the society you live in.
- You can enjoy a social and medical protection.
- You can participate to an international seminar abroad.
- You have never been discriminated for your origins.
- You are not worried about the future of your children.
- You have an interesting life and you are optimist concerning your future.
- You never worried about not having anything to eat.
- You can fall in love with the person you want to.
- You can buy new clothes at least each 3 months.
- You are afraid of being harassed or attacked in the streets or by the medias.
- You can go on holidays once a year.
- You have the feeling that your skills are appreciate and respected.
- You think that you can study and practice the profession of your choice.
- You can use the internet and get the advantages it brings.
- You can celebrate the most important religious feasts with your close family and friends relations.

Practical workshops

Solafrika's Team suggests you to switch the "roles" : We have chosen 3 different activities traditionally done by men/women : masonry, dance and woodwork.
We invite you to challenge these roles and go for the most unknown and unlikely activity for you - according to your gender or not.

What the participants thought about those workshops :

"New opportunities and new knowledges"

"Know more about my own possibilities and limitations"

"Be out of gender stereotypes"

"Open minding"

"Nice and creative"

Dance

The participants discovered and learnt different steps and choreographies of traditional popular French couple dances like : "La Mazurka" or "La Scotish" and group dances like : "Le Cercle Circassien".

What the participants thought about those workshops :

"What was interesting about this workshop was that it was cooperativ"

"learning about cultures"

"be connected with our bodies"

"understanding your partner(s)"

" trust and follow the group or someone specific while dancing together."



Woodwork

It was about exploring and experimenting with different tools how to build wood board games.

First we choose the game which we wanted to build.

Then we measured the dimensions on the wood to cut it.

Then we drew the lines and drilled the holes.

And we finally sanded the wood and painted it.

What the participants thought about those workshops :

"It was a very creative and meditative learning"

"A great chance to understand how it is for people who do this job everyday"



Masonry

We made a lime plaster that we learnt to apply on a wall.

For the production we used shovels, buckets, a cement mixer and :

2.5 volumes of sand

1 volume of lime

+ water

For the application on the wall we had buckets, water, brushes, trowels and floats.

What the participants thought about those workshops :

"It was a very creative and meditative learning"

"A great chance to understand how it is for people who do this job everyday"



Theatre of the Oppressed

Forum Theatre is a short play or scene that dramatizes a situation of oppression. The performance is shown once, and after the second time, the spectators become the spect-actors, and can now intervene to change the outcome of the scene. The theater performance thus becomes rehearsal for real-world action.

FORUM THEATRE

- Social intervention tool
- It's a type of interactive theatre technique

Uses:

- change (opinions/views)
- Education
- Initiating discussions
- Boosting creative process

Values:

- providing safe environment for changing roles
- Create a sense of empathy between people in different opinion groups

- Gives voice to those who don't have one or can't defend themselves.
- Imaginative + engaging experience
- Audience participation + plurality of voices.

THEATRE OF THE OPPRESSED

▶ AUGUSTO BOAL - 1970

T.O.: is a theatrical form that includes theatrical techniques and games

- IMAGE THEATRE
- FORUM THEATRE
- LEGISLATIVE THEATRE
- INVISIBLE THEATRE
- NEWSPAPER THEATRE

Spect-Actor

- Active spectator
- Suggest alternative paths
- replace

* Stop

MAKING A SCENE

→ Beginning - Middle - [End]

- What is the topic/theme/issue
- What is the problem?
- Introduce the place/characters/problem
- Where is the climax of the scene?
- What is the resolution?

→ Building a character

- Who are they? make a profile
- How are they connected?
- What do they want (in the scene)
- Do they change (through the scene)? How?

Joker: is the person between the actor and the spect-actor

→ leads the discussion

* Magic

From Exercises and Games... to Forum Theatre

During the training, we had the time to think on our society, to point society issues in the field of gender and sexual discrimination, to explore situations of oppression and find ways to solve them.

“Stop Motion”

As a warming up, we can use this exercise which develop also the concentration of the participants.

The whole group is walking in the space, using all the area. The trainer starts to give orders : “stop” / “move” and the people have to execute the action. After 4-5 times the trainer gives the order to the participants to do the opposite of what he will say. So when he will say “stop”, they will have to move and when he will say “move” they will have to stop.

After some try, the trainer adds two other orders : “jump” and “clap”. Try them in the normal way and then in the opposite way and mixed with the two first orders.

“All over emotions”

Prepare at least 4 papers with emotions written on them, for example : “happy”, “stressed”, “love”, “angry”.

Create a square in the space with those 4 papers (place them at the corner of the square).

Let the participants walk in the space from one corner to the other to start feeling the emotions.

After a while send them a signal : at the signal they choose and stop at one corner and explore the emotion deeply : trying to fill themselves with this emotion and expressing it as they feel it.

Let last this moment at least 5 minutes and slowly invite them to quit this emotion and walk again in the space. Repeat several times so that they can explore different emotions.

It is also very interesting if they are able to explore the same emotion several times.

Gather everybody in a circle. If some want to share their experience, it is the moment to do it.

“Statues Museum”

An activity based on confidence, creativity and emotion.

The participants work in pairs. One of them is the sculptor and the other the statue. The statue (and even the sculptor at one point) can receive the instruction to have their eyes closed during the exercise.

The trainer gives a load of an emotion for the sculptors in the space.

The task for the sculptor is to shape the body of their partner according to this emotion to create a statue.

When the sculptors are done, give them a signal to be able to visit “the museum” : they can go and see the statues of the others.

Switch the roles, giving another emotion.

Repeat with different emotions.

Family Picture

An activity based on attention, cooperation and creativity.

Do groups of 5-6 people that will work in different spaces at the same time.

With your group, you need a space for a stage.

Their task will be to create a static scene (an image of a scene) according to a situation given by the trainer : for example “in the street”, “at a family Christmas dinner”...

Concretely : a first person goes on the scene and takes a position to start the image. The other members of the group will have to complete the image.

Done ? Take a picture and do it again with another situation !

Colombian Hypnosys

We start this exercise in pairs.

One is the leader. The leader put their hand very close to the face of their partner and start to move it up and down, right and left, forward and backward, slowly, then more and more quickly.

The other has to 100% focus on the hand of their partner and follow it with all their body trying to keep always the same distance between their face and the hand.

There are a lot of possible evolutions to this game : leading several people with two hands, one person leading 1 then 2 then 4 then all the group...

For this you can refer to the book of Augusto Boal "Theatre of the Opressed".



The bag

An activity to help in the process of building characters.

Sit in circle. Maximum 10 people.

Everybody put their personal bag (handbag, backpack...) in the middle of the circle.

Before all : make sure that everybody consent in some way with this. If they need, people can re-arrange their bag before.

How to play the game ? : One by one, the participants pick a bag, pretending that this bag and all the items inside are their own, telling a story about their life.

You can give a maximum time for each actor to keep it short and funny.

Forum Theatre

What if you could escape or solve problematic situations by swipping ideas and identities ? That's what we did by experiencing Forum Theatre.

For a group of 20 people, make 4 groups. Each group create a short play with an oppressive situation. Play it in front of an audience and give the audience the opportunity to change the story trying to cool down and solve the situation.

“If everybody could realize that life is actually a theatre stage where we all can decide which role we want to play !”



What the participants remembered about those workshops :

“The most powerfull tool to fight againt discrimination”

“A weapon for social transformation”

“Conversations full of ideas”

“A creative tool”

“Interactrive”

“Active participation”

“Performance”

“Improvisation”

“Joker”

“Climax”

Awarness Day

A group of people coming from 5 countries have to face 150 children...
How to do it ?!

Public : Primary and secondary school children/youth mixed.
Where : A Hip Hop Youth Festival, outside in a park
When : One afternoon

We brainstormed.

What came out of it ? :

What we want with the local community is :

- Sharing ideas, knowledges, creativity and kindness
- Proposing visual and kinesthetic arts to create safe spaces for the people to express themselves.



Then we divided into two groups : Theater Team and Graff Team.



The Graff Team created a big mural where kids had the possibility to express their identity with sprays, markers, finger colors, collage, home-made stencils.... They also created a photo corner with accessories.



The Theatre Team used body theatre to talk about affection, love, hapiness and equality. A theatrical choreographie on music, followed by a time to exchange on the topic with the spectators.

We had a lot of fun with the local community, espacially with the kids. We had to be very adaptable. Somethimes we could feel a bit lost but is was a good exercise.



Open Space for Participants

We had the chance during this Exchange to be able to share our competences and knowledges during a special time anticipated in the schedule. A whole afternoon where we learnt a lot about each other in deep and creative ways.

Claudia's energizer : "What I love about you"

→ Make a big circle with everybody. One by one, people will turn looking at the person on their right and tell them something they like/ love about them.

Avgoustina's workshop : Eye contact

A non-verbal way to meet deeply, and also an introspection.

Make two lines with the same number of participants. Ask them to face each another, two by two.

For 10minutes, they will have to look in the eyes of their partner, without speaking at all, sending a color to their partner and looking for the colour they can see in the eyes of the other.

At the end of the tens minutes, give them a time to share : which colors they saw in their eyes but also anything else they could need : feelings, laughs...

Maria's Workshop : The bag

See the description of the workshop above, paragraph called "From Exercices and Games... to Forum Theatre"

Chloéia's and Claire's workshop : Candies Game

A game about consent.

You need : 4 bowls with candies.
Split into teams of 3 or 4 people.

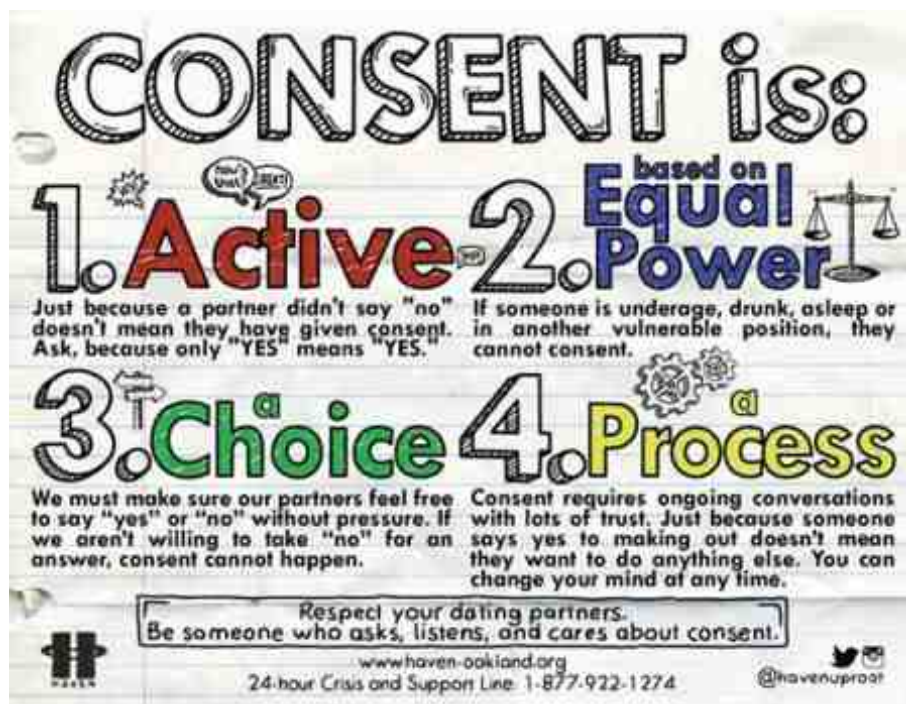
In the groups : one doesn't want to eat candies : that's an instruction given by the trainer. The three others want to share their candies and they have a lot of arguments to convince their friend.

Give one bowl to each group. The game start for 5 minutes. The groups can not speak together.

After 5 minutes, give some time to the participants so that they can quit their role (by shaking their body for example) but it is not the time for anybody to share their feelings, nobody talk about the game for know. And you repeat the same exercice by switching the roles.

Once you are done, gather everybody in circle and use this time to let everybody who wants to share feelings, stories etc...about the game and the topic express themselves. They will start to talk about consent by themselves.

Give definitions to make everybody agree on the basics of this topic.



Luigi's workshop's : My Heroe

An original way of introspection in pairs.
An activity base on listening, empathy and trust.

In pairs :

→ Talk about your heroe : share with the other how your heroe looks like, what are his fights... Let your imagination and heart go on !



Alone :

→ Write a letter to your heroe

With your partner again : (the trainer put music)

→ Dance together on the music with your eyes closed. You can be close or not, as you feel.

Enjoy the connexion !

Our collective life



What the participants kept in mind about it :

"A lot of Team work and Cooperation"

"Colorfull"

"Full of emotions"

"Support - Mutual help"

"Love"

"A community"

"Connexion - Energy"

"Fun and Interculturality"



Life in Interculturality



3 Intercultural Evenings :

1 Buffet : Food tasting

Cypriot Halloumi, Spanish Tortillas, Czech sweets, French snails, Italian Pizzas and lots of more !!!

2 Evenings with cultural workshops

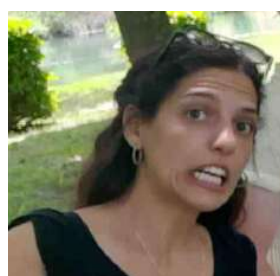
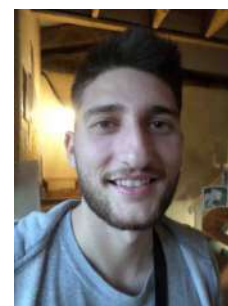
- > Cypriot sketches
- > Italian participative sketches ex : how to speak with the good gestures + Quizz
- > Spanish Quizz and Video
- > French cabaret with French Cacan, Wine Tasting, French Kiss, "La Vie est Belle" Edith Piaf song
- > Czech presentation + Traditional Dances

& A poetry night

To share : poems, songs, stories/tales, philosophy



Solafrika thanks all the Participants



... and our Partners

The Erasmus + Programme and the French National Agency:

EYCB, CZECH REPUBLIC
Arcigay Turino, ITALIE
Eurodynamis, SPAIN
Rooftop Theatre, CYPRUS

And all the people who made this projects possible !



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