



ARTOOLKIT
art for intercultural dialogue

Artoolkit

Art for intercultural dialogue

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The project

This Toolkit is a result of the international meeting “Artool Market”, that was held from 13th to 19th of March 2017 in Palermo and collects methodologies based on art in the field of intercultural dialogue, anti – discrimination, inclusion of migrants and peacebuilding processes.

The international seminar “Artool Market” had the main aim of developing the skills of European organizations and informal groups facilitating processes of prevention of discrimination, intercultural dialogue and cohesive societies, with the creation of resources and space for cooperation available for other organizations all over Europe.

This international activity was held from 13th to 19th of March 2017 and involved 20 youth workers and trainers working with migrants and/or having a migrant background themselves. The international meeting was realized as a market of tools and open workshops facilitated by the expert participants experienced in migration, intercultural dialogue, discrimination, racism, who used art as a facilitation process.



The main output of the meeting is represented by this toolkit connected to an online video toolkit, which consists of educational videos of the tools shared during the Artool Market, with a very detailed version of objectives, activities, target groups and tips. It is possible to watch all the videos at the following link:

[ARTOOLKIT - Art for intercultural dialogue](#)

The Seminar represented the first phase of the long-term project:

Mandala – meeting is an art, which realized a second local activity involving migrants who delivered workshops in local schools in the province of Palermo.

For more information on the 2nd activity:

[TOGETHER - youth united by art](#)

Enjoy the reading!



Beauty through ages and places

{ WORKSHOP 1 | Maja Jagar }

SHORT DESCRIPTION OF THE TOOL:

We are all different but beautiful in our own way - like flowers or plants around us. The tool wants to compare different rituals and customs on what is considered to be beautiful in different countries and through the time in the same countries - how beauty is shaped by the actual societal norms and laws and is relative. The activities also aims at making a connection among identity, nationality and culture.

TYPE OF TOOL:

Interactive workshop.

TOPICS:

Beauty, relativism, diversity, tolerance, awareness.

TIME:

2 hours, in groups who are prone to deeper discussion even 3 hours if there is enough time for letting the flow of the process.

TARGET GROUP:

People of all ages, backgrounds and interests; with focus on women.

NUMBER OF PARTICIPANTS:

min 5, max 30.

DESCRIPTION OF THE ACTIVITY:

Theoretic introduction with pictures and media materials, icebreaker, presentation of participants learning about different cultural customs, group work, individual work, reflection, discussion, evaluation.

- **INTRODUCTION**

Presentation of facilitator, topic.

- **ICEBREAKER**

Think about a fun icebreaker/get to know activity.

For example "How did I get my name?" where you put participants in pairs and then one explains how his or her pair got the name.

- **INTRODUCTION TO THE TOPIC BY ASKING THE QUESTION**

What are the beauty standards in your country? How do we know that someone is beautiful? Presentation of beauty ideals in different countries, by analyzing together magazines or digital material.

- **POWERPOINT PRESENTATION "BEAUTY THROUGH PLACES AND TIME"**

ppt presentation that I left on the computer in Palermo where there are pictures of ladies from different countries. There is different beauty ideal also through ages - middle age - big belly that symbolizes fertility, 20' - short hair, cigarettes - women had to work instead of men, fashion is being practical and handy, 50', 70', beauty ideals today that are not realistic - porno model/anorexic body - both body types very hard to reach - interest of fashion/cosmetic industry - If you feel bad in your skin, you will spend more money on trying to change it.

Ask the participants: "If an alien came to earth, what beauty standards would he find strange?" For example silicons in your mouth, breast, butt - why do women do it? To satisfy whom? Beauty rituals in different countries - China - feet, Giraffe tribe, ladies with rings in the lip, us today. Group discussion.

- **DISCUSSION**

What is there possibly to be done? How can we start to respect "normal beauty" not enhanced by some radical actions like liposuction or plastic surgery? Discussion with participants on possible activism.

- **EVALUATION**

What have I learnt today? What was interesting, what could be better?

What do I bring home with me? What difference can I make in my surrounding?

OBJECTIVES:

Self empowerment, tolerance of diversity, admiration of diversity, learning about diversity as something normal, learning about beauty as a social concept that is in constant evolution.

DYNAMIC OF THE GROUP:

This is a part of eating disorder prevention programme for girls and young women (95% of persons with eating disorders are girls - because of various factors one of which is presentation of women in the media - fashion and cosmetic industry/patriarchal societies etc). Boys are welcome in the group, but the focus is on women question. The same workshops can be done making research on the position of men through places and time - how they should be strong, have muscles, “bring bread” to their families etc.

NEEDED MATERIALS:

Beauty magazines from different countries, Flip chart, PowerPoint - computer and projector if possible.

TIPS FOR FACILITATORS:

I did this workshop in different settings and found it very universal and neutral, there were no offended or confused people. For the facilitator it is very important to keep himself/herself from judging people's comments or views but it is suggested to direct them toward healthy choices if you see they are for example advocating being anorexic or some similar extreme thing.

Be yourself, be proud who you are! Our participants learn best from people who live what they preach/teach.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=MRVoUmsMXkw&index=13&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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Create an imaginary culture and community

{ WORKSHOP 2 | Sara Cuéllar Romero }

SHORT DESCRIPTION OF THE TOOL:

Interactive activity using theatre and drawing (with the possibility of video and photography).

TYPE OF TOOL:

Theatre, video and photography.

TOPICS:

Cultural identity, cultural diversity, distrust of the unknown, citizenship and government, spirituality and worship.

TIME:

2 hours.

TARGET GROUP:

All age and background.

NUMBER OF PARTICIPANTS:

10-30 (it's adaptable).

NEEDED MATERIAL:

Papers and colour pencil.

TIPS FOR FACILITATORS:

The tool can be adapted from children to grown up people, giving more guidelines if it is a group of children. Be careful in not repeating stereotypes instead of breaking them down (think about the drawing of the migrant the group will have, how they will depict him). It is important to close the role play, especially for the “bad” roles, and guide the participants back to reality.

Suggestions for a different version:

- real scale of the drawing
- use a real person as a foreigner that people can paint, draw on or dress up.

OBJECTIVES:

- Offer the power of decision
- Familiarize yourself with new concepts
- Consider the effect of man in his environment
- Generate a sense of unity
- Generate empathy
- Understand a culture

DESCRIPTION OF THE ACTIVITY:

- Work the characters (create a map)
- Link with geography
- Narration “what are we doing here?” (reflection)
- Reflection, what people are we?
- Reflection How is our society organized?
- What is our story
- Representation of historical moments
- The arrival of a new visitor
- Meeting of decision-making regarding the new visitor
- Posing a problem
- Performing dramatic strategies
- Final reflection

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=Xmi-XEGlONY&index=17&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>

HANDOUTS:

“WITH DRAMA IN MIND” Toolkit:

<http://www.mediafire.com/file/7ynlnei2qi4zu54/%28Literacy+Collection+S%29+Patrice+Baldwin-With+Drama+in+Mind+Real+learning+in+imagined+worlds-Network+Continuum+%282004%29+%281%29.pdf>



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Participatory Video

How to engage young migrants and refugees?

{ WORKSHOP 3 | Tomasz Glinski }

SHORT DESCRIPTION OF THE TOOL:

Nowadays everyone can create a video, share it and by doing so present a social picture. Participatory Video workshop is providing ways of engaging and integrating migrants, refugees and asylum seekers with local communities.

It gives youth workers and community development workers a tool to enhance integration and understanding of the group that we are working with.

By using participatory video techniques we are able to:

- Explore communities or specific groups
- Explore issues and fields of the future interventions (Community Development Work)
- Get the real social picture
- See what is influencing our service users
- Bring positive change in the communities.

The process of the participatory video workshop includes:

- Ice breaker
- Introduces to equipment
- Experiential learning
- Handing over control
- Showing trust
- Overcoming fear and building confidence
- Technical learning

TYPE OF TOOL:

Filmmaking, storytelling

TOPICS:

Filmmaking, participatory video.

TIME:

90 minutes.

TARGET GROUP:

Participants with common issues, background or age.

NUMBER OF PARTICIPANTS:

10 people.

NEEDED MATERIAL:

Projector, camera.

OBJECTIVES:

- Awareness and advocacy
- Promoting local innovations
- Therapeutic work
- Empowering migrants, asylum seekers and refugees
- Tool for communicating with policy makers

DESCRIPTION OF THE ACTIVITY:

<https://www.mediafire.com/file/oj3f29n8dp7sw6zPV+presentatione.pptx>

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=MRVoUmsMXkw&index=13&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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Build your country

{ WORKSHOP 4 | Meri Chachava }

SHORT DESCRIPTION OF THE TOOL:

It is a group work activity, where the participants will work in one big group. They will be asked to build a city by using different kinds of materials. The objective is to analyse what kind of multicultural society they will build.

TYPE OF TOOL:

Team building.

TOPICS:

Intercultural society/minorities.

TIME:

90 minutes.

TARGET GROUP:

Youth workers.

NUMBER OF PARTICIPANTS:

min- 10 max-25.

NEEDED MATERIAL:

Colourful papers, taps, scissors, markers, paper glue, flipcharts.

TIPS FOR FACILITATORS:

Be flexible and a good listener, stimulate discussions and dialogue. The workshop can be modified and adapted to the different target groups/vulnerable, minorities. The approach of “firstly doing and then reflecting on “why?” question can help you in reaching the objectives. You can use a small piece of the paper to build the city on to trigger more communication and cooperation inside the team.

OBJECTIVES:

- To develop practical understanding in multicultural society.
- To show the importance of dialogue and cooperation.
- To facilitate a networking process among participants and to promote to identify common possible actions for intercultural dialogue.

DESCRIPTION OF THE ACTIVITY:

- Ask the group to build a city by using different kinds of materials.
- Give different tasks to the participants to create their own roles in the community.
- The task can be accomplished with different layers, such as thinking about one day in this city, thinking about the needs, communication, lifestyle.
- Stimulate the group work with questions and reminders in the process.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=YU-2XD92l94&index=11&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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A Name speaks Volumes

{ WORKSHOP 5 | Alba Sarompas Rodríguez }

SHORT DESCRIPTION OF THE TOOL:

For migrants it is really hard to conserve their identities in the different reality around them. They need to find new reference points. The identity is formed by different parts, materials -like body, skin.. - and not material like the name.

These parts are represented from the different materials we choose. The skin is the part which defines us and come in contact with the other people. The name is the door of our identity. This door can connect the identity of everyone to become a community, inside this community everyone conserves their name and is represented by their body.

The main idea of this workshop is to create a t-shirt which testifies the experience and the intensity of it. On the t-shirt the participants will make a stamp of a graphic work made by the names of the participants and the print of a big hug of all participants.

TYPE OF TOOL:

Work of art therapy with body expression and graphic work.

TOPICS:

Name, body, identity, skin, earth, hospitality.

TIME:

2 hours.

TARGET GROUP:

Migrants input community.

NUMBER OF PARTICIPANTS:

min 10, max 20.

NEEDED MATERIAL:

Vinyl glue, white t-shirt, sand of different colours.

TIPS FOR FACILITATORS:

The facilitators need to be careful to feel and listen to the sensation of the group and manage the time.

OBJECTIVES:

- to reflect about identity, the parts of the individual identity and how they change.
- to create emotional and body sharing.
- to live body as emotional sharing instrument.

DESCRIPTION OF THE ACTIVITY:

- play icebreakers games with the body, work on contact.
- write the name in the air in different way.
- graphic elaboration of the experience.
- create the colours with sand and glue.
- play with the name of all participants and create a graphic elaboration with "sand colours".
- stamp this graphic elaboration in the front part of the t-shirt.
- final: all the participants hug all together and leave the print of the hand on the back of the t-shirt and with the foot on the white sheet.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=OiEaGVBaOGQ&index=12&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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The art of small steps

{ WORKSHOP 6 | Lusine Sahakyan }

SHORT DESCRIPTION OF THE TOOL:

The aim of this tool is to go deeper into one's feeling on global changes in their own lives, to promote empathy with others who are different, to raise awareness about the inequality of opportunities in society, to understand possible consequences of belonging to certain cultural groups being in a totally different environment, to experience part of reality and vulnerability of others, such as refugees, migrants and displaced people, to understand reasons why people migrate, to foster empathy. The participants of the workshop will achieve this result coming through different steps during the workshop.

TYPE OF TOOL:

Art tool.

TOPICS:

Intercultural dialogue / self-assessment.

TIME:

60 minutes.

TARGET GROUP:

Young people/ migrants.

NUMBER OF PARTICIPANTS:

20 - 25 people.

NEEDED MATERIAL:

Flip charts, markers, A4 papers.

TIPS FOR FACILITATORS:

Only one facilitator for the whole session is enough.

After the workshop the facilitator asks the participants to give feedback. The aim of taking feedback is the development of critical thinking, research methods, debating skills, evaluating the activity, change what can be changed.

The approach of small steps can be taken also for the workshop itself, using small tasks, discussions and sharing, that can help making the process of discovering the "Art of small steps" holistic and deep. The method can be adapted to the varied target groups. The suggestion of a small activity of making a picture with closed eyes and then finding own picture is relevant to the method : "People live their realities and go ahead with their eyes closed." The method can be applied for storytelling as well.

OBJECTIVES:

- team building
- team challenge
- common memories
- intercultural dialogue

DESCRIPTION OF THE ACTIVITY:

- The facilitator asks how the participants understand "The art of small steps". What is the concept for them.
- They start drawing with closed eyes.
Not being able to see what you are drawing intensifies fluidity, intuition, touch and sensitivity.
Each of the members of the group is given an A4 paper and a pen.
They are asked to close their eyes and draw something connected with "The art of small steps...". They are given 5 minutes for this.
After they are done, we collect the papers and place them on the wall.
- Afterwards, the discussions starts, the participants try to find the answers for the questions they didn't think beforehand.
They tell about their experience, what was the "small step" in their life and what was "the biggest step".
The discussion goes holistically, it needs confidence in the group.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=CpeatX8eHdY&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM&index=16>



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Forum Theatre

{ WORKSHOP 7 | Nena Močnik }

SHORT DESCRIPTION OF THE TOOL:

Forum theatre is one of the community theatre forms, developed by Brazilian practitioner Augusto Boal, under the umbrella of methods, worldwide known as Theatre of the Oppressed. The short performance (15-20min) always stages a real life situation, the relationship between the oppressed and oppressors and while it's performed, the spectators can stop the performance at any moment, and intervene by suggestions or solutions in an attempt to transform the oppressive situation into the better solution.

TYPE OF TOOL:

Interactive body-based, theatre, drama.

TOPICS:

Social inequality, oppression, discrimination.

TIME:

4 hours.

TARGET GROUP:

Any; it is advisable that the group members share same or similar social background and issues they want to address.

NUMBER OF PARTICIPANTS:

8 - 20 + audience.

NEEDED MATERIAL:

Spacious room, chairs, pencils, blank paper.

TIPS FOR FACILITATORS:

Make sure to warm up participants with drama games and body-based exercises; address the issue that is related to the community you are working with; don't be judgemental.

OBJECTIVES:

- resolving problems, conflict and difficult situations
- practising the social transformation to be applied in real life
- rehearsing the 'revolution'
- learning by watching & (re)acting
- seeing the real life situation happen as a third person

DESCRIPTION OF THE ACTIVITY:

The group should be warm up by different warming-up and body based activities and then invited to share the stories with an open issues/problems. The person that shares the story preferably takes over the role of the 'oppressed' and she assigns the roles of other protagonists to the rest of participants. The group of 4-6 participants now translates the story into dramaturgical act. Participants should think about the form of drama triangle, what will help them to design a narrative plot and creating characters. What makes drama is a 'conflict' or problem that is central to the plot.

Participants ideally develop three acts:

- serves as introduction; audience learns about the background of the story, where is it settled and the main protagonist;
- in the second act, actors present the conflict and the antagonist(s);
- in the last act, we should see the situation of the oppressed protagonist and how she tackles with the ongoing oppression outside of it. The performance should end with an open question; no solutions to the problem are given.

The main part of the forum theatre is the public presentation of the performance.

At this stage, actors/participants show their story and joker – the facilitator invites the audience to participate with their proposals to help the protagonist/oppressed to change the oppressive situation. Every audience member that has an idea, should be invited on the stage, trying to act it out. The rest of the actors stay in their roles.

Note: the long description, variations and stages of the activity are described in: Boal, Augusto. 2002. Games for Actors and Non-Actors. New York: Routledge.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=gDkXb64hczg&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM&index=18>



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Conflict

{ WORKSHOP 8 | Agnes Jekli }

SHORT DESCRIPTION OF THE TOOL:

Participants make abstract compositions expressing a conflict - then they solve it on an abstract way.

TYPE OF TOOL:

Creative workshop + discussion.

TOPICS:

Conflict management, problem solving, artistic expression.

TIME:

1 - 1,5 hour (depending on the size of the group).

TARGET GROUP:

15 - 99 any background and can be mixed.

NUMBER OF PARTICIPANTS:

Min. 2 - Max 30 - the participants work in pairs.

NEEDED MATERIAL:

Post-its, pens, A4 papers, colorful papers, paint, scissors, glue, brushes.

TIPS FOR FACILITATORS:

Highlight for participants not to use figurative expression, if needed show examples of abstract expressionism (sometimes with participants with different cultural background it is needed). If the given time is shorter, give stricter rules - using only paper cut as a technique or using only geometric forms.

OBJECTIVES:

- To abstract complex problems
- To improve conflict management
- Problem solving skills, self-expression, realizing correlations with existing problems and their possible solutions.

DESCRIPTION OF THE ACTIVITY:

During the workshop participants work in pairs.

The given Keyword is **CONFLICT**.

- Each participant writes one word connected to the topic (ex: anger, difference, lack of dialogue, etc.)
5 mins
- They exchange papers, and they make an abstract composition expressing the word they got by painting, papercut, drawing, etc.
20 mins
- We make a round to see the compositions expressing the conflict situations.
10 mins
- They change back the compositions with their pairs, and they have to solve the composition by rearranging, painting, cutting the given picture.
15 mins
- In the end we evaluate the new compositions and the solving methods.
20 mins

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=7xjoGx1czN8&index=2&list=PLSj1h1H9qXI2IwE-EbxsntsARy85gVJorM&pbjreload=10>



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Is the language that important?

{ WORKSHOP 9 | Gor Poghosyan }

SHORT DESCRIPTION OF THE TOOL:

The tool was used mostly for the youth workers or workers in the youth field in general to break the fear of the language but the tool can be adopted and used in different topics with different interpretations depending on the facilitators needs.

TYPE OF TOOL:

Group building, Ice breaking, fears overcoming, theater performing.

TOPICS:

Diversity, group dynamics, tolerance.

TIME:

40-60 min.

TARGET GROUP:

Youth workers, trainers, youth leaders, volunteers, people of all ages, diverse group, people of different nationalities.

NUMBER OF PARTICIPANTS:

20-40 people.

NEEDED MATERIAL:

Genre of the movies

OBJECTIVES:

- To overcome the language barriers
- To rail the team more close together
- To break the ice in the group

DESCRIPTION OF THE ACTIVITY:

Example of group of 30 people:

- Prepare 6 genres of movies (comedy, fantasy...).
- Split the group into 6 small groups in the way that in one group will not be 2 people speaking the same language (the group will be multilinguistic).
- The instructions
- From the start till the end of the activity they are not allowed to speak a common language in the groups (they should speak in their mother tongue).
- From each group 1 person takes 1 topic/genre of the movie and they have present (as a theater) in front of the others for 5 minutes.
- While they will be preparing and presenting the movies they will speak only in their mother tongue.
- They have 10 minutes to prepare the performance.
- After each performance the other groups will try to guess the name of the movie.
- After all the groups performed their scenes the facilitator will lead the group conversation and will see if the fears of language barrier has been broken.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=gFzeWihRAJc&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM&index=8>



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We migrants

{ WORKSHOP 10 | Natasa Milojevic }

SHORT DESCRIPTION OF THE TOOL:

This workshop includes different art media and drama techniques used as tools for developing creative material. The workshop is focused on drama in education (DIE) and process drama methods in creating and analyzing the materials from the participants.

TYPE OF TOOL:

Drama in education workshop, role play.

TOPICS:

The origins of participants (common and individual), habitats, toleration of different cultures.

TIME:

3, 5 to 4 hours including breaks depending on the number of participants.

TARGET GROUP:

Youth and adults, some kind of artistic backgrounds are preferable.

NUMBER OF PARTICIPANTS:

10 - 30 people.

NEEDED MATERIAL:

5 pieces of A1 format papers, stickers in different colors, markers for participants, duct tape, different materials for making symbols (papers, aluminium film, glue).

OBJECTIVES:

The aim of this workshop is identification of migrants' origins among participants. They have to recognize migrations as human need for realizing themselves. The concept of workshop is activating the participants to think about the feelings of both migrants and locals. The idea is not to find magic solutions, but to recognize the possible solutions. Many known scientists and artists would never be able to succeed without migrating to another country.

DESCRIPTION OF THE ACTIVITY:

Introduction warm up:

The worm - up

The participants stay in the circle and start to move a part by part of the body. The movement starts with moving the fingers in all possible directions and all possible ways. When they think that all possibility of fingers movement is used, they start to move the hands, but not stopping to move the fingers. After exploring the hands' movement the forearms start, and step by step all parts of the body start to move.

This warm up is chosen to push up the concentration of the group.

The facilitator can use some other warm up or a concentration game.

The road of migration

- Participants talk about their origins and migrations of their ancestors and draw the roads of their migrations.
- They find the crossroads and pick one of them as material for improvisation.
- Participants in groups think about behaviors of human beings who never left their places of living.
- After 100 years one of these persons decides to move (to migrate) to another closed environment which becomes a field of conflicts and discrimination.
- Participants have to think about feelings of the persons which they represent; they have to find the symbols of those feelings.
- The groups with same feelings make improvisations, using a different artistic media.
- Reflection.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=kfrLyzsU6UU&index=3&list=PLSj1h1H9qXI2lwEEbxsntsARy85gVJorM>



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Living library for social inclusion

{ WORKSHOP 11 | Irene Capozzi }

SHORT DESCRIPTION OF THE TOOL:

The Living Library is an equality tool that seeks to challenge prejudice and discrimination. It works just like a normal library: visitors can browse the catalogue for the available titles, choose the Book they want to read, and borrow it for a limited period of time. After reading, they return the Book to the library and, if they want, they can borrow another. The only difference is that in the Living Library, Books are people, and reading consists of a conversation.

TYPE OF TOOL:

Storytelling.

TIME:

3 hours

NUMBER OF PARTICIPANTS:

There is no maximum number.

NEEDED MATERIAL:

Library cards, librarian's badges, Book title list and catalogue, evaluation forms for readers, evaluation forms for Books, the rules of the Living Library, enough chairs and tables; library counter, counter for returns, table for food and drinks, pens and pencils, photographing and interview permissions.

TIPS FOR FACILITATORS:

We suggest to read the Organiser's Guide and if interested to participate to a living library event or a training course on LL before organizing one.

OBJECTIVES:

Acquire and deepen knowledge and understanding of processes of representation, stereotyping, prejudice and discrimination, as well as its gender dimension, through the art of storytelling and inter-group contact

DESCRIPTION OF THE ACTIVITY:

- Define your objectives
- Choose your setting
- Organise your team: books, librarians, dictionaries, staff. Held staff meetings with them
- Prepare a catalogue of the books
- Implement the LL
- Have a participatory evaluation of the LL

HANDOUTS:

All detailed information on the different steps can be found in The Living Library Organiser's Guide 2011 by Council of Europe: <https://rm.coe.int/16807023dd>

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=iq8wP1z9MtA&index=14&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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Spoken Word as a way for cooperation

{ WORKSHOP 12 | Evelina Kvartunaite }

SHORT DESCRIPTION OF THE TOOL:

The aim of this workshop is to bring together people interested /passionate about and involved in spoken word poetry or storytelling and to use that as a way to share their knowledge, experiences and ideas.

TYPE OF TOOL:

Creative tool.

TOPICS:

Culture, cooperation, identity.

TIME:

2 hours.

TARGET GROUP:

Anyone can take part.

NUMBER OF PARTICIPANTS:

There is no maximum number of participants.

NEEDED MATERIAL:

Note pads, pens, possibility to have space for participants to break into individual work.

TIPS FOR FACILITATORS:

Use music.

OBJECTIVES:

Create a positive way for cooperation, inspire and create a way to go deeper and also cooperate.

DESCRIPTION OF THE ACTIVITY:

- Introduction
- Creative process
- Presentations
- Reflections

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=OYtZoOBqysg&index=7&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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Digital storytelling

{ WORKSHOP 13 | Olga Lobanova }

SHORT DESCRIPTION OF THE TOOL:

Digital storytelling explores different ways to use digital stories to enhance youth learning experiences. Digital stories get their power from weaving images, music, narrative and voice together, thereby giving deep dimension and vivid colours to characters, situations, experiences, and insights. Stories need to be heard.

TYPE OF TOOL:

Storytelling.

TOPICS:

Discrimination, peace building, intercultural learning, inclusion.

TIME:

To explain the tool 2 hours will be required.

TARGET GROUP:

Everyone can take part.

NUMBER OF PARTICIPANTS:

Up to 20.

NEEDED MATERIAL:

Papers, markers, voice recorder, notebook/computer, screen to watch the videos.

TIPS FOR FACILITATORS:

Be brave!

OBJECTIVES:

The main aim of the digital storytelling is sharing your own story and learning how to trust people and understand them better.

DESCRIPTION OF THE ACTIVITY:

- **Warm up**
The group should be warm up by different activities focused on creativity and imagination. The idea is to create small stories and share them with the group. You can use DIXIT cards, postcards, photos and etc.
- **Idea for a digital story**
After warming up the participants should find the idea for their own story. It is important to make a safe and silent environment for participants. You can ask them to check some photos or remember some memorable stories of their lives.
- **Writing a script**
The participants should write a script of their stories. The digital story can be up to 3 minutes. You can divide the group into couples and each participant will have a personal buddy. The participants could share the written stories and rewrite it if it is needed.
- **Voice recording**
When a script is done and all the grammar mistakes are checked, the participants should record their voice. It is better to use a voice recorder machine, but a cellphone dictaphone is also could be fine. The voice should be recorded in the silent place without any additional sounds.
- **Multimedia**
When the story is recorded, the participants should find the pictures, make photo or film video relating their story. It is not good to use Google pictures. The digital

story should have personal pictures, photos or videos. In the end the chosen pictures and a recorded voice should be connected in one video. The participants can use MovieMaker, Adope or other video apps.

- **Cinema**

Every digital story should be shown! It is important to organize the safe environment for all the participants. The participants should come together and watch their digital stories on a big screen. Feedback and debriefing is the extremely important part after the cinema time.

- Introduction of the tool and showing of examples of digital stories
- Creative exercises to find the best story you would like to share with others
- Tips on how to write the script
- Reading the scripts in small groups
- Voice recording
- Searching photos, videos or pictures for the story.
- Making the video with the voice and the chosen materials
- Watching the digital stories all together.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=XHleCEICnj4&index=5&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM>



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Communitary painting

{ WORKSHOP 14 | Edson Alberto Ferreira Ferrage }

TYPE OF TOOL:

Storytelling.

TOPICS:

Migration, Art, Citizenship, Communication.

TIME:

2h or 3h if the group is big.

TARGET GROUP:

Everyone can take part.

NUMBER OF PARTICIPANTS:

Maximum 30 persons at the same time.

NEEDED MATERIAL:

Paper (approx 8cm x 8cm), 3 per participant

Color pencils, one per participant

Basic Acrylic colors (red, blue, yellow, white and black)

The amount of painting depends of the number of participants

Paint brushes, roller and painting markers

A wall (if is possible and we have the permissions), or a bed sheet

TIPS FOR FACILITATORS:

It's better to work in vertical (wall or other support).

OBJECTIVES:

- To create a space to speak about migration and integration
- To Create a final art piece
- Use the creativity and color as a tool to express

DESCRIPTION OF THE ACTIVITY:

- In the first part we will Introduce the topic, the space where we will talk, share our experiences, backgrounds and opinions.
- In the second part we will work in individual draws/creative process, drawing in the papers.
- In the third part we start to paint it in a wall trying to paint the entire wall filling all the white spots (if is not possible paint on a wall use a bed sheet)
- In this part meantime the painting is drying, we start to think in a word or sentence connected with the topic that we are working at.
- At the end with white paint we will start to paint the contours of the sentence or work that we chose. The final result should be all white and the word/sentence inside with the background that we painted in first place.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=mjRyUaat8nU>



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Developing multiculturalism through the art of storytelling

{ WORKSHOP 15 | Lazar Bacovic }

SHORT DESCRIPTION OF THE TOOL:

Each participant in the workshop has to tell a short story about the basic beliefs and values of his or her culture or share a local legend or other story that is important for their community.

TYPE OF TOOL:

Educational.

TOPICS:

Culture, diversity, multicultural understanding.

TIME:

Around 30 minutes.

TARGET GROUP:

Young people, from 15 to 30 years of age, from various cultural backgrounds.

NUMBER OF PARTICIPANTS:

10 - 20 people.

NEEDED MATERIAL:

Considering the workshop is mainly oral, no special materials would be needed

OBJECTIVES:

Develop understanding and appreciation for other cultures among the participants of the workshop through sharing of.

DESCRIPTION OF THE ACTIVITY:

- Explaining the goals and methodology of the workshop to the participants.
- Preparation of the participants for the workshop.
- Carrying out of the workshop.
- Evaluation and questions.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=gQuQijm2lZc>



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Assimilation or race alone to survive, choose wisely

{ WORKSHOP 16 | Giorgi Kapanadze }

SHORT DESCRIPTION OF THE TOOL:

The group will be divided into two parts - the common society and the ethnic minorities. The tool is focused to put the volunteers into the ethnic minorities' shoes and show them problems that above mentioned group face when they are integrated in a different culture and society. The task is also focused on the society and aims to show the participants the minorities' problems from the perspective of the society in order to make them more sensitive to the others' problems.

TYPE OF TOOL:

Dialogue between the participants.

TOPICS:

Discrimination, ethnic dialogue, ethnic minorities.

TIME:

20 minutes.

TARGET GROUP:

Target groups can be all the participants of the project of any age and sex. There should be at least two persons from ethnic minorities and other people from the local society.

NUMBER OF PARTICIPANTS:

6 - 20 people.

NEEDED MATERIAL:

People, open hearts, sincere emotions and some chairs.

TIPS FOR FACILITATORS:

Try to keep people obsessed with the idea of changed words and not let the participants (common society) to give tips to the ethnic minorities.

OBJECTIVES:

To observe whether ethnic minorities will cooperate, fall into deep frustration or race by themselves to survive.

DESCRIPTION OF THE ACTIVITY:

The group will be divided into two parts - the common society and the ethnic minorities. Facilitators will choose two volunteers who will be asked to leave the room for five minutes. The rest of the participants will be asked to choose three words with other three words and to have conversation with changed words.

For example:

“culture” will be replaced by “cat”

“traditions” will be replaced by “banana”

“history” will be replaced by “party”.

One of the two volunteers will be asked to enter the room in three minutes and the other one will be asked to enter after two minutes. Participants in the room, who represent the local society, will immediately start conversations with replaced words. So, the first volunteer will be more advanced than the second one. Volunteers should guess the true issue of the conversation and the task is aimed to observe whether ethnic minorities will cooperate, fall into deep frustration or fight to survive.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=svAsJpQPl8E&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM&index=6>



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Emphathyart

{ WORKSHOP 17 | Sarai Torres Iglesias }

SHORT DESCRIPTION OF THE TOOL:

The activity tries to put yourself in someone else's place when you have to leave your country and start your life in an unknown place. The tool is based on describing and painting feelings and establishing a later discussion on how they have felt. During the workshop it is necessary to create a safe environment, the main suggestion is to get moving feelings closed to what an immigrant can feel in his/her trip by the sea.

TYPE OF TOOL:

Multitool: art, group discussion, introspection.

TOPICS:

Art, migration, reflection, dialogue.

TIME:

45 - 60 minutes

TARGET GROUP:

Anyone can do this activity.

NUMBER OF PARTICIPANTS:

There is no maximum or minimum number of participants.

NEEDED MATERIAL:

Paper, pens and colours, dramatic music.

TIPS FOR FACILITATORS:

You can write or find a document or a real story about migrant people and read it. It is possible that the participants share a lot about themselves, and probably they will have some bad feelings. You will have a group discussion to uncover those feelings, to open themselves to others and to know others' positions.

OBJECTIVES:

The objective is that through empathy, we can feel like those migrants who decide to start their life in another place and understand their difficulties.

DESCRIPTION OF THE ACTIVITY:

- Close your eyes.
- Imagine your own situation like a migrant.
Think about your situation (a war, violence, no money, no food) or simply you need to change your destiny and decide to move to another country. You are now in the middle of the sea.
- Write and paint your sensations in this first moment.
- Think now about the different ways you can get to the country.
- Write and paint your feelings now.
- Try to think now, that is not how you imagined.
People are not nice to you, you feel rejected ...
- Write again your feelings and create a mural with a global creation.
- Finally, the people will have a debate about their feelings, impressions... and create a painting with the drawings of other people.

At the end of the activity, in order for the memory of this workshop to be positive, you will engage in an activity of complicity with the group, in which the classmates must secretly write positive things about the other members, to finally give them a letter that shows all of them.

WATCH THE VIDEO:

<https://www.youtube.com/watch?v=kNr97Thwr8&list=PLSj1h1H9qXI2IwEEbxsntsARy85gVJorM&index=9>



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Ebru Picture Marbling

{ WORKSHOP 18 | Fatih Okumusc }

SHORT DESCRIPTION OF THE TOOL:

Ebru is a traditional Turkish art which can be considered as the dance of paint and water. Ebru is an important Turkish handcraft in terms of its aesthetic aspects which has been realized by amazing people throughout the history. The purpose of the workshop is to introduce the Ebru art to the people who are interested in learning this marvelous art. Ebru is a very helpful way for the rehabilitation of disadvantaged groups.

TYPE OF TOOL:

Artistic, handcraft.

TOPICS:

The tablature that colours create with each other. A good tool to talk about intercultural interaction.

TIME:

1 hours.

TARGET GROUP:

Ebru can be done by anyone.

NUMBER OF PARTICIPANTS:

6 - 20 people.

NEEDED MATERIAL:

Ebru paint, ox gall, oil of turpentine, paper, dye vat, table, horse hair.

TIPS FOR FACILITATORS:

You can use 2 or 3 dye vats in the workshop in order to have more people working at the same time.

OBJECTIVES:

- Art therapy
- Rehabilitation of disadvantaged groups
- Introduction of Ebru art

DESCRIPTION OF THE ACTIVITY:

- Materials are prepared on a large table
- Special solution of Ebru is prepared in the dye vat
- Coloured paints and special paper are prepared
- Painting is done on the solution with the dyes
- The picture on the liquid is transferred to the paper in a special way
- A traditional music is played throughout the entire activity

WATCH THE VIDEO:

www.youtube.com/watch?v=4ukYnQ6uoIU



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Reading circles as a bridge between cultures

{ WORKSHOP 19 | Alexandra Columban }

SHORT DESCRIPTION OF THE TOOL:

Literature is an incredible tool to build inter-cultural dialogue and to foster respect for human rights. Reading circles, in particular, can be used to underline universal values and the shared humanity of all people.

TYPE OF TOOL:

Literature.

TOPICS:

The selected texts for the reading circles can include historical accounts of different races, nationalities or ethnicities; fiction on the treatment of minorities in a certain country; xenophobic articles and excerpts from international human rights treaties. The selected readings should all spark reflection and debate on the status of minorities, including immigrants/ foreigners, in Europe and in one's native country.

TIME:

1,5 - 2 hours.

TARGET GROUP:

Younger/ young adults, both Romanian and migrants/ with a migrant background. Preferably they should have a good command of English or Romanian (depending on the language of the particular circle meeting).

NUMBER OF PARTICIPANTS:

5 - 10 people.

NEEDED MATERIAL:

Flipchart, papers and pen, selected readings.

TIPS FOR FACILITATORS:

- Be sure to select generous texts, which contain or allude to stereotypes about other races, ethnicities or nationalities, so as to easily spark the discussion.
- Do not dominate the discussion, but instead serve as a moderator, make sure everybody gets a turn to express their opinion.
- Be sure to not allow hate speech or aggressive behaviours. Draw a clear line between insult and difference in opinions.

OBJECTIVES:

- Raise awareness among participants on current social debates on human rights and migration
- Familiarize people with other countries, literature and cultural customs
- Encourage rational debate, based on evidence, not perceptions and stereotypes
- Foster inter-cultural dialogue.

DESCRIPTION OF THE ACTIVITY:

The meeting should contain a mixture of fiction (novels, short stories or poems) and non-fiction (news reports, international human rights treaties, scientific researches, etc.).

All the texts should be made available to the attendees 2 weeks prior to the session, so as to give time to read them in advance. The facilitator should act as a moderator, introducing the topic and making sure everybody expresses their opinion.

The meeting should start with a summary of the selected readings, done by the participants, and then continue with questions related to the read content. Non-alcoholic beverages and snacks should be available as to make the atmosphere friendlier.

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Conclusion



How to prevent and fight against discrimination, prejudices and hate speech?

Mandala – meeting is an art project that believes in the power of art as a tool that facilitates the meeting between people and aimed to improve the competences of organizations and groups that act to promote intercultural dialogue and cohesive societies.

Art is a universal language that, thanks to its communicative power, allows the connection of experiences and feelings, helps to build relationships regardless of origin, status or language and at the same time can also constitute an opportunity for social release for people in disadvantaged conditions.

This reality found confirmation in the path and the results of *Artool Market – Art for intercultural dialogue*, the international seminar of Mandala project that involved 20 youth workers, trainers and facilitators from different European countries to exchange and improve methodologies based on art as a main tool for social inclusion and intercultural dialogue.

All the participants took great advantage from seminar's results implementing several activities in their own country, using the tools shared during Artool market, reaching a deep impact all over Europe.

Many thanks to all the *facilitators of the toolkit* for their important contribution and support to this work, which we believe it will be useful for individuals, groups and organizations that today decide to actively respond to the need of building bonds and dialogue between cultures.





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