



suitcase

YOUR PERSONAL ITEM CARD



Co-funded by the
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Suitcase

Notes for the facilitator

The aim of the game 'Suitcase' is to strengthen intercultural competencies and increase empathy amongst young people. 'Suitcase' is a simulation game, facilitated by a youth worker who guides participants through the game and leads them through the reflection process. The game primarily focuses on developing participant's awareness, understanding and empathy in relation to refugee and migrant issues (as well as other socially vulnerable groups). The game recreates the scenario of individuals being found in alarming situations where they have to flee their homeland. The participants then have to pack for a long journey and leave their homeland forever heading to an unknown destination.

This game is divided into the following sections :

- Materials - for facilitator
- Setting up the space - for facilitator
- Introduction
- Facing migration situations - group work
- Packing the suitcase - group work
- The journey - group work
- Conclusion and reflection

Durration of the game 1h 40min

Number of participants: 10-30

MATERIALS

- Situation cards
- Questions for reflecting on situation cards
- Situations that happen on the road (version 1 and version 2)
- Item cards
- Personal item sheet

OTHER MATERIALS

- Paper
- Pencils
- Whiteboard, large paper or a flipchart
- Basket or rubbish bin
- Suitcase

SETTING UP THE SPACE FOR THE GAME

15 minutes

Setting up the space for the game should be done before the participants come into the room.

Write the aims of the game on a flip chart:

- **To better understand different migration situations that happen around the world**
- **To empathise with migrants who are facing these situations**
- **To strengthen intercultural competences**

Create a circle of chairs, with as many chairs as participants. In the middle of the circle put a suitcase. Distribute the "item cards" all over the room (floor, windows, shelves, but make sure that all item cards are outside of the circle of chairs, since you will need them in the second part of the game). During the game try to avoid people coming in and out of the space and taking pictures, it can disrupt the group process.

INTRODUCTION

15 minutes

1. The facilitator introduces the concept of the game and clarifies what will be happening:
 - Introduction of the aims of the game (see poster)
 - Introduction to the term 'simulation': simulation games are games where you will be put in different situations, which will elicit from you a response or a reaction. Tell the participants that during the game they will face different migrant situations and that they will go on a simulated journey. It is important that participants know this so if anyone feels uncomfortable they can step out.
 - It is important to act honestly and if you feel at any moment uncomfortable you can step aside and observe or leave.

2. The facilitator then asks the whole group to create word associations with the word 'migration.' Ensure that each participant associates a word, by going around the circle.

3. After everyone has had their turn, give the official definition of migration, either through reading it out, or through a pre-prepared poster:

Human migration is the movement by people from one place to another with the intentions of settling, permanently or temporarily in a new location. The movement is often over long distances and from one country to another, but internal migration is also possible; indeed, this is the dominant form globally. People may migrate as individuals, in family units or in large groups. A person who moves from their home to another place because of natural disaster or civil disturbance may be described as a refugee or, especially within the same country, a displaced person. A person seeking refuge from political, religious or other forms of persecution is usually described as an asylum seeker.

(taken from https://en.wikipedia.org/wiki/Human_migration)

GROUP WORK - FACING MIGRATION SITUATIONS

20 minutes

The facilitator tells the group that they will now go into the first activity of the simulation game.

1. Divide the group into smaller groups using the method of counting 1, 2, 3, 4, all 1 in one group all 2 in one group ... and so on. The groups should be between 3 to 5 people. Tell each group to find a corner in the room.
2. The facilitator explains that they are **NOW a group or a family** that has to stick together and that all decisions they make from now on they do together. Tell the participants to be considerate of each other and always listen to everyone's opinion. Emphasise the importance of sharing, talking and listening.
3. The facilitator goes around with the "Situation cards" and each group **DRAWS** one card with a migration situation. Once all the groups have their cards tell them that this is the situation their group is in at this **MOMENT**; whatever situation they pick they will have to flee from their home land (which is not identified) and go to an **UNKNOWN** destination. Tell the group to read over their situation card.
4. While the groups are reading their situation cards give each group a "**Question for reflecting on situation cards**". Each group has up to 12 minutes to talk about the situation their group is in and go over the questions that the facilitator has given out to better stimulate the conversation in the groups.
5. The facilitator invites them all to join in the middle of the room in a circle of chairs again, in order for the participants to share their situations with each other. The facilitator asks one person from each group to share their situation and what they discussed. The facilitator can ask supporting questions e.g.
 - What situation was your group in and how does your group feel in this situation?
 - Can this situation happen anywhere in the world and can you tell some examples, if you know?

This session should last about 5 minutes, just so that each group has a chance to share what situation they were found in.

**Note to the facilitator- it is important not to let this part drag on for long as this is only the mid way point of the game, and it is important to maintain interest*

PACKING THE SUITCASE

20 minutes

The facilitator asks the entire group to go back to their smaller groups again.

1. Tell the groups that they will now be leaving their homeland and they will have to pack for a long journey **AS A GROUP**. Make sure the group is aware of the fact that they do not know where they are traveling to or how long the journey will last, nor how they will reach the unknown destination.
2. Now invite all the groups to go around the room and look at all the items on the cards (item cards which have already been distributed around the room). Before they start walking, explain the group that these are the **ONLY** items they can pack. Give participants 2 minutes to walk and observe.
3. Ask all participants to go back to their small groups. Give participants 3 minutes to discuss what items they think they will need for their long journey, based on what is available on the item cards.
4. Tell the participants that there are some limitations to what they can take, and give out the following instructions:
 - 'As a group you have to choose 15 items to take with you. Choose wisely what you think you will need for the journey to the unknown. These items will be your only possessions.'
 - 'After choosing the 15 items as a group, you will also be able to take one **PERSONAL** item of your choice that you will draw or write down on the blank card (The facilitator will hand out the sheets for personal items). This personal item is **NOT** a part of the 15 items chosen by the group.'
 - 'When I say **GO** you will have only 3 minutes to TAKE the 15 items as a group.'
 - 'When I say **STOP** you all have to freeze, the amount of items you have with you is the amount you can take, so no more than 15 items. If some groups have less, they will have to stay with that amount. If some groups have more, the facilitator will randomly remove the extra items.'

**Note for the facilitator- consider writing these instructions out on a whiteboard or a poster.*

5. While the participants are choosing items, place "Personal item sheets" in the middle of the room. After the groups have chosen their 15 items the facilitator ensures that each group only has 15 items, randomly removing extra items.
6. Now the facilitator invites each member of the group to take one blank sheet of paper (item card sheet). Tell the participants they have 5 minutes to think about something personal to take with them on their journey, and draw or write this object down on the sheet of paper.

Give supporting instructions:

- Your personal item is something that is very precious to you.
- It is something that you can carry and that you would not want to leave behind.
- You have 5 minutes to think of this item **INDIVIDUALLY**, not as a group.
- Draw the item on the card or write down what it is.

**Note to facilitator - consider writing these instructions on a whiteboard or a poster.*

7. While the participants are doing this, place a basket in the middle of the room or use the suitcases you already have in the middle as a "disposal" area for the next part of the game.
8. After the 5 minutes are up ask everyone to join back in their small groups, as their journey is about to start.

THE JOURNEY

15 minutes

The groups are now packed and ready for their journey. Each group has 15 items they think they will need to survive and each individual has a personal item.

1. The facilitator explains that s/he will be reading out the events or situations that happen to the groups on the way, and that with each situation participants will have to eliminate items one by one. All items are eliminated through a group decision.
2. After each situation is read out each group has 2 minutes to decide what they will eliminate from their shared suitcase. The participants can also eliminate their personal items but it must be a group decision to do so.

3. Situations should be read out slowly and clearly, and ideally with dramatic emphasis.
4. Each item should be discarded into the basket or suitcase in the middle of the room.

**Note for facilitator: the game offers two versions of the journey "Situation on the road".*

Version 1 is based on a journey that happens on land and is more oriented to the continental climate.

Version 2 is based on a journey that involves also a boat and is oriented to a desert-like climate.

The facilitator can pick the version s/he feels the group will identify with more - both cases lead to the same conclusion.

5. The journey ends with the last 'Situation on the Road' statement. The facilitator closes the game.

CONCLUSION AND REFLECTION

15 minutes

When the participants have crossed the border (or see land), the game stops.

1. Tell the participants to look at what they are left with. Tell the participants: "**The game is now over, however for some people this is not a game but it is real life.**" Let this sentence linger for a couple of seconds.
2. While still in their small groups, tell the participants to find a quiet corner and to take with them their personal item card (If someone's card has been discarded, it can be retrieved from the basket).
3. Write the following questions on a flip chart:
 - How did you feel when you had to pack? What was happening inside you?
 - How did you pick the items, based on what? If you could pack again, would you pick the same items?
 - Did you have to eliminate your personal items? What does it mean to you?
 - What will you take from this experience?

Tell the participants that they can answer by writing or drawing, whatever is easier for them. The participants can use the back of their personal item card to write down their reflection on the game. Give participants 7 minutes for their individual reflection. Make sure that the participants know this sheet is theirs only and they will be able to keep it.

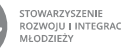
4. After the 7 minutes the facilitator invites the entire group to join in the circle of chairs for the last time. When everyone is seated, the facilitator invites the whole group to share a quick thought from their individual reflection, if they wish to.

The facilitator holds an object (e.g. a ball) and explains that the person holding the object speaks, while the others listen. If someone wishes to share, they can put their hand up and the facilitator throws the object to them so they can speak.

5. This sharing session should last about 7 minutes. Once everyone has said what they wanted to say, put a piece of big paper on the floor and some marker pens. In the middle of the paper or somewhere on the side write the following question:
 - What can I do as an individual to make a difference to these migration situations?

Tell the participants that this is the end of the game and thank them for their participation. As a final activity, invite participants to come up randomly and write an answer to the question that is in the middle of the circle. They can then exit the room or stay and chat.

**Note to the facilitator: you can also give examples of organizations in your local community who support migrants, so that the participants have a sense that there IS something they can do, perhaps by volunteering or fundraising.*



In your country a military conflict has broken out. A war has broken out with your closest neighboring country. Everything has changed. You are hearing bomb explosions and shooting. People are screaming, children are crying. You are afraid of your own and your family safety.

No one has ever expected such a huge natural disaster. The earthquake happened suddenly and quickly. Many people lost their lives. Many of them are still missing. Your village is in a total ruin – you've lost everything. Your family does not have a home and forecasts say that this is not the end. Even stronger earthquakes are expected shortly.

Your family represents a religious minority. Recently, hate speech and level of discrimination toward your small community has dramatically risen. You are afraid of your own and your family safety.

Your country is facing serious economic crisis. Due to the concatenation of circumstances you are permanently unemployed. Your family is starving and you can not pay your bills. There is no governmental support.

You live in a country where female members of your family are not allowed to go to school and have to get married at an early age. You do not wish this for your family but the law is forcing you to follow these rules. You wish a better future for the entire family and equal opportunities.

Your family lives in a Gang ruled neighborhood. You hear shootings at last 3 times a week and in the last shooting your brother got hurt. You are afraid for your family.

You are fed up of living in poverty without being able to provide decent future to your children. You've heard that in different places there are many opportunities to earn money. Maybe you could even afford to pay tuition fees for your kid's education...

Your country is facing a civil war between two ethnic groups. In your family you have mixed ethnic groups. Conflicts are breaking out in the streets and your family does not feel safe because of their mixed ethnic backgrounds.

You have been living in a safe country, having fled your own country which is experiencing war, death and destruction. The government of this country has decided to cancel all work permits to people from your country; you could be deported within 48 hours.

A flood had broken over night. The water levels are rising in your area. If you do not flee your house, there is a threat that the river will wash it away.

You live in a country where women have very few rights and are not allowed to live independently of their husbands or fathers. Your husband has been physically abusing both yourself and your 2 boys and has now accused you of adultery. In your country you can be stoned to death for adultery.

A fire has broken out in your region. All of the houses are surrounded by a fire belt. There is only one way out but you have to leave in the next 5 hours in order to get out.

Your country is facing a total invasion by another country. People are being forced out of their homes and taken away. Your family is no longer safe, if they stay.

You are from an ethnic minority who have been peacefully protesting against the Government, including the land grabbing policies where land is being forcibly taken away from farmers in order to allow multinational foreign companies to grow food for Western and Chinese markets. At one protest in the capital city the government killed 500 people.

A huge hurricane is coming your way. It is said to be the biggest one that your region has ever faced. You know it will destroy everything in your part and your family has 5 hours to get out of the region.

QUESTIONS

How do you feel being in this situation?

Do you think these situations are happening around the world?

Do you know of any examples of such situations?

Can this situation happen in your own country?

Situations on the road - version 2

You take a long distance bus to the nearest border town. In this town you meet the smugglers to make a deal to transport you to your next stop in the next country. As you are getting into a very overcrowded bus, the smugglers tell you to get rid of [3-4 of your bulkiest items].

You have arrived at your first destination in another country. You now have to cross the desert in a small jeep. There is no space so you have to discard another [2-3 of your largest items].

While crossing the desert, the jeep you are travelling in has broken down. You have to stay in the open desert with temperatures of 40 Celsius. You have drunk all your water and eaten all your food [discard all water and food]. Some of your friends are losing strength as they become dehydrated. The smugglers have abandoned you and you need to walk to the nearest village which is far away. Some of the people you are with cannot walk; some cannot even stand upright. You have no choice but to leave them behind and keep walking. You also [leave behind your heaviest item].

Luckily, you manage to find another jeep driver to get you to the next border. To pay him, you have to [give him some money or valuables].

You arrive at the border. Here you are captured by border security. You have heard of others getting shot by border security, but these people put you in a prison instead. You have to pay them to feed you with either cash or items [discard 2 items]

You stay in this horrible place for some time. You have heard there is going to be an escape to get on a boat to take you across the Mediterranean. You [hand over 3 items you have left] for the final journey.

You are on the boat. It is overcrowded, and everyone is terrified that it will sink. The life jackets you have been given are ineffective and unsafe. You had hoped you will be rescued by a European boat, but others tell you that they will send you back to North Africa. At last you see land.

Situations on the road - version 1

You need to leave your city quickly. You go to the bus station to take a long distance bus to take you as close to the border as possible. There are hundreds of other people there like you trying to get on the bus. The bus driver tells your group that you need to get rid of some weight, so you have to [eliminate 3 items]. Your group has 1 minute to decide which items to discard.

You have a long gruelling journey of 15 hours. There are no stops where you can buy food or water. You eat and drink the food and water you have taken with you. [Discard all the food and water] items you had packed with you.

You finally arrive at a town near the border. When you disembark from the bus you find that you have been robbed. All [your money and jewellery] is gone. Discard all items in the groups that fall under this category.

As you now have no money to pay for a taxi to take you to the border, you have to use something from your suitcase to pay for your trip, take [two items that you think will be sufficient to pay] for the tax. It is too far to walk and you don't know the way.

You arrive at the border and find that it has been closed. Someone tells you that he can show you a way to cross the border, for a fee. As this is highly illegal, this will cost your group more so you must exchange something much more valuable. [Give your most valuable item]. (the group decided which is their most valuable item)

You walk a long way over the mountains in the dark, avoiding big roads. At one point, a member of your group trips over something in the dark and hurts their foot. Your group needs to support this person walking and cannot carry so many items. [Discard 3 of the heaviest items in your suitcase.]

Without crossing an official border, the trafficker tells you that you are now safe. However, he says that it is 10 km to the nearest town. You still have a long way to go. He tells you that he can call someone to pick you up in a vehicle, but this will cost you [two of your valuable items], which you give to the game facilitator.

All the groups have crossed the border at this point. You are now on safer ground. Look at the items that you are left with. This is all you have to start your new life in a new country.



APPLE



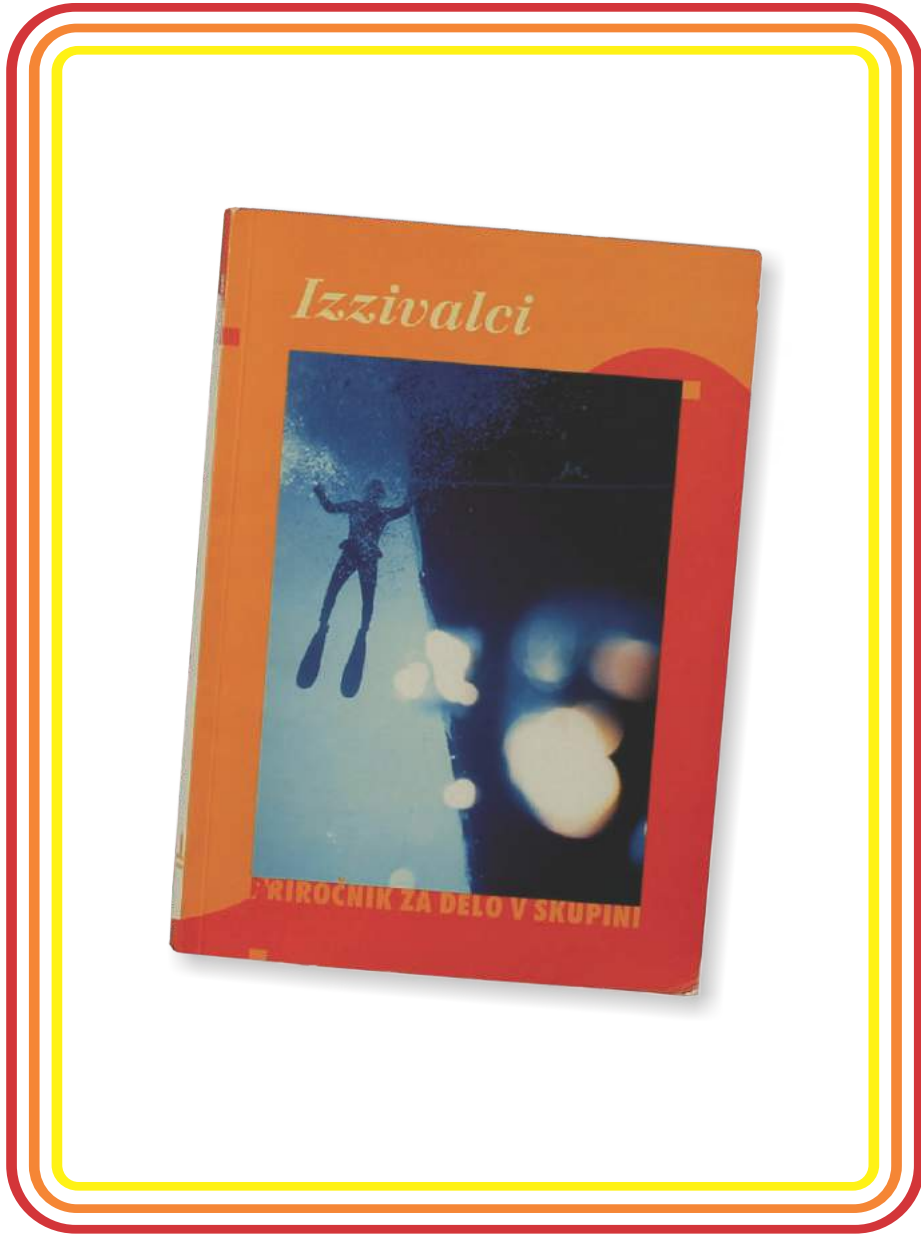
ARMY KNIFE



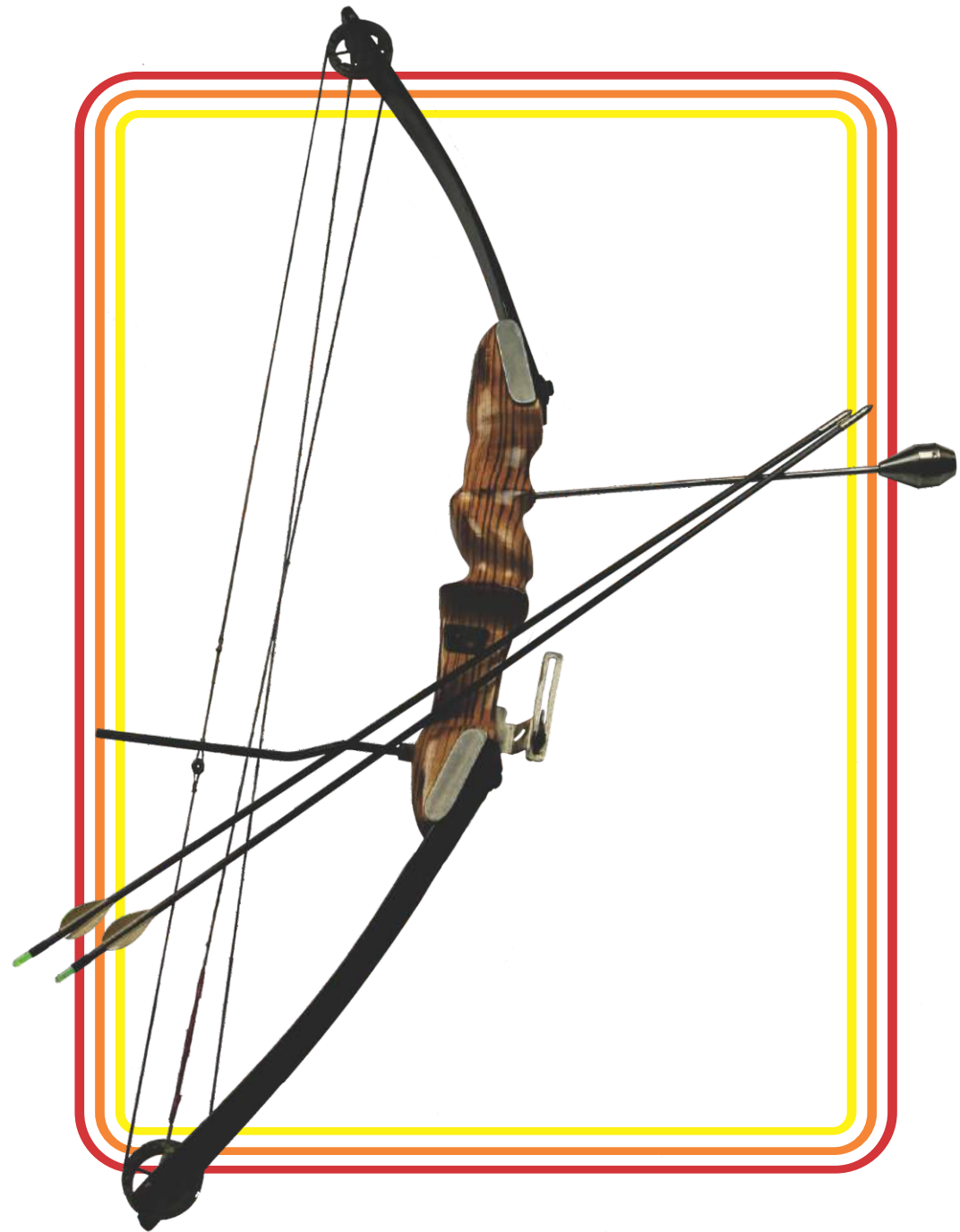
BACKPACK



BLANKET



BOOK



BOW AND ARROW



CAMERA



CAN OPENER



CANNED TUNA



CLOTH



COOKIES



DEODORANT



DUCKTAPE



ETHYL ALCOHOL



FIRST AID KIT



FISHING LINE



FLASHLIGHT



HAIRBRUSH



HATCHET



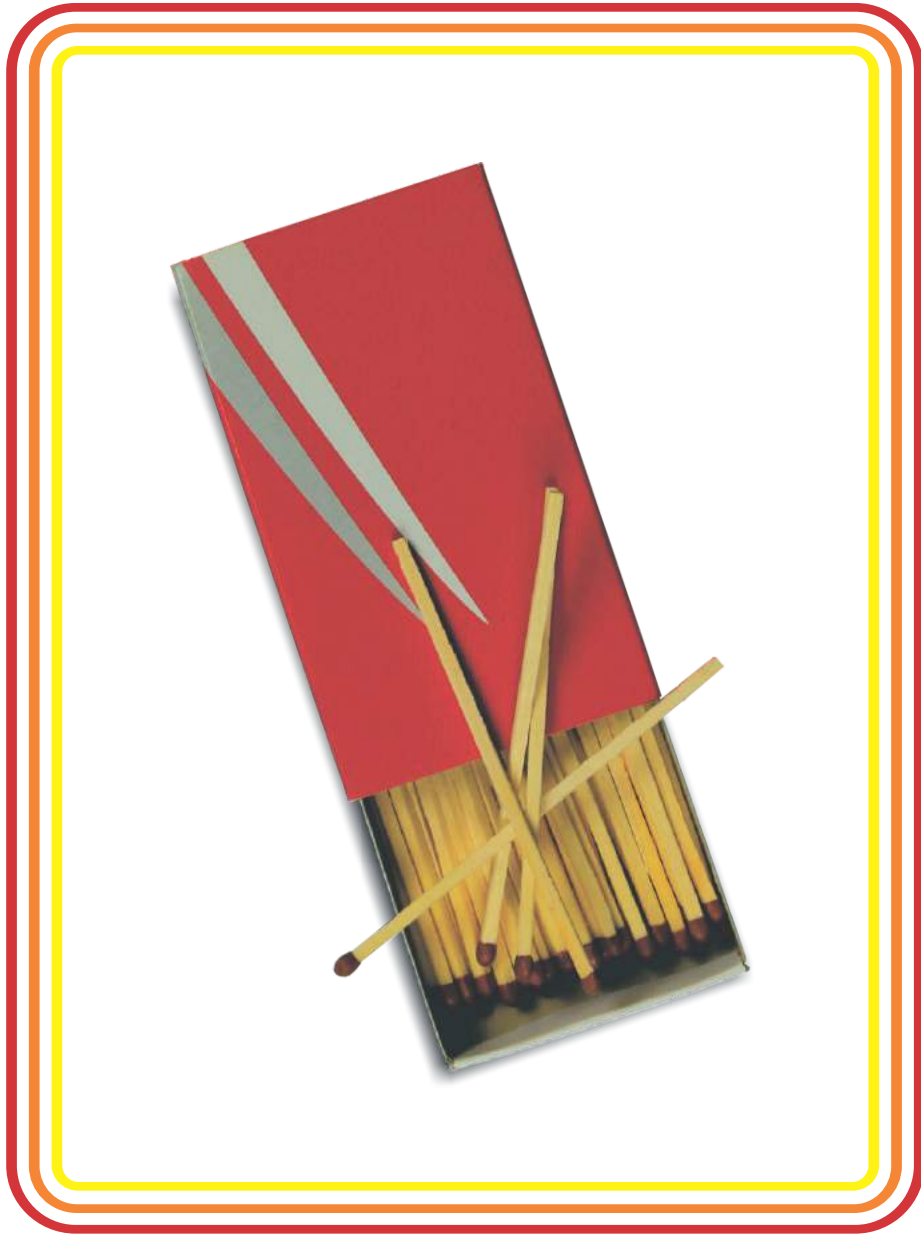
KNIFE, SPOON, FORK



LAPTOP



MAGNIFYING GLASS



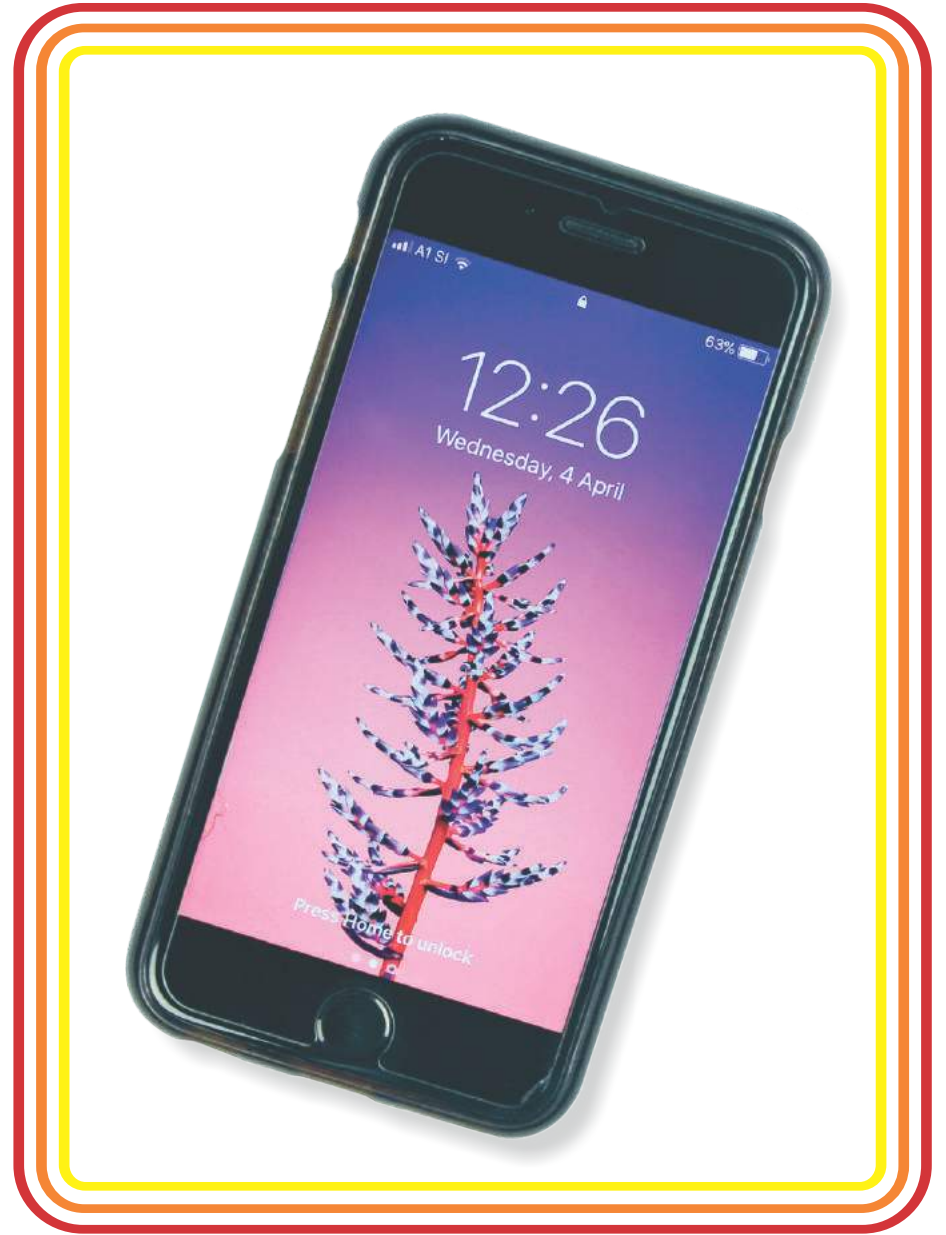
MATCHES



SURGICAL MASK



MIRROR



MOBILE PHONE



ORANGE



PAN



PEN AND PAPER



PET



PILLOW



RAINCOAT



ROPE



SCISSORS



SANDWICH



SLEEPING BAG



SOAP



SUNGLASSES



SUNSCREEN



TENT



TOOLBOX



**TOOTHBRUSH AND
TOOTHPASTE**



TOWELS



TOY



UKULELE



UMBRELLA



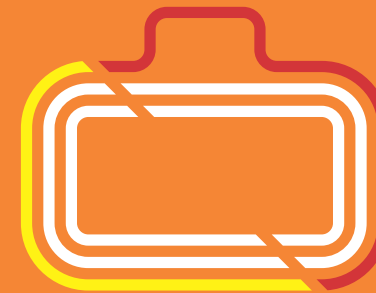
WALLET AND MONEY



WATCH



WATER BOTTLE



Suitcase



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