

ERASMUS+
YOUTH EXCHANGE
2018-2-TR01-KA105-060150
TARREGA, SPAIN
12 – 20 MAY 2019



If you want to be respected by others, the great thing is to respect yourself. Only by that, only by selfrespect will you compel others to respect you.
~ Fyodor Dostoyevsky

Receiving respect by the others is based on living with principles and universal values. Communicating our values and reminding people who surround us will not only give us our selfrespect back, but it will also improve our relationships and overall happiness. It is also necessary for the disabled people to see the necessary respect in the society. It is an indispensable indicator of a life with principles that society must accept and embrace them by preserving our values.

AIM: Our Erasmus+ Youth Exchange project "Theatre of Values" aims to enable the mentally disabled people to understand the universal values in a wide perspective and present them to the society in a theatrical way.

The project has two partners:

GOVERNMENT OF SINOP & ASSOCIACIÓ ALBA
TURKEY SPAIN



The exchange was granted by the Center for European Union Education and Youth Programmes in Turkey in 2018. It took place in Tarrega, Spain between 12 – 20 May 2019 and there were 4 leaders, 20 participants and 20 accompany people, in total there were 44 people. All the participants (Turkish and Spanish) were mentally disabled young people.

THE OBJECTIVES THAT WE EXPECT FROM THE PARTICIPANTS

understand the universal values such as respect, responsibility, fairness, honesty, trustworthiness, understanding, tolerance, care and compassion, inclusion, etc. with role-play technique

develop positive team relationships

share a commitment to 'doing your best' in a collaborative task

respect for others' views and ways of working

resolve conflict and disappointment

develop resilience and optimism through dialogue and exchange

build collaborative team and community relationships

articulate the link between the values of a place and personal and community wellbeing

enact empathy, integrity and care for others in community and group interactions

develop small motor skills by making their own stage properties, accessories and costumes

realise and respect another culture

feel self-confident, enthusiastic and motivated to explore and learn in a blended cultural atmosphere

In the exchange, we referred non-formal learning methods such as name games, team building games, ice breakers, role-play, brain storming, group work, open space, as well as special education methods which were our guidebook and some of theater techniques were used, such as breathing exercises, tongue exercises and body exercises.

This handout of photo stories has been made to teach universal values to everybody. The actors and actresses in the photos are the participants of the Erasmus+ Youth Exchange “Theatre of Values”.



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CARE



In Elif's school, there was a running competition. All the students were very excited. They all wanted to finish in the first place.



I want to win!

I can run fast too.

I can run fast. I have been training for it for a long time!

We are organizing a running competition. The winner will join in the national competition.

Everybody will be surprised when I win the race.

I can win the race.

I am the fastest of all.



Everybody thinks that they are the best. But they forgot that I have always been the first.



Three, two, one! Go!

Just before the finish line, Elif fell down and couldn't run.



Oh! My leg!

Oh! Elif fell down!

When the others saw that Elif fell down and hurt her leg, they all stopped running and helped Elif to get up.



That's ok. You'll be fine!

My leg hurts a lot!

You should see a doctor.

They all thought that the race is not as important as Elif's leg.

The End

COMPASSION



Nurdan and Esteban were looking at the old photo album of their family.

Look Estaban.
Look at my
childhood photo.

You were so sweet
when you were a child.

Yes. She was very beautiful
and she was like an angel.



Look! That's our
mother. How
beautiful she was!

I miss her
very much!



Oh! Mother!

Even though so many years passed after the death of their mother, they were still feeling the pain. Both of them started to cry.

Let's go and see
who's crying.

Don't cry Nurdan. I cannot bring
your mother back but I can bring
your joy back!

Thank
you, Alex!

You are
crazy, Ayse!

Then
their
friends
heard
their
cries.



Let me show
you the new
technique I
learned in my
salsa class!

Hey! Esteban! My
friend! I am here to
make you feel better!

Let's
dance too!



The End



FAIRNESS

All the people in the camp were talking about the concert of the famous rock group "Comets", which would be in the town on Saturday.

Kardelen also wanted to go to "Comets" concert. But she didn't have money to buy the ticket.



Oh! Comets!
My dream!

Do you know about
"Comets" concert
on Saturday?

Yes, I
know.

I will
go!



I don't have money to
buy the ticket. It's a
unique opportunity. But
I will miss it. How can
I see Comets again?

But Kardelen didn't hear that the Camp organisation was giving the tickets to the campers for free.



Yes.

Gabriela, do
you have the
tickets?

Yes.

Will you give
us for free?



Yes, I
know!

Oh my God!
Gabriela, you
are great!

Almost all the people in the camp asked Gabriela the concert tickets, except Kardelen.

Yes, of course.



Hi Gabriela. Can I have a concert ticket, please?



Oh!!! My dream will come true!

Hey, Gabriela. Still got the tickets?

Yes.



Can you also give me two more, for the people over there please?



Are they our campers?

I don't know.



Do you think she will give us the tickets?

Those two people weren't from the camp. They were only poor villagers. Gabriela thought that she gave all the tickets to the campers and she had two left. Then she decided to give the last two tickets to those poor villagers.

Finally Kardelen learned that Gabriela has tickets and giving them to the campers for free.



Now, there is a possibility for me to go to the concert!

Ask Gabriela for your ticket.

Kardelen, you should have your free ticket from Gabriela.



Oh! Kardelen! There aren't any tickets left!

Oh! Really? All the campers have tickets but I don't. It's not fair.

The other campers learned that Kardelen didn't have her ticket. They all decided to buy her a ticket.



How can we go to the concert without you?

You are our best friend.

We will have a lot of fun together.

Then they all went to the concert.



The End



HONESTY

I have so many things to do today!



It was a busy day for Maya. She had so many things to do.



While she was walking, she dropped her money and Ayse saw that she dropped her money.



Oh!!! She dropped her money!!!

She took the money from the ground and hurried after her.



I should catch her now!



Oh!!! Thank you so much!!!

Hey!!! Madam!!! You dropped your money!!!



You're welcome.



You are such a nice person!



They became very good friends ever after.

The End



INCLUSION

It was a nice day in the park. Maria was enjoying the sun.

Then Maria saw that a group of young people were playing bocchia. They were having a lot of fun.



Maria wanted to play bocchia with them.

But she wasn't expecting such kind of answer.



She stopped our game.

She started crying.



Then the young people started to feel bad.



Please forgive us.
We behaved very
badly to you.



Then Sebastián decided to talk with her and take her to the boccia field.

Come and
play with us.



I am sorry.

Please play
with us!



You are
our friend.

They gave Maria the ball and she started to play with them. She made a super score and she surprised everybody.

She is
very good!

Bravo!!!!

WOW!!!

That's
amazing!

You are
awesome!

All the audience admired her.

Oh! I am
her fan!



That's a
very nice
shot!

Oh my
God!



I am proud
of you, Maria!

She is a
really good
player!

The End



RESPECT

All the people in the center were playing bocchia. Everybody was having a lot of time together.



Hasan made a very good shot but it wasn't enough. Elif's shot was better.



Oh!?

No! My shot is better!

Sorry Hasan.
Elif's shot is better.



Don't worry, Hasan.
I'll go and check.



Yes, I am right. Elif's shot is better.

Yes! That's right.



We are in trouble.

He is jealous of me.

Hasan should respect referee's decision.

I knew that!

Pffff!!! I will never beat Elif!

Elif's shot is better.

We are really wasting our time. We should play bocce.

Then the referee went to ask another referee about Hasan's shot.





The End



RESPONSIBILITY

I love walking in the park.
Thank you very much,
Sehri for taking me here.



Not at all Nurdan.
It's my pleasure.



What a
beautiful
bird!!!!



But Nurdan was keeping on walking and didn't know that the lake was near.

She was just falling off in to the lake when an arm caught her.



Hey!!! Watch
out!!!

You mustn't
walk alone
here



I had a friend with
me. But all of a
sudden I lost her.

Later Sehri appeared.



Please don't do
it again.

I am so sorry
Nurdan! Please
forgive me. I am
so irresponsible
person.

The End



TRUSTWORTHINESS

Sofia needed Elif's help. She had to send money to Mateo.



On the way, Elif passed through a market.



Oh!! I could bring these flowers to my mother. She would really like them!



At the end she made up her mind.

No! I promised Sofia. She trusts me. I cannot let her down.



But how can I buy them? I only have the money that Sofia gave me.



Should I spend a little from it? Mateo is an understanding person.

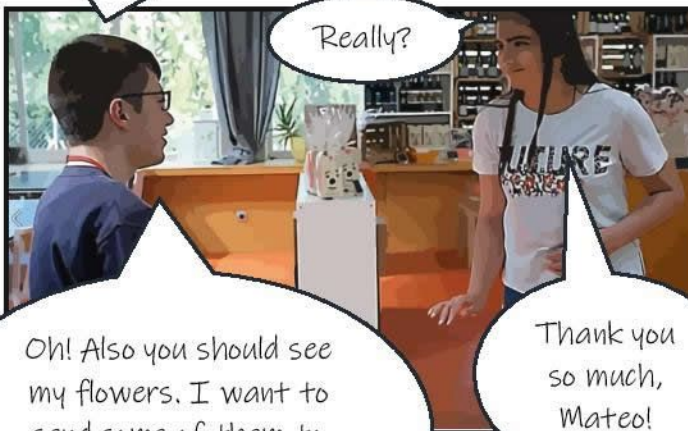
Hello Mateo. Sofia wanted me to give this money to you.

I have very good cheese and chocolate. Would you like to taste them?



Oh! Hello Elif! Thank you very much!

Really?



Oh! Also you should see my flowers. I want to send some of them to your mother. I am sure she will love them.

Thank you so much, Mateo!

The End

TOLERANCE



Maria was new at school but the students weren't friendly to the new students. They always made fun of the new ones.

Oh!!! These people are so annoying! How will I come to this school every day?

Are you scared of me?

Hey new girl! We don't like new people here.

You look so funny!

Then Carlos from the senior class saw that they were making fun of a new student.

You are making fun of a new student again? Who do you think you are?

I should learn how to tolerate their behaviour. They are not grown-ups.

Sorry.

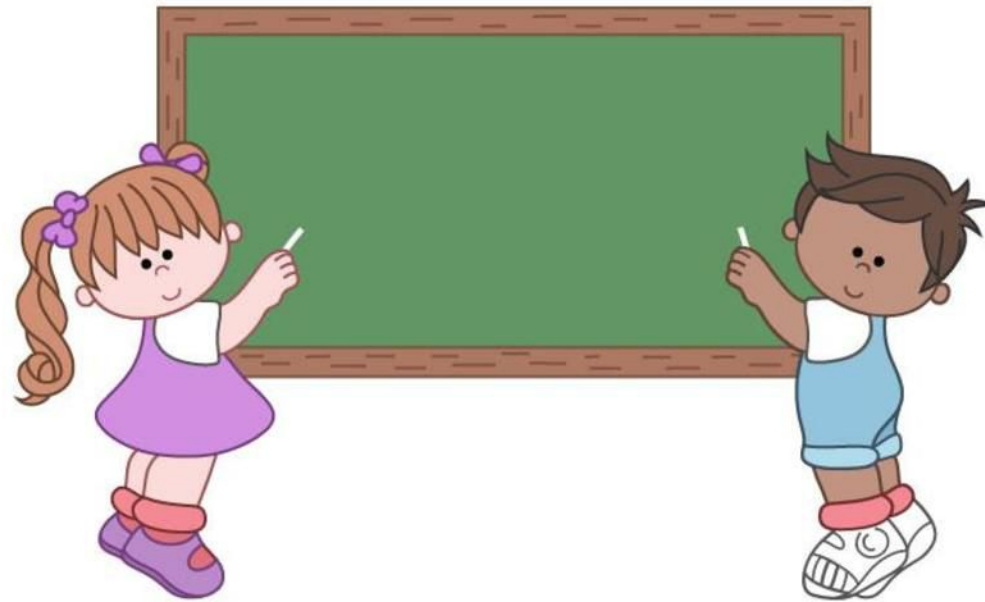
Please forgive us.

Then they hugged each other and they became friends.

You would be a new student. Would you accept this kind of behaviour? When will you grow up?

We will not do it again.

The End



UNDERSTANDING

In Kardelen's classroom, all the students did their homework. But Kardelen couldn't do it. Because she didn't understand the previous lesson.



Good morning class! How are you today?

Good morning, Mr. Erkut.

Fine, Mr. Erkut. And you?



Did you do your homework, Kardelen?

What should I say?

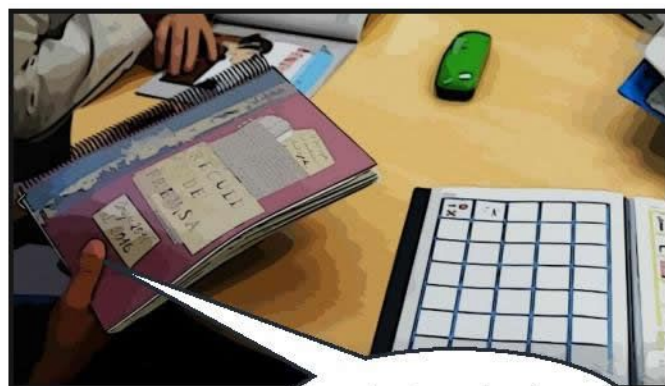


It took my two hours yesterday. But at the end I did it.

Oh! Really? I spent one hour on it. Then I watched TV.

Should I lie? Or should I tell the truth? If I tell the truth, my friends will think that I am an idiot.

Oh! Baris! You are amazing!



Let me check your homework!



Thank you, ma'am!



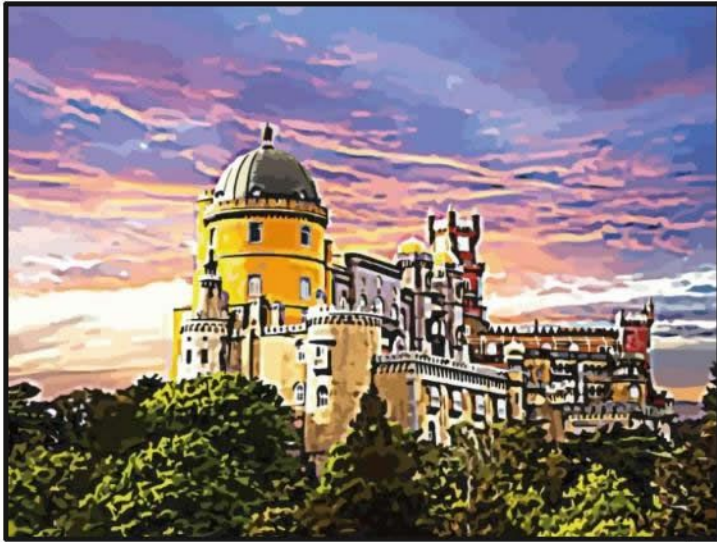
Kardelen felt better after her teacher spoke in an understanding way and also her friends made her feel fine.



The End



**GRACIOUS
PRINCESS**



Once upon a time, there was a princess in a very big palace. She couldn't go out of the palace. Because the king thought that outside is too dangerous for her. So she was always unhappy. She decided to talk about it with her mother again.



Mom, I want to go out of the palace. I want to see what is there outside.

Darling, you are always sad. Is it the same topic again?

The queen was worried about her daughter. So she told her daughter to talk about it with the king again.

The king saw that his daughter was getting worse and worse every day.



Dad, this palace is like a prison for me. Please let me go outside the palace.

Ok. Darling. You can go out of the palace. But I have a condition. You will dress like an ordinary person and there will be guards behind to protect you.

Thank you so much, dad!!!

So the princess went out of the palace and saw a lot of people on the way. She was very happy to see new things and meet new people.



All of a sudden, from the crowd of the people, a little girl approached her and held her hand. She took her to somewhere.



Hello sweet girl!
Where are you taking me?

The little girl took the princess to her sick mother.



The princess saw the sick woman and she called out the guards who were behind.



Don't worry.
Your mother will be ok.



The princess held the hand of the little girl and took her to the palace too.

Take her to the palace and have the doctor see her.

In the palace, doctors examined her and treated her.



Will she be ok, doctor?

Yes, she will. She just needs to have a rest.

A few days later, the woman got better.



I am feeling fine. Thank you very much for having me treated here.

Oh, mom!!! That's a wonderful idea!!!

Oh!!!! Thank you very much!

The queen decided to have the woman and her child in the palace.

Would you like to work in the palace?



You should go to school.

Thank you!

The princess told the little girl to go to school and gave her new clothes.

The princess decided to help all the poor people in the country and ordered that all the children should go to school.



Give those bags with food and clothes to the poor people and tell them that all the children will go to school.



All the people in the country lived happily ever after!

The End