



Activities for Engaging Youth Facing Social Obstacles

1. Workshop: "Breaking Barriers: Exploring Identity and Diversity"

Objective:

To raise awareness of different identities (gender, ethnicity, religion, sexual orientation, etc.) and foster empathy by encouraging participants to reflect on their own experiences and those of others.

Activity 1: Identity Circles

Materials: Large paper sheets, markers.

Method:

Each participant draws three large circles on a piece of paper.

In each circle, they write a word or phrase that defines them (e.g., gender, ethnicity, hobbies, etc.).

Participants discuss in small groups what they wrote, focusing on how these aspects of identity influence their life experiences.

Group discussion about how these identities intersect with social obstacles and how participants have experienced discrimination or privilege.

Inclusivity Focus:

Encourages participants to express their individual identities.

Promotes empathy by understanding the diversity of experiences in the group.

Activity 2: Privilege Walk

Materials: Pre-written list of privilege statements.

Method:

Participants line up side by side. The facilitator reads out a series of statements such as "I have never had to worry about how I would get to school because of money" or "I can easily find someone to help me when I need support."

If the statement applies to them, they take a step forward; if not, they stay in place.

After the statements, a debrief follows, where participants reflect on the physical gaps between participants and how privilege affects access to opportunities.

Inclusivity Focus:

Highlights how invisible privileges and disadvantages shape people's lives.

Encourages reflection on personal experiences and structural inequalities.

2. Workshop: "Role Reversal: Challenging Stereotypes"

Objective:

To challenge gender and cultural stereotypes by encouraging participants to experience roles traditionally associated with different genders or social groups.

Activity: Gender Role Reversal Skits

Materials: Props, paper, and pens.

Method:

Split participants into mixed-gender teams.

Each team is given a scenario in which traditional gender roles are reversed (e.g., a woman as the CEO of a company and a man as a stay-at-home parent).

Teams create a short skit to act out the scenario.

After each skit, the group discusses how reversing the roles made them feel and what challenges or stereotypes emerged.

Inclusivity Focus:

Promotes understanding of gender stereotypes and how they affect both men and women.

Helps participants experience the challenges of stepping outside socially prescribed roles.

Activity: "Breaking the Box" Discussion

Method:

After the skits, hold a roundtable discussion where participants reflect on societal norms that limit people's opportunities based on gender, ethnicity, or other factors.

Participants brainstorm ways to "break the box" and create inclusive environments where individuals can thrive regardless of their background or identity.

3. Workshop: "Empathy in Action: Storytelling for Social Inclusion"

Objective:

To create empathy and understanding through storytelling, allowing participants to share their personal experiences of overcoming social obstacles or witnessing discrimination.

Activity 1: Story Circles

Materials: None.

Method:

Divide participants into small groups of 5-6 people.

Each participant is invited to share a personal story where they encountered or overcame a social obstacle (e.g., discrimination, exclusion, or prejudice).

Listeners are encouraged to ask questions and reflect on the shared experience, focusing on how it impacted the storyteller.

Inclusivity Focus:

Provides a safe space for marginalized voices to be heard.

Promotes empathy and mutual understanding among participants, helping to break down stereotypes.

Activity 2: Anonymous Letter Sharing

Materials: Paper, pens, box.

Method:

Participants anonymously write a letter about a personal challenge they've faced, related to discrimination or a social obstacle.

The facilitator collects the letters and redistributes them randomly among the participants.

Participants read someone else's letter aloud, followed by a group discussion on shared challenges, differences, and possible ways to support one another.

Inclusivity Focus:

Encourages participants to share their struggles without fear of judgment.

Fosters a sense of solidarity and common experience, reinforcing the idea that no one is alone in facing social obstacles.

4. Workshop: "Creative Expression for Empowerment"

Objective:

To empower participants through creative arts (e.g., visual art, writing, performance), encouraging them to express themselves and their experiences with social obstacles.

Activity 1: Expressive Art Session

Materials: Art supplies (paint, brushes, paper, markers, etc.).

Method:

Participants are invited to create a visual representation of a social obstacle they have faced or are currently dealing with (e.g., exclusion, gender inequality, discrimination).

After completing their art, participants display their work in a gallery-style format and discuss the meaning behind their creations with the group.

Inclusivity Focus:

Allows participants to express complex emotions in a non-verbal way, making the experience accessible to those who may struggle with verbal communication.

Provides an opportunity to share experiences without feeling vulnerable.

Activity 2: Spoken Word Performance

Materials: Microphone, stage space.

Method:

Participants prepare a short spoken word performance or poem on the theme of "Empowerment and Overcoming Obstacles."

They then perform in front of the group.

A reflective discussion follows, where participants talk about the emotional impact of hearing others' stories and how these performances promote inclusivity.

Inclusivity Focus:

Empowers marginalized voices by allowing participants to express their stories through art and performance.

Encourages self-expression and boosts confidence, particularly for participants who may feel silenced or marginalized in other settings.

5. Workshop: "Building Bridges: Group Challenges for Social Inclusion"

Objective:

To encourage collaboration and teamwork through problem-solving challenges that require participants to rely on one another, fostering inclusion and breaking down social barriers.

Activity: Team Problem-Solving Challenge

Materials: Various materials for building (e.g., sticks, tape, string, paper, etc.).

Method:

Divide participants into diverse teams, ensuring each group has a mix of individuals from different backgrounds.

Present the teams with a challenge (e.g., build a bridge out of materials that can hold the weight of a cup, or design a new product that solves a social problem).

Teams must collaborate and rely on one another's skills to complete the challenge within a set time frame.

A group discussion follows where participants reflect on the dynamics of teamwork, inclusion, and how each person's contributions were essential to the group's success.

Inclusivity Focus:

Encourages teamwork and collaboration across social divides.

Highlights the value of diversity in achieving common goals.

6. Workshop: "From Reflection to Action: Creating an Inclusive Future"

Objective:

To empower participants to turn reflection into action by designing small-scale projects that promote inclusivity within their communities.

Activity: Inclusivity Project Design

Materials: Flip charts, markers, pens.

Method:

Participants form groups and brainstorm specific social obstacles they want to address in their communities (e.g., gender inequality, exclusion of people with disabilities, or discrimination against LGBTQ+ individuals).

Each group designs a small-scale project that they could implement upon returning home, using the principles of inclusivity learned during the exchange (e.g., awareness campaigns, peer support programs, community events).

Groups present their project ideas to the whole group, receiving feedback and suggestions.

Inclusivity Focus:

Encourages participants to think critically about the issues they face and take ownership of creating solutions.

Provides a platform for translating the lessons learned in the youth exchange into concrete actions for fostering inclusion in their own communities.

Conclusion: Facilitator Role and Reflection

Throughout all workshops, facilitators must play a supportive, non-directive role, ensuring the activities are safe, inclusive, and accessible to everyone. After each workshop, facilitators should engage participants in reflective discussions, encouraging them to think about how the skills and lessons learned can be applied in their daily lives and future work.

These workshops provide interactive, engaging, and non-formal approaches that align with the goals of the "InclusiON" project, fostering a truly inclusive and empowering environment for all participants.

Created by Greek Youth Mobility - GYM