



Scenario of workshops for seniors on civic activity

Topic: **Solidarity in a world of inequality.**

Objectives:

- raising awareness of inequalities in society
- develop observation and imagination skills
- fostering solidarity and motivation to work for justice
- a conscious look at the opportunities of selected disadvantaged people
- life situation

Teaching methods:

- providing: explanation
- problematic: guided conversation.
- practical: method of practical action
- activating: activating exercises

Training duration: min. 6 hours of training (1 hour = 45 minutes)

Forms of work: individual, group, collective.

Workshop program:

1. Conversation combined with brainstorming about people in disadvantaged or living on the margins of society, e.g. disabled person or homeless person, retiree, immigrant or person with HIV/AIDS.

2. Exercise “*Change your glasses*”:

a) Ask each participant to choose one social situation disadvantaged people that interests him and explain that they are going to go out and investigate through the eyes of that person. (the list of exemplary persons is attached as Appendix 1).

b) Emphasize that it is not about roleplaying, but about going out and imagining what it would be like to be the other person.

- sample questions:

- ✓ What would it be like to be in that person's place?
- ✓ For example, will they be able to use all the facilities?
- ✓ Where will they buy bread (if they can afford it)?
- ✓ Where would they live?
- ✓ Are they employed?



- ✓ What is their job?
- ✓ Are they unemployed?
- ✓ What do they like to eat and drink?
- ✓ Do they have hobbies? What can they be?
- ✓ What can make them happy?

c) Tell the participants to walk around the workshop room and outside the building (a short walk around the area), to take photos with their cell phones, for example, as documentation or instead of photos, they think about how they would present and tell the rest groups about this person (any form of presentation, for example: drawing, rhyme, story, pantomime, etc.).

d) When they return, ask the participants who took the photos to transfer them to computer, and then let them choose 2-4 to print, glue them on a large sheet of paper and tape it to the wall. Photos should not be signed. Rest participants at this time will prepare their forms of presentation of the selected person.

e) When all the pictures are displayed, ask everyone to try to guess which groups were represented. Then ask each participant to present his photos and explain why was he particularly interested with the group he chose to "see". Let the other participants do the same and let them tell about their chosen people living on the margins of society.

f) Exercise *“Step Ahead”*: After reviewing the situation of the selected people in unfavorable situation, ask the participants to line up. 29 life situations will be read by the teacher. (Appendix No. 2). Every participant, guided by the life situation of the selected person, is to decide whether the example read is within his reach. If YES - take one step forward, if NO - takes one step back.

g) Discussion about the exercise in terms of looking at the possibilities and differences of each individual people in society.

3. Discussion summarizing the observations, ideas or stereotypes of the participants exercises.

Appendix 1

List of examples of socially disadvantaged people for exercise *“Change your glasses”*.

1. You are a person living alone with a disability, moving around in a wheelchair, working full-time in a company.
2. You are a blind person living alone and working full-time in a company
3. You are a single non-speaking person working remotely
4. You are a person with a mild or moderate intellectual disability, working in a special facility for people with disabilities.
5. You are a single person in your 80s in moderate health.
6. You are the 19-year-old son of a farmer from a remote mountain village.



7. You are a disabled person who uses a wheelchair with a spouse and 2 children
8. You are an unemployed university graduate looking for a job.
9. You are a person in your 60s working physically just before retirement in good health
10. You are a low rise person living alone looking for a job
11. You are the owner of a successful import- export company
12. You are retired, aged 70 and in good health. You live with your spouse.
13. You are a university student with a physical disability living in a dormitory.
14. You are an unemployed single mom
15. You are the daughter of a local bank manager. You study economics at the university
16. You are an illegal immigrant from Syria

Appendix 2

List of life situations for the exercise "Step Ahead ".

1. You have a decent apartment/house with a telephone and TV.
2. You feel that your language, religion and culture are respected in the society where you live.
3. You feel that your opinion on social and political issues matters and that your views are heard.
4. Other people consult you on various matters.
5. You are not afraid of being stopped by the police.
6. You know where to go for advice and help if you need it.
7. You know that you will be understood if you go to the office to do some business.
8. You have no problem reading letters and documents.
9. You have no problem understanding the content of official letters and documents.
10. You have no problem getting in or out of a public building.
11. You have no problem finding a public toilet in a foreign city that you can use.
12. You have never felt discriminated against because of your background or appearance.
13. You can freely use local public transport (including those provided by private companies).
14. If you want, you can easily take advantage of the offer of local cultural institutions such as museum, cinema, theater, opera, etc.



15. If you want, you can go on a trip with a local travel agent.
16. You can freely go shopping at any store in your area.
17. You have adequate social and medical protection for your needs.
18. If you go to the doctor for help, you know you will be understood.
19. You are not afraid of lack of understanding when dealing with strangers.
20. You feel that you can study or further your education and pursue a profession of your choice.
21. You are not afraid of being harassed or attacked in the streets or in the media.
22. You can vote in national and local elections.
23. You can buy new clothes at least once every three months.
24. You can fall in love with a chosen person.
25. You feel that your competences are valued and respected in the society in which you live.
26. You do not have the impression that you are in a closed environment of similar people and you can change your surroundings and friends at any time
27. You know how to live on a small budget and where to find the best bargains.
28. You suffer from a terminal illness and know better than the others the value of life.
29. You can use and benefit from the Internet.

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