



## *DiscriminACTion for a better IntegrARTion*

**Projet 2018-1-FR01-KA229-047747\_1**



This brochure contains ideas of activities to work with students about all types of discriminations. These workshops were all proposed to the students participating in the Erasmus+ project "DiscriminACTion for a better IntegrARTion"



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## Spain with the topic: Sexism

Institut Joan Solà, Carrer Corts Catalanes, 31, 25123 Torrefarrera, Lleida,  
Espanya

### 1) Analysis and Writing of Memes

- analyse some pictures about prejudices about men or women together
- have the students write sentences about pictures or photos about sexism



=) Goal: thinking about and writing about sexism. Using the English language

## 2) Sewing, knitting and ironing workshop

- Prepare wool and crochets and help the students to do a very small piece of crochets
- prepare some pieces of fabric and help the students sew them together
- prepare some shirts to be ironed

=) Goal: showing the students it is not easy to crochet, sew or iron and it is not only a woman's task



### 3) Musical and dancing workshop with the song "No" by Meghan Trainor

- Have the students rehearse the moves you have chosen without the song first

- Have them "play" the song according to the rhythm of the song and the different stanzas all together

=) Goal: understanding that through a song feelings and intentions can be expressed. Through the body can be expressed emotions. Understanding what the singer means in English.



#### 4) Drama workshop

- do some drama exercises with the students first (warming up)
- put them in groups of five and give them a situation to be performed all together (for example: You are a teenager and your parents don't want you to go out because you are a girl)
- have them show their little scene to the rest of the group

=) Goal: Express situations that students could live through drama in English



## 5) Engraving workshop

- prepare the pictures, paper, ink and press for the students
- show them how to do an engraving with the material provided
- let them do it in different colours

=) Goal: Learning new artistic techniques while reflecting on the topic "sexism" and "discriminations"



**France with the topic: discriminations due to social status**  
Institution Sainte Marie rue des Frères Mertian 68150 Ribeauvillé,  
France

**1) Cupsong with the song “Les Enfoirés”**

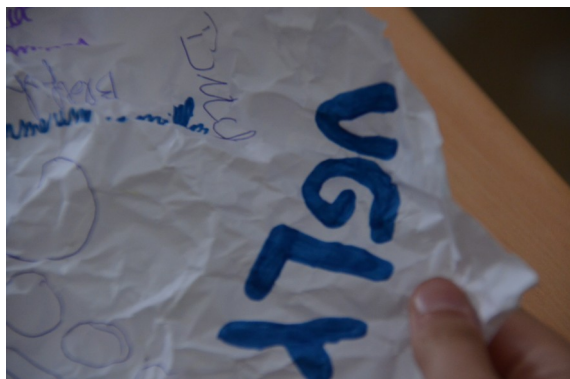
- let the students rehearse with cups the rhythm of cupsong
- explain the song “Les Enfoirés” and its meaning
- let them play all together with the music and the cupsong.



- 2) Drama workshop
- 3) photography workshop
- 4) slow motion workshops

- Have the students write a story about a teenager bullied because of his/her social status
- divide the story into little scenes
- divide the whole group of students in three
- Give group number 1 the first three scenes to act
- Give group number 2 the first three scenes as photos to shoot
- Give group number 3 the first three scenes as slow motion scenes to prepare and film
- Then change the groups so that each groups can work on the different scenes with a different artistic approach

=) Goal: Writing a story in English, that the students can consider as realistic. Giving them the opportunity to express themselves through different artistic techniques and work together as a group to produce a work of art.





## 5) Scrapbooking workshop

- prepare the booklets for the students and the material they will need (ribbons, colourful papers, pictures of charities, photos of themselves, stickers,....)
- let them stick, cut, arrange the documents in their booklet as a souvenir

=) Goal: creating a souvenir for the students. Reflecting on their experience in the host country while living it.



## Italy with the topic: (Cyber)bullying

Don Bosco-F; d'Assisi Viale Generale Carlo Alberto Dalla Chiesa, 1, 80059  
Torre del Greco NA, Italie

### 1) Poster-making workshop



- each group of 3 students receive a card with a drawing they have to reproduce 4 times bigger
- when all the groups are finished, the teacher combines all the work to form a complete poster about bullying

=) Goal: drawing according to perspective and dimensions. Working together in international team to produce a final document

### 2) Making of a booklet workshop

- Analysis of an Esopé's fable in English and writing a comment or an impression about it. Make a booklet with the fable and the comments afterwards.

=) Goal: Being creative in writing another story or reflecting about a situation. Using the computer to create a booklet.

### 3) Drama and Tableaux Vivants workshop

- choose famous paintings or drawings or artworks illustrating the topic
- let the students express themselves about these works of arts
- let the students copy the artworks, together while helping themselves
- propose accessories

=) Goal: let the students reflect on the topic while allowing them to express their feelings in a situation without stake. Giving the students the opportunity to admire some artworks.



*The Catch*  
*Norman Rockwell*

#### 4) Music orchestra

- the school orchestra rehearses in advance some meaningful songs about Europe for example the 9<sup>th</sup> Symphony by Beethoven or any other that might be relevant

- invite all the other participants to take part in the rehearsals and in the final show

=) **Goal:** Producing a piece of music all together. Being able to learn simple rhythms and playing it as a group.



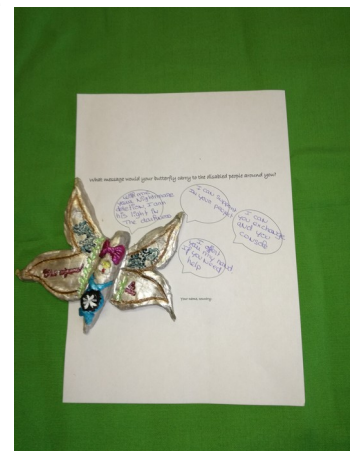
## Lithuania with the topic "Disability"

Vydūno g. 17A, Vilnius, Vydūno g. 17, Vilnius 06206, Lithuania

The mobility in Lithuania was a virtual mobility so the Lithuanian team of teachers had prepared slideshows and explanations before the mobility to be watched by their partners

### 1) Making a colourful ceramic butterfly as a symbol for tolerance

- explain the meanings of colours with the wheels of emotions
- provide the students with the material: you will need A piece of fabric / cloth to work on, any roller /rolling pin, a bamboo stick (for example, a skewer), Air drying clay (air-dry clay; modelling clay, any tools you might have for making a pattern (some texture tools, embossing tools or anything that fits the purpose, some acrylic paint, some paintbrushes, some glossy glaze, ceramic (ferrite) disk magnets (used for crafts), any kind of super glue
- give them the butterfly model
- let them be creative about the shape and the decorations of the butterflies
- let them paint the butterfly
- make them write a hope message to be sent to disabled people
- display the butterflies



=) Goal: practise written English while reflecting on the topic. Sending hope messages to the disabled persons.



## 2) Singing a rap song together

- have one of your students make a musical arrangement of the Hymn to Joy by Beethoven
- with your students write a rap music stanza about the topic in their mother tongue and record it
- rehearse together the chorus in the sign language and record your dances
- edit the video with all the countries singing and dancing together.

=) Goal: learning some words in the sign language. Cooperate together to write a stanza about handicaps.



## 3) Doodling

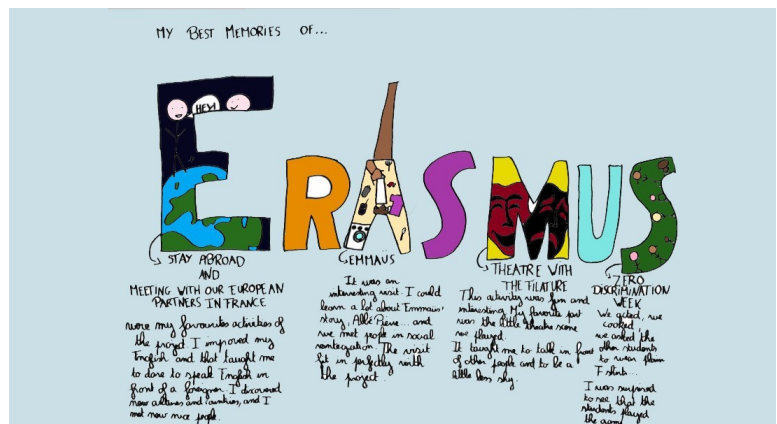
- work on the wheel of emotions and colours with your students
- explain the art of doodling
- let them create their own doodle sheet with emotions, a reference to disability and their name

=) Goal: practise written English while reflecting on the topic. Showing their implication and concern about handicap and how they perceive disabilities.



## My Erasmus+ experience

I am Andrea. I Have been lucky as I have chosen to be part of an Erasmus Project. It has been a fantastic experience. The activity most related to discrimination was when we acted some moments of discrimination of: race, gender, age and much more. My partner was Joan from Spain. I was hosted at his house. They were very hospital, then he came to my house. It was the first time I have lived far away from my family. From that experience I have learnt to socialize better, I have improved my English and I have learnt different living ways associated to a different culture! In my opinion, the Erasmus is an opportunity to socialize, to improve themselves and discover different cultures around the world. I have chosen *this photo* because this is where all started for me, when we were insecure and a little scared to go to Spain, while now, we have got friends and we wish we could see each other again!



Monika Ramoškaitė

"one week in Spain was something special to me! I met a lot of nice and friendly people I learned more about woman's discrimination and I'm very thankful to my family that they helped me to learn about their culture, traditions, routine."

