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IntercVmbia



NGO NEST  
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# INTERcultural Dialogue to Empower Minorities INTER-DEM

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## TOOLKIT

### Disclaimer

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## Activity / Tool Template

<b>Name of the tool / activity</b>	Brighter Europe: Educate Romania
<b>Objectives</b>	<ul style="list-style-type: none"><li>- To bring kids from rural areas into education</li><li>- To rule out the problem related to transportation</li><li>- To provide internet access that will lead to personal growth</li></ul>
<b>Target Group</b>	The activity is designed for the people aged 18-30
<b>Main activities: Context and Phases</b>	<ul style="list-style-type: none"><li>- <i>The activity act as an energizer, inspired by activities made during the training (when people can identify how quickly different segments of the society are left behind).</i></li><li>- Brainstorming (1-3)</li><li>- Activity: We divide the people into two groups. The first group does not have access to internet, while the second group has.</li></ul> <p>Sticky notes should be noted in different colors to the two groups, through this they will spot a difference in the conclusions and realize the importance of the Internet.</p>
<b>Methods used and Material needed</b>	<ul style="list-style-type: none"><li>• Sticky notes</li><li>• Pens</li><li>• Papers</li><li>• Electronic devices</li></ul>
<b>Competences gained</b>	<ul style="list-style-type: none"><li>- Awareness about the context</li><li>- Confidence</li><li>- Problem solving skills</li><li>- Digital skills</li><li>- Working in teams</li></ul>
<b>Sources</b>	<ul style="list-style-type: none"><li>- INTERNET</li><li>- PUPILS</li><li>- PRESENTATION / TUTOR</li><li>- A DOCUMENTARY (shared in a group)</li><li>- A YOUTUBE VIDEO</li></ul>



## Activity / Tool Template

<b>Name of the tool / activity</b>	Mental Health Care
<b>Objectives</b>	<ul style="list-style-type: none"><li>- To develop personality</li><li>- To gain confidence in themselves</li><li>- The well-being of everyone should be taken care of</li><li>- Sessions with volunteers psychologists</li></ul>
<b>Target Group</b>	Everyone
<b>Main activities: Context and Phases</b>	<ul style="list-style-type: none"><li>- Mental Care Sessions every 2 days (individually or in groups)</li><li>- Classes made and presented by volunteers</li><li>- Group activities making and participants play the role of a psychologist</li><li>- Group session in a relaxing environment (sitting on the floor with good relaxing music playing in the background)</li></ul> <p>Chain activities (Group Activity):</p> <ul style="list-style-type: none"><li>- 3 groups of participants</li><li>- To write in papers stories with different situations</li><li>- Try to solve/deal with the described situation(s) with the rest of the group</li><li>- Give the idea that everything has a solution</li><li>- Teach how to deal with someone that is not doing well</li></ul> <p>For this activity, we make a box, each one of them at the end of the day writes about love. They must describe what they feel and what they like and what they don't like. Each one of them draws a ticket the next day (the ticket is anonymous), we need it and we discuss about it.</p>
<b>Methods used and Material needed</b>	<ul style="list-style-type: none"><li>- Blankets</li><li>- Speaker for the music</li><li>- Lights</li><li>- Books</li></ul>
<b>Competences gained</b>	<ul style="list-style-type: none"><li>- To feel safe, confident on their own</li><li>- Strengths, to make it easier for them to communicate with any new person</li></ul>
<b>Sources</b>	<ul style="list-style-type: none"><li>- CAPACITED VOLUNTEERS (IN UNIVERSITY OR WITH A DIPLOMA)</li></ul>



## Activity / Tool Template

<b>Name of the tool / activity</b>	Social Media Strategies
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- To teach young students how to develop effective content, popular platforms, launching successful advertisement campaigns and managing the community.</li> </ul>
<b>Target Group</b>	Young students between 15-25
<b>Main activities: Context and Phases</b>	<p>Context:</p> <ul style="list-style-type: none"> <li>- How to create a social media campaign</li> <li>- How to develop effective content</li> </ul> <p>Context and Phases:</p> <ul style="list-style-type: none"> <li>- Start: Energizers</li> <li>- 10:00 Presentation / Introduction</li> <li>- What is social media?</li> <li>- How to create social media</li> <li>- 11:15 to 11:30 Break</li> <li>- 11:30 to 12:30 Divide into groups</li> <li>- Each group can come up with a proposal on how to develop effective content</li> <li>- Presentation of all ideas</li> <li>- 13:00 to 14:00 Lunch Break</li> <li>- 15:00 to 17:00 Start - Energizer</li> <li>- Selection of the right platform to launch a successful social campaign</li> <li>- Evaluation of the day</li> <li>- 18:00 Dinner Break</li> </ul>
<b>Methods used and Material needed</b>	<p>Methods:</p> <ul style="list-style-type: none"> <li>- Team building, Non-formal Education, Group Discussion</li> </ul> <p>Materials:</p> <ul style="list-style-type: none"> <li>- Papers, pens canvas, laptops, water</li> </ul>
<b>Competences gained</b>	<ul style="list-style-type: none"> <li>- Improvement of their presentation skills</li> <li>- Gaining of digital skills on how to properly use the social platforms</li> <li>- Teamwork, tolerance, Group discussion</li> </ul>
<b>Sources</b>	<ul style="list-style-type: none"> <li>- CANVAS</li> <li>- INSTAGRAM</li> <li>- FACEBOOK</li> <li>- TWITTER</li> <li>- TIKTOK</li> <li>- YOUTUBE</li> <li>- BOOKS</li> </ul>



## Activity / Tool Template

<b>Name of the tool / activity</b>	No Silence Against Racism
<b>Objectives</b>	<ul style="list-style-type: none"><li>- To create space where people can learn and openly discuss about racism and discrimination</li><li>- Elimination of prejudices and preconceived notions</li><li>- Addressing gender differences, avoiding sexism etc.</li></ul>
<b>Target Group</b>	Young people between 12 – 18 years old, who are victims of racism
<b>Main activities: Context and Phases</b>	<p>Activities:</p> <ol style="list-style-type: none"><li>1) Energizer: Time travel activity Gather your group in a circle. Each participant must ask his/her next one to in what period he/she would like to be transported. All answers will be discussed.</li><li>2) This session explores the history of race and racism and how it is maintained until today in Europe and all over the world through a video The aim of this activity is to create a Kahoot containing videos and questions for feedback and draw the answers.</li><li>3) Participation in anti-racism and diversity conferences, which are managed by a specialized psychologist Later, we get in a circle one by one and we give our opinion/debate on the issue of racism. Preferably with a psychologist included.</li></ol> <p>Materials:</p> <ul style="list-style-type: none"><li>- A4 paper</li><li>- 1 big room</li><li>- Tape for the line</li></ul>
<b>Methods used and Material needed</b>	Discussion, Debate, Videos, Specialized psychologist
<b>Competences gained</b>	This workshop helps the participants to gain a deeper understanding on how to recognize racism and how it can manifest, and what its impacts are. The participants also learn about strategies to address barriers to inclusive spaces and become familiar with the relevant tools and policies. They will have a more open mind and not judge others by their origins/colors etc.
<b>Sources</b>	<ul style="list-style-type: none"><li>- SALTO YOUTH</li><li>- EU TRAINING</li><li>- ERASMUS+ WEBSITE</li></ul>



## Activity / Tool Template

<b>Name of the tool / activity</b>	#ALLOFUS
<b>Objectives</b>	<ul style="list-style-type: none"><li>- Elimination of prejudices and preconceived notions (everyone can do everything)</li><li>- Addressing gender differences, sexism</li><li>- Equity and exemplary patterns of behavior</li></ul>
<b>Target Group</b>	Young and multicultural people (to break stereotypes & prejudices)
<b>Main activities: Context and Phases</b>	<ul style="list-style-type: none"><li>- Energizer (10 min): Gather your group in a circle. Each participant has to ask his/her next one to in what period he/she would like to be transported. Those groups must say what they thought of the other countries before meeting them, such as topics about the specific country. Each group will do it in order, respecting the other groups and above all without hiding their feelings for others. All answers will be discussed.</li><li>- Main activity (30 min): Everyone is divided into a group representing one country and the people involved must respect each turn to speak. The participants have to stay in the back part of the room and stay in silence, as a form of respect to the rest of the groups. Everyone will be standing up in the back of the room and in front of them there will be 3 options to choose from (1. Yes, 2. No, 3. I prefer not to say). The trainer will ask questions based on LGBTQ+ community, sexism, religion etc. and the participants will have to choose from one answer and place it inside (the answer). This will make many people be inspired, because people use to choose things that other people do not expect. In the end of the activity all answers will be discussed.</li></ul>
<b>Methods used and Material needed</b>	<p>Energizer: The participants will be divided into groups representing a country and the people need to respect each one's turn to speak.</p> <p>Methods:</p> <ul style="list-style-type: none"><li>- Listening everyone</li><li>- Group discussion</li></ul> <p>No materials needed for this activity.</p>
<b>Competences gained</b>	<ul style="list-style-type: none"><li>- Have a more open mind on diversity issues</li><li>- Addressing discrimination and racism</li></ul>
<b>Sources</b>	<ul style="list-style-type: none"><li>- ERASMUS+ websites</li></ul>



## Activity / Tool Template

<b>Name of the tool / activity</b>	Change Starts When You Are Young
<b>Objectives</b>	- Encouraging youth to talk about initiative without the language barrier, using informal learning
<b>Target Group</b>	Young people 15 -20 years old
<b>Main activities: Context and Phases</b>	<ol style="list-style-type: none"> <li>1. Ice breaking activity + introduction of the topic (10 min)</li> <li>2. Treasure hunt + discussion (30 min)</li> </ol> <p>There will be 2 groups of people, 1 hidden at the time connected with a social activist, etiquettes with names and the way how to take the initiative. In the end, the group that was hidden need to be asked how they felt about it.</p> <ol style="list-style-type: none"> <li>3. Getting to know each other activity (personal info hunt, 15 min)</li> </ol> <p>For this activity people will be asked to change seats, explaining why they did it, connecting the fact that they did it, because they are not allowed to stand up when something is wrong. In the meantime, they will have the chance to cooperate and find out more personal info about their birthplace, favorite things, hobbies etc.</p> <ol style="list-style-type: none"> <li>4. Cards game + short presentation about racial categories / leadership (20 min)</li> </ol> <p>The participants will be given some cards among which the highest card will receive more respect from the others and gradually the level of respect will grow if they have more cards.</p> <ol style="list-style-type: none"> <li>5. Conclusion + feedback session (15 min)</li> </ol> <p>In the end, the participants will be asked to evaluate the activities so far and express themselves openly about what they like and what they disliked.</p> <p>Total time – 90 min</p>
<b>Methods used and Material needed</b>	<p>Methods:</p> <ul style="list-style-type: none"> <li>- Q&amp;A sessions</li> <li>- Learning through games</li> <li>- Team building activities</li> </ul> <p>Materials:</p> <ul style="list-style-type: none"> <li>- Flipchart</li> <li>- Markers</li> <li>- A4 papers</li> <li>- Pens</li> <li>- Pack of cards</li> </ul>
<b>Competences gained</b>	<ul style="list-style-type: none"> <li>- Improvement of public speaking skills</li> <li>- Creativity</li> <li>- Boosting of confidence</li> <li>- Language skills</li> <li>- Teamwork</li> </ul>



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	- Diversity knowledge
<b>Sources</b>	- Bibliography