



ANTIDOTE

**ALTERNATIVE NARRATIVES FOR TOLERANCE AND INTERCULTURAL
DIALOGUE TO OVERCOME STEREOTYPES AND SPREAD EQUALITY**

1 SEPT 2020 - 31 AUG 2023

621813-CITIZ-1-2020-1-IT-CITIZ-NT



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INTRODUCTION



These labs are structured to provide diverse, interactive, and immersive experiences that encourage young people to view migration and refugee issues from various perspectives. They combine cognitive, emotional, and sometimes physical activities for a holistic approach to understanding and empathy. The skills developed in these labs are not only beneficial for altering perceptions about migrants and refugees but are also valuable in many areas of personal and academic growth. These labs are designed to engage young people in different formats, catering to varied learning styles and interests, and emphasizing empathy, critical thinking, and real-life understanding of complex issues. Each lab can be adjusted in terms of time and material according to the specific conditions and resources of the organizers. For a complete program, consider diversifying activities and progressively deepening the topics and skills addressed.

CRITICAL NEWS ANALYSIS



90 minutes

Participants are divided into groups and given articles portraying migrants/refugees, often in a stereotypical manner. They highlight problematic sections, discuss them, and rewrite or create counter-narratives.

Materials needed



Paper and pens

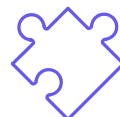


Printed news articles/blogs



Highlighters

Skills developed



Critical thinking



Analytical skills



Creative writing



Teamwork

DIGITAL STORYTELLING



2 hours

Young people research stories of migrants/refugees, then use digital tools to create short documentaries or presentations, using real-life narratives to counter stereotypes.

Materials needed



Internet access



Computer/tablets



Projectors for videos

Skills developed



Research skills



Digital Literacy



Empathy-building



Storytelling

ART FOR UNDERSTANDING



3 hours

Participants create artwork (drawings, paintings, etc.) based on the life stories of migrants/refugees. An exhibition can be held where artists explain their work, promoting empathetic understanding.

Materials needed

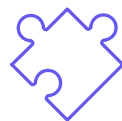


Art supplies (paint, markers, paper, etc.)



Inspirational stories/photos (ethically sourced)

Skills developed



Creativity



Public Speaking



Emotional Intelligence



Cultural Appreciation

EMPATHY ROLE-PLAY



1.5 hours

Youth engage in role-playing exercises, assuming the roles of migrants/refugees facing various challenges. Debriefing afterwards includes discussion on feelings, struggles, and potential solutions.

Materials needed



Role-play scenarios



Costume pieces
(optional)



Props (optional)

Skills developed



Empathy



Problem-solving



Communication



Perspective
Taking




FIRST-HAND NARRATIVES



2.5 hours

A session with a guest speaker who is a migrant or refugee to share their story, followed by a Q&A. Participants then reflect on how real stories differ from common stereotypes.

Materials needed

-  Speaker or migrant/refugee guest (arranged in advance)
-  Question prompts
-  Seating arrangement for guest speaking

Skills developed

-  Active listening
-  Open-mindedness
-  Questioning skills
-  Reflection

LITERATURE CIRCLE



2 hours

Participants read selected stories or book excerpts before the lab, then engage in guided discussions to explore themes and characters' experiences.

Materials needed



Books featuring migrants/refugee stories



Discussion guide/questions

Skills developed



Interpretation



Emotional Intelligence



Communication



Literary analysis

MAPPING ORIGINS



1.5 hours

Youth mark migrants' and refugees' countries of origin and discuss the reasons they flee. They match information cards detailing facts and stories to relevant locations on the map.

Materials needed



World map (large print or interactive)



Information cards about various countries



Sticky notes and markers

Skills developed



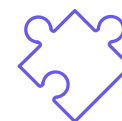
Global awareness



Critical thinking



Matching analysis



Collaborative learning

LIFE INTERVIEW PROJECT



3 hours

Participants are taught basic interview skills and ethical practices, then pair up to record each other's life stories or those of invited guests, focusing on migration if applicable.

Materials needed



Camera/
Smartphones



Interview set
guidelines



Consent forms

Skills developed



Interview skills



Technical skills
(recording)



Storytelling



Empathy

FACT OR FICTION



2 hours

Youth examine news stories/statements about migrants and refugees, using fact-checking methods and websites to verify claims, discussing the impact of misinformation.

Materials needed



Various news sources



Fact-checking websites



Computers with internet access

Skills developed



Fact-checking



Research skills



Critical thinking



Media literacy

DEBATE HOUR



90 minutes

Participants engage in structured debates on pre-selected, sensitive topics regarding refugees and migrants, encouraging critical assessment from multiple angles.

Materials needed



Prepared debate statements



Basic rules of formal debate



Timer

Skills developed



Public-speaking



Critical thinking



Persuasive skills



Active listening

WALK IN THEIR SHOES



2.5 hours

A simulation game where participants "flee" from danger, facing challenges that migrants/refugees might experience, followed by guided reflection/discussion.

Materials needed



Blankets, clothes, utensils
(simulation props)



Scenario cards



Reflection sheets

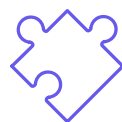
Skills developed



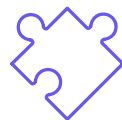
Empathy



Physical engagement



Reflective skills



Teamwork

CODING THEIR STORIES



3 hours

Participants use basic coding platforms to create simple games or interactive stories based on migrants' journeys, emphasizing positive narratives.

Materials needed



Computers with internet access



Basic coding platforms (like Scratch)

Skills developed



Coding skills



Problem-solving



Creativity



Storytelling

STORY BOARDS CREATION



2 hours

Youth create storyboards based on real stories of migration, discussing each scene's significance and empathizing with the journey.

Materials needed



Cardboard, colored paper, magazines, glue, etc.



Real migrant/refugee stories

Skills developed



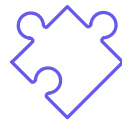
Artistic expression



Empathy



Collaboration



Project planning

CREATIVE WRITING PROMPTS



1.5 hours

Using "What If" scenarios, participants write short stories or diary entries from a migrant or refugee's perspective, fostering imaginative empathy.

Materials needed

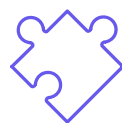


Paper, pens



'What if' scenario cards

Skills developed



Creative writing



Empathy



Imagination



Perspective taking

CULTURAL COOKING CLASS



2 hours

Prepare dishes from different cultures represented by the migrant community, discussing the significance of food in cultural identity and shared human experiences.

Materials needed



Access to a kitchen



Ingredients for various cultural dishes



Recipes

Skills developed



Cultural appreciation



Cooking skills



Teamwork



Understanding diversity



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