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YES I AM

YOUTH EXCHANGE FOR SOCIAL INCLUSION
ON ART AND MIGRATION



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YES I AM

The YES I AM project (Youth Exchange for Social Inclusion on Art and Migration) was born from a group of 8 young university students from different Italian cities hosted at the NEST Trento college dormitory and willing to carry out a youth exchange about the issue of social inclusion of asylum seekers

Thanks to the support of NEST, the young people followed a training course with the InCo association of Trento and the Local Volunteering- Non Profit Network - Trentino Center which led to the drafting of this project. The young Italians worked closely with 2 young asylum seekers from the Gambia who took part in the training sessions and then helped to design the project. The project is also the result of synergies with realities present in the Trentino area: ATAS (Trentino Association of Welcoming Foreigners), Residenza Brennero (asylum seeker reception facility), Migrant Art, CNCA (National Coordination Reception Community)

The problem of immigration is one of the most debated issues of recent years in Europe with an increase of consensus to populist movements that boost negative emotions towards "the Other": fear, intolerance, lack of empathy. In Italy, foreigners living today are 8.1% (Eurostat). The perception of the phenomenon by the Italians, however, is very different: the common thought overestimates the percentage of migrants to 30% (Ipsos Mori). Not only that, a recent survey by Demos highlights a general sense of insecurity caused by the migration phenomenon which is 46%: the highest percentage in the last 10 years. Spain is the third European country (after Germany and UK) of immigration (Eurostat) where the social inclusion of migrants becomes a very important and emerging issue. Latvia is the fourth country in Europe to have more foreigners on their territory born in countries non-EU (Eurostat). To a lower extent than in Spain and Italy, Latvia also has to cope with the need to develop best practices for the social inclusion of asylum

The general objective of the YES I AM project is to make young people the local and European community reflect on the importance of adopting behaviors and methodologies of social inclusion of migrants and asylum seekers. Participants shared and developed best practices of social inclusion through art tools in its most varied forms, from dance, to music, to photography, to the theater. In this way participants became ambassadors of socially inclusive methodologies once they had returned to their countries, after the exchange. At the same time, the goal of YES I AM is to offer the possibility to asylum seekers to get in touch with the local community by offering moments of mutual sharing of tradition and customs with young Europeans and the local community

Non-formal learning has been the methodology used to carry out the planned activities: group work and reflections on the concept of culture and stereotypes, theater dance and music workshops, cineforum and discussions on the theme of migratory phenomenon. All activities were attended by asylum seekers and European participants. The activities were carried out in collaboration with local organization: NEST, Atas onlus, Arte Migrante, Residenza Brennero, CNCA. The project culminated with an artistic performance in which young Italians, Latvians, Spanish and asylum seekers performed during an important event that takes place in Trentino each year attended by hundreds of people, called the "The hosting Week" organized by CNCA.

The participants produced this handbook that testify the lived experience and that also promote social inclusion of asylum seekers through non-formal methodologies, such as artistic forms and youth exchanges.

The youth exchange took place in Trento from 29/9/2018 to 6/10 / 2018 and was attended by 26 young people aged between 19 and 26 coming from Italy, Spain and Latvia, including 2 asylum seekers from Gambia.

Interviews



2 h preparation
2 h execution



min 10 - max 30
participants



pens
sheets of paper
imagination
open space
umbrellas
food
felt-tip pens
billboards

PURPOSE:

This activity is very interesting to see how the central phenomenon of exchange, e.g. immigration, is perceived by the population.

Through the interviews it is possible to gather numerous opinions, of people different for age, sex, origin, social status, employment and education.

Participants must analyze the central theme of the interview.

PREPARATION:

Participants must prepare some questions together. They will analyze the proposed questions that must be simple but able to provide data that can be analyzed at the end of the interview.

15 questions are written: the first 3 must be linked to the person, give information about origin, age and occupation; the remaining will focus on the topic to be treated.

The questions must not be offensive or oriented to an answer, they must be free and must give the interviewed the opportunity to speak as much as they find appropriate even if they are spread over several themes.

DESCRIPTION:

Participants are divided into groups of 5-6 people, so as to make the interview easier and not to intimidate the interviewed. They must bring pens and sheets and the list of questions. Questions must be asked in the language that the interviewed prefers, so as not to put him/her in difficulty. You will have to interview people of different nationalities, gender, age and education, so as to obtain different and interesting answers to be analyzed.

Afterwards participants will have to meet in a room and make posters that briefly describe what was collected in the interviews, the most interesting answers or personal experiences told by the interviewed.



- Some people will refuse to be interviewed, do not give up!
- Even if some answers will seem absurd you don't have to make strange faces and don't laugh.

"This has been the activity I have ever preferred, it is very interesting to know what the population thinks and knows about this subject." Irene, Italian.

Wiki stand (what I know is)



20 min preparation
40 min execution



min 6 - max 20
participants



posters
markers
magazines to get some images
glue
scissors
table

PURPOSE:

Share the prejudices that people have on participants motherland and subsequently to debate on these prejudices, having the possibility to explain cultural, social and historical reasons of that prejudice. Further, another purpose of this activity is to reflect on the country reputation



PREPARATION:

Participants were divided in three different groups, based on nationality. Each group had the task to make a placards on which they had to realize through a draw, a phrase or an image taken from a magazine, describing typical prejudices on a nation.

DESCRIPTION:

Each group, after the making of the placard, had to show off this to other participants. Different preconceptions were described during this activity, about any kind of situation from the weather to the social class. During the presentations, participants had the possibility to explain the reason of that common misconception. Throughout this part of the activity, organizers tried to involve as much as possible the participants in order to share with others their motherland culture





Nations stand



1 h preparation
1 h execution



min 4 - max 30
participants



posters
material brought by participants
crayons
glue
scissors
table

PURPOSE:

Reflect on both positive and negative aspects of the common thoughts about some Nations. For the negative ones it was possible to talk about the stereotypes emerged during the activity called "wiki stand (what i know is)".

PREPARATION:

Before presenting the motherland to other participants, it was asked to the groups, divided by nationality, to prepare a poster on which there were described some characteristics typical of that country and culture. Everyone has realized this task via draws or images.

DESCRIPTION:

During the activity participants' countries were described in many ways. It is possible to present historic landmarks, traditional meals, typical holidays and traditions. Presenting a country takes around ten minutes. Subsequently all the participants are called upon to speak and share their opinion and their experience.

Social inclusion...

Which are the difficulties?



30 min preparation
2 h execution



min 10 - max 30
participants



posters
pens
chairs

PURPOSE:

To introduce the topic of social inclusion in a different way. It's also important because you can analyze the topics linked to social inclusion and how they are discussed through the different activities. The other important purpose is to listen and be listened.

PREPARATION:

Create a poster with the words SOCIAL INCLUSION written at the center and put it in the middle of a circle composed by the participants seated in chairs.

DESCRIPTION:

Through some questions and answers and some reflections shared by each participants, they are going to discover different points of view about the topic and some hints on how these are discussed during the activities of the exchange.



Dance workshop



3 h preparation
8 h execution (7 h workshops + 1 h show)



min 6 - max 15
participants



speakers
a room with a big mirror
music

PURPOSE:

To explain the phenomenon of migration through dance, which is an amazing tool to give a message, even without speaking. During the workshop it's important to analyse themes such as empathy and the emotions that every migrant and asylum seeker feels during their process. The result is the creation of a choreography whose aim is to communicate to the audience thanks to empathy this feelings.



PREPARATION:

Choose the music, the exercises and try to create some parts of the choreographies in advance to be more prepared.

DESCRIPTION:

After the warm-up which lasted 30 minutes, the participants did the exercise called shapes (divided in couples and guided by the music of a drum, each participant in turn moves his/her body around the body of the partner to create a movement which seems continuous) for 20 minutes. After that they tried to improvise and then after each improvisation they talked about their feelings and the key movements emerged.

From this inputs the choreography is created.





Theatre workshop



2 weeks preparation
8 h execution (7 h workshops + 1 h show)



min 10 - max 20
participants



space
music
objects for the performance

PURPOSE:

The aims of the workshops were: to make participants more conscious about the feeling of people discriminated, to develop a sense of empathy especially towards immigrant and to prepare the final performance. The aim of the final performance was to give different perspectives about fake news and also the possibility to know the real data and through actors located among the audience create an environment of confidence where the audience could start interacting.



Use the “teatro dell’oppresso”, do some ice-breaking at the beginning of the activity to make participants feel more confident and take the idea for the performance from the situations lived by participants

PREPARATION:

During the workshop we did several exercises of the “teatro dell’oppresso” in order to understand how discriminated people feel. Divided into small groups we created pictures of discriminating situations using our body. Then we added movements to this pictures and lastly sound. The last day participants split into 2 smaller groups and the first one created some sketches based on the situations analyzed during the previews days, while the second thought about way of interrupting the performance commenting the scenes.

DESCRIPTION:

The group who perform on the stage did the performance, while the second group interrupted it in order to make the audience think about the theme of fake news about immigrants.

New(s) sharing



2 h preparation
1 h execution



min 10 - max 30
participants



paper
pens
posters
speakers
chairs

PURPOSE:

To underline that media and newspaper can disseminate false facts in order to destabilize the public opinion.

PREPARATION:

Find some interesting articles about the topic of fake news.

DESCRIPTION:

Divide participants into nationalities, read the chosen article. At first discuss on the content of it. Later on, write on a poster the most significant words or phrases of the articles. Finally with all the participants discuss about the articles and find possible solutions of the problem. It's very interesting to find out that a lot of news that are spread on the internet are false or distorted. So that it's important to read carefully the articles and try to fight the fake news.



Intercultural appetizer



3 h preparation
1 h execution



min 6 - max 15
participants



food
drinks
kitchen
open space

PURPOSE:

To share the food traditions of each county of the participants, stay together and have fun.



PREPARATION:

At first every group of participant should decide what they want to prepare; it should be something typical and fast to prepare. Then go to the supermarket, buy the food you need for the menu.

DESCRIPTION:

Prepare the food for your intercultural appetizer and enjoy it with other participants.

YOUTH EXCHANGES - ERASMUS PLUS

Youth Exchanges allow groups of young people from at least two different countries to meet and live together for up to 21 days. During a Youth Exchange, participants, supported by group leaders, jointly carry out a work program (a mix of workshops, exercises, debates, role-plays, simulations, outdoor activities, etc.) designed and prepared by them before the Exchange. Youth Exchanges allow young people to: develop competences; become aware of socially relevant topics/thematic areas; discover new cultures, habits and life-styles, mainly through peer-learning; strengthen values like solidarity, democracy, friendship, etc. The learning process in Youth Exchanges is triggered by methods of non-formal education. The rather short duration makes the involvement of young people with fewer opportunities appropriate; as such a Youth Exchange offers an international mobility experience in the safety of a group with the possibility of having an adequate number of group leaders to take care of the participants. A Youth Exchange can also be a good setting for discussing and learning about inclusion and diversity issues. Youth Exchanges are based on a transnational cooperation between two or more participating organisations from different countries within and outside the European Union.



You can find more information about Youth Exchanges here:

https://ec.europa.eu/programmes/erasmus-plus/opportunities/individuals/young-people/youth-exchanges_en



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InCo Association (Interculturality & Communication) is a non-profit organisation established in 2004 by a group of friends who wanted to develop international exchange, mutual understanding, and intercultural sensitivity in youngsters.

InCo has the objective of furthering international exchanges between youth, increasing and improving the level of contact among different cultures, stimulating intercultural sensibility and preventing and combating racism, prejudices and social exclusion.

Among the activities of the association youth mobility projects play a very important role: through "Youth" young people are allowed to go to another country for a youth exchange, a volunteer experience or a vocational training project. The activities of the association are addressed only to young people.

InCo is both sending organisation for EVS volunteers and co-ordinating organisation for different host projects which host independent volunteers (MTV and LTV).

PERSPEKTIVA

Reģionālās attīstības un
sociālo iniciatīvu organizācija

„PERSPEKTĪVA”

Organisation of regional development and social initiatives "Perspektiva" is formed in order to promote sustainable and regional development, what means wise and effective use of available resources. This also includes promotion of socially sustainable communities by fostering social inclusion, empowerment of local young people by promotion of active involvement of young people in both political and regional development planning processes in their municipalities. Organisation is also providing innovative and alternative ideas for development for particular municipalities, what are elaborated according to the resources and actual situation of particular municipality.

Objectives of the organisation are:

1. to promote regional development and active citizenship;
2. to promote social inclusion;
3. to promote environmental protection and sustainable development.
4. to promote physical activities and active lifestyle.



AURORA is a social entity based in Vic whose objective is to increase the welfare and development of society through the implementation of innovative social projects and the provision of services to the community.

It is made up of people active in fields such as education, law and economics, which share a desire for social change. The target group is mainly young people and the social fabric of Catalan region.

Overall, AURORA aims to promote equal opportunities, social inclusion and the fight against youth unemployment. It also promotes social cohesion and intercultural dialogue between communities and wants to establish itself as an active platform that serves social entrepreneurs to develop their own projects, both personally and collectively.

COOPERATIVA IL FAGGIO (NEST)



"Il Faggio" cooperative works in the field of hospitality and services for university students, proposing an intense co-living experience that contributes to the personal growth of young people, helping them to develop critical thinking, creativity, open attitudes, community spirit and social responsibility.

In September 2015, from this experience was born the NEST, the new college for university students in Trento. NEST is a state-of-the-art, unique place: it provides students with accommodation in modern, well-finished rooms and a broad array of opportunities for learning and making the best of their academic experience.

NEST has developed a new, more advanced concept of academic learning that is grounded in the present and future oriented. This extraordinary offer has been made possible by a fruitful partnership with the research and innovation centres of the Autonomous Province of Trento as well as the local community. NEST also enjoys a full, successful integration with the University of Trento, widely recognised among the best in the country for its excellent academic standards and quality services. NEST offers NEST residential hall and also the network CAMPUS NEST: a whole new variety of accommodation options available in Trento.

ATAS ONLUS

ATAS onlus (Trentino Association of Welcoming Foreigners) works in the region since 1989 to welcome migrants and make the local community aware of the values of welcoming and peace, promoting social inclusion.



The project culminated with an artistic performance in which young participants performed during "The hosting Week" organized by CNCA, an association of social promotion that gathers 250 Italian organizations. This event, that promotes community moments for meetings, reflections, debates and shows, is very important for Trentino and is attended by hundreds of people each year.

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