

~ Day ~

2024 EmpowerU

Horse Race

health & pregnancy

education

Religion

color

Sorts of discrimination

political ideologies

Nationality

Sexuality

Gender

Language

Income

culture

CLICK HERE

why we think in Boxes



overinterpreted the lemon just by looking at it.

even lemons have attributes, which makes them remarkable

Describe a Lemon

CLICK HERE

stands for, how everyone directly think in Boxes

many difference ideas & descriptions



We are easily distracted to overinterpretate and don't ask people

Break

How to face discrimination in Workshops

BIPOC = Black, Indigenous, People of color

must be adapted to the age of the group

childs aren't responsible for what they say
face it calmly with him, after that name the topic in front of class

Situation: one member of your workshop get called „monkey“

students know what they say and the following consequences
punish them harder

elder people know exactly what they talking about and are hardly educable
ban them directly from your workshop



CLICK HERE

discrimination you faced with vs. discrimination you caused

Theater

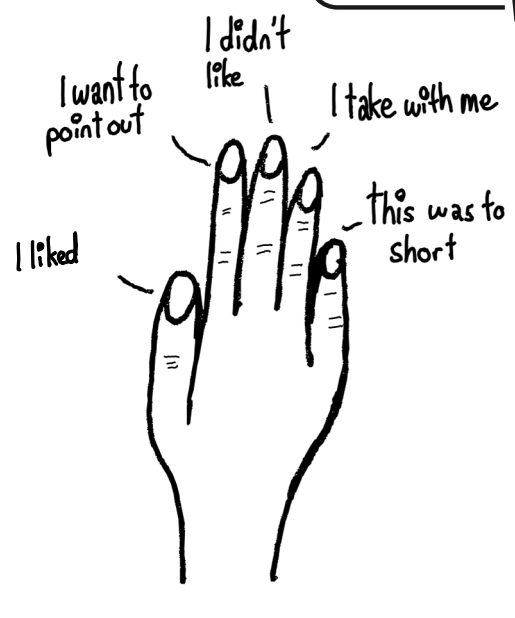
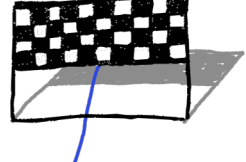
play a scene with a discriminated situation inside

play the scene again but now all can influence the ending of the theater scene

Break

5-Finger Method

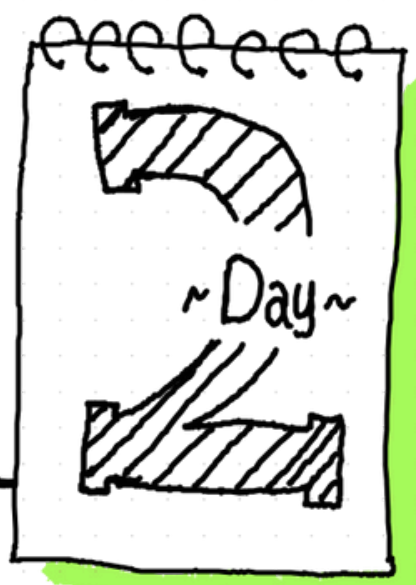
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Design: Simon Rütner

EmpowerU

~ Calais, France ~



Coping

#WORKSHOP with Jules

what is coping?

- emotion oriented and problem oriented
- different variants in reacting

wording

- do a short break
- clear communication before the workshop
- reask participants for clarification

causes

- missing information and resources
- no preparation
- reaction on coping based on experiences in childhood

solutions

- relax your body by standing on one feet
- plan enough breaks for recovery
- as a teacher: sit down next to an 'challenging' participant
- go behind the participant
 - ↓
 - visual contact is gone and they started listening
- tip against crying: move your lower jaw forward
- "shake it off"

Utopia

Works in 7 cities in France
 helped over 35.000 People per year
 France is on 20th place from European countries who "welcome" people

But why GB?

the most refugees came from colonial states and speak fluently english

GB isn't in the EU → last Option if they haven't got Visa

Break

DRAMA

Share your knowledge!

DRAMA

Part I

SERIOUS GAMING / GAMIFICATION
by Joel

TEXT ADAPTION
by Marie

ESCAPE ROOM
by Hanna

CLICK HERE

Non violent communication



CLICK HERE

interpretative?

non NVC - judgable!
no communication

CLICK HERE

WARM UP
by Cesar

CLICK HERE

IMPROVISATION DEBATE &
by Charli

Visualization
by Larisa & Sim

DRAMA

Share your knowledge!

DRAMA

Part II

Design:

Simon Rütner