

## Project ARIADNE WP3 - Art of adaptation

**Organisation: Elan Interculturel**

**Name of Facilitator:** Vera Varhegyi/ Susanne Dieing (Day 1, 4,8),  
Carla Foris (Day 3) , Raphael Valeron (Day 5,6,7) Finish date: 27 January 2012

### Scheme of Work

**Course Length: 8 sessions through 2 weeks**

**Hours per session:** 3 ¾ hours per session

Start date: 16 January 2012

Session / Date	Topic/Aim of the session	Type of Session / Discussion/Planning Activities	Resources Needed	Assessment * Level 1, 2 or 3	Outcomes/ what will be achieved?
<b>Session 1</b> Date:16.01.2012	<b>Creative passport:</b> Introduction to the work shop Get to know each other Expectations/fears Rules of workshop "Demechanisation" exercises in order to get into creative work Shape poem Evaluation – reflection on outcomes of the day	Presentation Interview in pairs Structured exercise, discussion Series of short creativity exercises Individual work / plenum Creation of a shape poem around a first thing people noticed in Paris Circle/discussion	Paper and drawing materials Flip chart Post its	Observations Drawings Photos Evaluation with group	Trust relationships will start to form working group Project ideas will be shared Commitment from participants secured Rules are established Participants get slowly into art works
<b>Session 2</b> Date:17.01.2012	<b>Arrival – landing and exploring a new culture:</b> Intro game, group building inclusion of new ones Participants present object that illustrates their relationship to French culture and create a art piece around this object Participants look for objects in the neighbour district which could describe the French culture. Presentation and explanation in plenum Creating a model of culture in general. Presentation/Explanation Evaluation: What was good/difficult today?	plenum plenum, individual work group work plenum individual work plenum plenum/	digital camera, old journals drawing material scissors, glue paper pictures	Level 2 -Photo Level 3 - drawings	co-operation will promote interpersonal relationships, mutual respect and tolerance Project ideas will be further developed Trust in the project leader encouraged Participants reflect their relationship to French culture

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<p><b>Session 3</b> Date: 19.01.2012</p>	<p><b>First contact: the tricks and skills across cultures (contact improvisation)</b>                  Welcome by guest artist.                  Introduction: breathe in / out movement with everyone saying their name and where they come from in their own language                  Sensorial wake-up: As if 'undusting' oneself we go through our body with our hands with straight movements                  Warming up: Participants walk around in the space, acquire the space                  Getting into contact: Participants find a person to work with, they connect through the hands, they stay together for a while then they part, and contact someone else.                  Weight in contact: Beyond connection just with the surface of the skin participants learn to give weight to one another and get connected with their backs                  Experimentation with finding different points of contact between body and wall, inserting different degrees of resistance, and how much weight we can give to the wall.                  Rhythmic group                  Debriefing: What was</p>	<p>Individual work/movement                   Individual work/movement                   Working in pairs                   Working in pairs                   Individual work                   Group work                  Discussion</p>	<p>CD's and Players digital cameras</p>	<p>Evaluation with group photos</p>	<p>Participants                  observe and explore dimensions of communication, in particular non verbal communication: rhythm, distance, physical contact, eye contact, synchrony                  practice "getting into contact": approaching someone we do not know and improvising a point of contact, a surface of shared interest / rhythm etc                  experience "going outside of our comfort zone" by physically getting in contact with each other, dancing on the floor.. performing movements that are outside of their usual repertoire                  experience uncertainty and freedom through the instructions that give very few constraints and ask participants to move freely and improvise                  establish a trustful working atmosphere</p>
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<p><b>Session 4</b> Date:20.01.12</p>	<p><b>Culture shock</b></p> <p>Warming up Demechanisation exercises Cultural shock Different pictures are put on the wall. Participants look at them and choose the one which provokes the strongest effect on them. In groups they work on following questions: What element in the picture is the origin of your strong reaction? What emotions did the picture trigger? How did it make you feel? What are the norms/values of you which are touché/questioned by the picture? Short explanation of cultural shock Reflection on own cultural shocks: Participants think about a cultural shock in their life Reflecting it by using the same structure of questions. After discussing they choose one example and invent a short play role (1-2 min). Facilitator is speaking to each protagonist (how do you feel?). The other participants are now invited to replace the "victim" by acting differently and finding an other way of interaction.</p>	<p>Individual /group work Movement</p> <p>Individual work/ group work Discussion in group</p>	<p>Digital camera pictures</p>	<p>Photos Evaluation observation</p>	<p>Participants learn what is a cultural shock reflect their own cultural shock and experience their own culture (emotion/ values/norms)</p>
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<p><b>Session 5</b> Date: 23.01.12</p>	<p><b>Inner landscape:</b> self, identity and their transformation to the environment</p> <p>Introducing artist Demechanisation exercises to get into creative works</p> <p>Creating "My portrait" - Who am I ? Participants create their portrait by drawing or making a collage</p> <p>Creating of a "dreamt portrait" -Which factors in your life changes/transforms you? What is your dreamt portrait?</p> <p>Evaluation: What did you like today very much? What did you like least?</p>	<p>Individual work</p> <p>Individual work/presentation</p> <p>Individual work/presentation</p>	<p>Drawing material Scissors, tape journals Digital camera</p>	<p>Pictures, collages Photos Evaluation observation</p>	<p>Participants experience to express themselves in an artistic way reflect who they are and create an art piece. Presentation of the result reflect who they want to become and create their "dreamt portrait". Presentation of the result experience to speak in front of a group about themselves and gain self-confidence</p>
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<p><b>Session 6</b> Date 24.01.12</p>	<p><b>Destination:</b> where we want to go and who we want to become? What do we need on resources to reach our dreamt portrait?</p> <p>Finishing the dreamt portrait</p> <p>Creating tools which are needed to reach the dreamt portrait. Participants create first of all a treasure box or envelope to put their different tools which represent their resources</p> <p>Evaluation: What did you like today? What did you like less?</p>	<p>Individual art work Presentation of art piece</p> <p>Individual art work Presentation of art piece</p> <p>Plenum/discussion</p>	<p>Drawing material Paper Journals Scissors, glue</p>	<p>Tool box Dreamt portrait (collage, painting)</p>	<p>Participants Experience to present themselves in front of a group and gain self-esteem Think about their ideal portrait Think about resources they have</p>
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<b>Session 7</b> Date 25.01.12	<b>Creating a home far away from home</b>  Connecting the dreamt portrait with the French environment by taking pictures of participants with their dreamt portrait in the surrounding district of the training venue.  Creating a social galaxy. Participants create an art piece which illustrates their social network.  What is home for me and where is my "Ibasha" here in France? Creating an art piece which illustrates the understanding of home, of connection to a new place.	Work in pairs /movement  Individual art work Presentation  Individual art work Presentation	digital camera journals, drawing materials scissors, glue paper	drawings collages photos evaluation observation	Participants Connect their inner self with the external world in France Think about their social relationships in their life / in their new country Reflect about their understanding of a home in France
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<p><b>Session 8</b> Date 27.01.12</p>	<p><b>Navigation: moving ahead fully equipped</b></p> <p>Warming up by dancing</p> <p>Creating a portfolio: What are my competences which I acquired in regards to my job, family, hobbies, voluntary work etc.</p> <p>SWOT: What is my life project in France and what are the positive /negative internal/external factors influencing/threaten my life project</p> <p>“My life project”</p> <p>Participants write a letter to themselves expressing their life project. The letters will be send after 4 months and shall help them to be remember their goals</p> <p>Evaluation:</p> <p>Revision of the two weeks work shop</p> <p>Participants create a map of the work shop which illustrates the highlights/ experiences and the parts they appreciated least</p> <p>Group is “pressing an diamante” ( metaphor) of their experiences during the workshop.</p> <p>Positive feedback:</p> <p>Each participant writes statements on an piece of paper addressed to each. At the end everybody has different positive feedback</p>	<p>Movement Working in pairs</p> <p>Group work Presentation in plenum Discussion</p> <p>Individual work</p> <p>Presentation of photos/explanation</p> <p>Individual art work Presentation in plenum</p> <p>Group exercise</p> <p>Individual work</p>	<p>digital camera drawing materials paper envelopes stones music</p>	<p>Map of work shop Portfolio Photos Evaluation observation</p>	<p>Participants</p> <p>create a portfolio and discover their competences</p> <p>develop a life project for their life in France</p> <p>reflect the obstacles and resources (internal/external) to achieve their goals</p> <p>learn to give positive feedback</p> <p>Establish a network</p>
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