

	<i>Biography and Migration</i>
Target Group	<i>People with Migration Background</i>
Numbers of Participants	16
Date / Time	<i>Tues. 12.01.2010, 9.15 – 11.30 h</i> <i>Thurs., 21.01.2010, 11.30 – 12.30 h</i> <i>Tues. 09.02.2010, 9.00 – 12.30 h</i> <i>Weds. 10.02.2010, 9.00 – 12.20 h</i> <i>Fri. 19.02.2010, 11.45 – 12.30 h</i>
Short Description	
<p>Through dealing with unfamiliar situations or circumstances and changes in our life, we can become more and more aware of our own identity. Today much of our life is characterised by rapid developments and processes of change in which many of us experiences migration and mobility. The context we live in is getting more and more complex and this can lead to experiences of differences. We discover unknown aspects of our own personality, as well as in the behaviour and being of others and are constantly confronted with new situations and habits. This encourages us to reflect and revise our own way to thinking, our habits and attitudes.</p> <p>Everyone has their own individual biographical situation to deal with. We would like to discover the diverse experiences of difference and identity that are made through living in a different country and moving to Germany and how we deal with difference and identity in a heterogeneous society.</p> <p>In order to work with these questions and experiences, we have used artistic exercises. They help us to remember situations in our biography, make new discoveries and reflect and discuss these with the other participants.</p>	



Program Details

Di, 12.01.2010 – VHS Bonn

Item	Introduction of the project, introduction of the participants
Starting Time	09:30 h
Duration	½ hour
Topic	Artid-project, Alanus Werkhaus, aims and ideas within the cooperation between Alanus WH and VHS Bonn
Method used	speech
Expected Outcome	<ul style="list-style-type: none"> familiarity with the program, participants etc.

Item	Introduction of the participants
Starting Time	10:00 h
Duration	½ hour
Topic	country of origin
Method used	quiz
Description of Activity	the participants introduce themselves <ul style="list-style-type: none"> name short description of their country of origin the Alanus-team has to guess which country is being described
Expected Outcome	<ul style="list-style-type: none"> getting to know the participants and where they come from how do I describe the country I come from? creating a familiar atmosphere introducing the idea of learning from each other.
Materials	-

Item	name of participants
Starting Time	10.00 o'clock
Duration	1½ hour
Topic	introducing myself to others through drawing.
Method used	drawing

Description of Activity	reflect on your own name (character, meaning etc.) writing your name in your own handwriting, playful and imaginative experimenting with shapes, patterns and rhythms of the letters
Expected Outcome	expressing your name in a visual way – this enables you to explore your own relationship to your name. It also provides a wider range of associations through which the others can perceive and remember you. The name becomes linked to the person and the visual process and thereby more memorable.
Materials	Paper Din A3 , pencil, coloured pencils

Do, 21.01.2010 – VHS Bonn

Item	Perception of my environment / everyday life
Starting Time	21.01.10
Duration	one week
Topic	perception and documentation of my everyday life
Method used	photography
Description of Activity	<p>pictures of your life in Germany taking pictures during the next week of something, that</p> <p>is typical for your life in Germany is important for you you like, dislike is interesting for you is curios, strange, funny, familiar to you reminds you of something from your country of origin makes you happy, unhappy, angry for example: buildings, people, objects, landscapes, situations, places ... what ever you want</p> <p>development of the photographs is covered by the workshop leaders</p>
Expected Outcome	<ul style="list-style-type: none"> • awareness of my environment • new perspectives of the (un)known • reflecting on my environment • preparation of collage exercise
Materials	<ul style="list-style-type: none"> • single-use camera • written description of the exercise

Program – OVERVIEW 9./10.02.2010

	topic
8.45 h	meeting-point in Bonn,
9.00 h	prearranged transport to the Alanus Werkhaus
9.30 h	tea and coffee
9.35 h	welcome and introduction to the workshop
9.50 h	introduction round:” living world map“
10.10 h	warming up to storytelling: 1) moving around in the room 2) associations to an object
10.30 h	storytelling, role play and presentation <i>chose an object and form groups</i> <i>Instructions for the group exercise</i> <i>story telling in small groups & preparing of scenes</i> <i>presentation of the stories in the plenum</i> discussion / reflection
12.20 h	closing round

	topic
8.45 h	meeting-point in Bonn,
9.00 h	connection transport to Alanus Werkhaus
9.30 h	tea and coffee and introduction to the second day
9.45 h	reflecting of the first impressions and feelings of Germany
10.00 h	my daily life in Germany / working with photographs / Collage
11.15 h	presentation of the work & discussion
12.25 h	closing round

Di, 09.01.2010 – Bonn / Alfter

Item	Meeting-point at Bonn, Transport to the workshop place
Starting Time	8.45 – 9.30 h
Duration	45 min

Item	Welcome, Welcome-Tea and Introduction to the workshop
Starting Time	9.30 – 9.50 h
Duration	20 min
Topic	artid
Method used	Speech, flip-chart
Description of Activity	Opening words and introduction to the workshop
Expected Outcome	<ul style="list-style-type: none"> • Welcome participants • Getting some idea what is going to happen during the weekend
Materials	Tea, coffee ecc.

Item	Introduction of the participants
Starting Time	9:50 h
Duration	20 Min
Topic	Welcome to every single person
Method used	Living world map
Description of Activity	Imaging the workshop space as a world map Finding a position in the room that could represent the country you are coming from in relation to the other participants introducing the own person + name of the city you are coming from + one aspect that is characteristic for it
Expected Outcome	<ul style="list-style-type: none"> • Getting to know each other • giving space to welcome everybody • Introduction into the topics difference, migration and biography • shifting focus: country (global) => special place and it's situation (local)
Materials	World map (to check the relations between the countries if necessarily)

Item	Warming up to Storytelling1
Starting Time	10:10 h
Duration	10 Min
Topic	Creating conditions for Storytelling and theatre play
Method used	drama games
Description of Activity	<ul style="list-style-type: none"> We are walking in the room. Be aware of your body. How are your feet walking on the floor. Pay some attention to the room, the space where you are walking. Pay attention to the other people.... ...moving slow....moving faster....: we use a scale from 1 to 10 change the tempo. The numbers are announced.
Expected Outcome	<ul style="list-style-type: none"> leading to imagination and Associations
Materials	-

Item	Warming up to Storytelling2
Starting Time	10:20 h
Duration	10 Min
Topic	Creating conditions for Storytelling and theatre play
Method used	drama games
Description of Activity	<ul style="list-style-type: none"> One teacher shows an object to the participants and asks about their associations
Expected Outcome	<ul style="list-style-type: none"> leading to imagination and Associations
Materials	Small diverse objects

Item	Storytelling / biographical stories
Starting Time	10:30 h
Duration	1 h 50 Min
Topic	Sharing memories

Method used	storytelling role play discussion
Description of Activity	<p>Storytelling, role play and presentation</p> <ul style="list-style-type: none"> • a crowd of objects is placed in the middle of the room • everybody choose an object, that remembers him/her to an anecdote that took place in the country he/she is coming from (5Min) • Story telling in small groups: the anecdotes that are related to the chosen object are told in small groups • within the groups one story is chosen to be prepared as a role play presented in the whole group • the group prepares the scene in the following way <ol style="list-style-type: none"> 1. one person (normally the person who told the story before) is telling the story again. The group try to find out the 4 most important moments of the story 2. the person tells the story again: the other group-members create to those 4 points 1 single living sculptures/tableaux 3. repeating this • presentation of the stories in the plenum <p>discussion / reflection</p> <ul style="list-style-type: none"> • of common and specific elements of the stories in relation to the social and cultural context of the participants.
Expected Outcome	<ul style="list-style-type: none"> • Through the use of theatre the participants can, within a safe environment, share and learn from each other by listening deeply to the 'other's' stories. • enabled participants to exchange personal anecdotes and relate their stories. • Participants identified connections between the personal narratives and the society in which they took place, and discovered the cultural implications of each story. • empathy with people from different communities, cultures and backgrounds.

	<ul style="list-style-type: none"> • sharing biographical experiences, being aware for the particular experiences of other people • getting aware of our relation to the country we're coming from • Sharing experiences / sharing results • improving language skills
Materials	objects

Mi, 10.02.2010 Bonn/Alfter

Item	Meeting-point at Bonn, Transport to the workshop place, Welcome
Starting Time	8:40 – 9:25 h
Duration	35 min

Item	warming up
Starting Time	9:25 – 9:40 h
Duration	15 Min
Topic	Going to life in an unknown country
Method used	Theater game
Description of Activity	<p>1)</p> <ul style="list-style-type: none"> • We are walking in the room. Be aware of your body. How are your feet walking on the floor. Pay some attention to the room, the space where you are walking. Pay attention to the other people.... • now concentrate on yourself again; thinking about life in Germany • stop: What were you expecting/ thinking about Germany before leaving your country? • notes on a whiteboard <p>2)</p> <ul style="list-style-type: none"> • “please remember the situation of transit: “now we would like you – one by one – to go over this balance beam to enter into the other part of this space. Please remember this situation of transformation, while you're passing from this site to the other. • walking one by one over the balance beam
Expected Outcome	<ul style="list-style-type: none"> • to focus onto the moment before coming to Germany: expectations, hopes, fears, • Getting aware of situations of transit • sharing experiences • getting aware about common and different ideas, motives, thoughts

Materials	Flipshart, balance beam

Item	Visual Arts Workshop: Living in Germany
Starting Time	9:40 – 12 h
Duration	ca. 2, 5 h
Topic	my daily life in Germany what do I like, what would I like to change and how
Method used	Foto-Collage
Description of Activity	<ul style="list-style-type: none"> • Everybody gets his developed photographs (of the pictures he had taken in the week before the workshop) • possibility to explore the photographs and to join them with the other participants • in the plenum: sharing photographs <p>=> which do you like best/less? Why? => is there anyone who has similar photos?</p> <ul style="list-style-type: none"> • there is a work place for everyone • in addition there is a table with different materials • one of the teamers explains the techniques of the collage by demonstrating examples (z.B. On an blackboard) <p>=> to give more importance to s.th. => to change s.th. by.... => repetition....</p> <ul style="list-style-type: none"> • participants have time to work on their collages • discussion <p>=> aspects we like in germany => if we would have the possibility to change s.th., what would it be?</p> <ul style="list-style-type: none"> • perception of the collages, one by one • everybody has the possibility to say something about the own work • Discussion the leading questions for the work
Expected Outcome	<ul style="list-style-type: none"> • Reflecting life in Germany • sharing common and different perceptions and experiences with other by using photographs • discover new aspects, perspective towards the material • in addition: presentation in the rooms of the VHS Bonn

Materials	<ul style="list-style-type: none"> • photographs, papers, knives, ...
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Bonn, 19.02.2010 // VHS Bonn

Item	Evaluation
Starting Time	12 – 12.30 h
Duration	30 Min.
Topic	Evaluation
Method used	Evaluation shit, “Blitzlicht”
Description of Activity	<ul style="list-style-type: none"> • Informations about the idea and the importance of the evaluation • overview of the exercises done • support to understand the questions asked • participant compile the evaluation shit • participants have the possibility to give statements of their impressions of the workshop
Expected Outcome	<ul style="list-style-type: none"> • Feedback, possibility of optimisation ...
Materials	Evaluation shit

VARIATIONS

The composition and focus of a workshops depends strongly onto the target group. In the following pages we would like to propose some further activities that deal with the topic migration and identity.

INTRDUCTION

Item	Introduction of the participants
proposal	<i>You can replace the Quiz with this Introduction</i>
Duration	60 – 75 min (for 20 persons)
Topic	Getting in touch with new people in a new situation
Method used	Icebreaker game, groups of 2 persons, reflection in the plenary
Description of Activity	<ul style="list-style-type: none"> • Now we would like to ask you, if you could find a person, that you have never seen before. <p>Can you please stand up and try to find somebody! When you are now standing together as two, please take now about 10 minutes to get to know each other. That means 5 minutes for each. You are free how to do this. If you don't want to take to many words, you can take some paper and draw something.</p> <ul style="list-style-type: none"> • 10:50 h: Please now reflect, on <u>how</u> it was to meet a person you have never met before. What did you dp to get to know her or him. So you have the blue hat now, that means you are able to look onto the situation from some distance. Please write this reflection down into your book. You can also draw something or document or express it some other way. • 11:00 h: All come together: Please introduce each other in brief words – you should use 3 sentences to do it. • 11:30-11.45 h: Sharing of the reflections We would like to share the reflection of this first contact. If you have aspects, you want to share with us, you are welcome to do this. Thanks to all of you. We're going to talk about those aspects in other contests later again. After those first impressions we want to make a little walk with you.
Expected Outcome	<ul style="list-style-type: none"> • Getting to know each other • Reflecting about the first contact with a person I've never met and about the process, how I'm getting to know him/her • Introduction into the topic difference, migration and biography
Materials	Paper and chalk, pencils

	Paper with questions?
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Item	Welcome and warming up
proposal	<i>For groups with people that have different mother tongues.</i>
Duration	15 min.
Topic	Plurality of speeches
Method used	Group exercise
Description of Activity	We are walking in the room. Be aware of your body. How are your feeds walking on the floor. Pay some attention to the room, the space where you are walking. Pay attention to the other people.... Now we want to invite you to say hello, good morning to the people you meet. Please do it in the way you're used to do it: That means also to do in your language.
Expected Outcome	<ul style="list-style-type: none"> • Perception of the plurality / of the languages in the group • Perception of the different sounds of the languages • my relation to other languages and to my own language(s)
Materials	-

FOCUS ONTO SPECIFIC TOPICS

Item	Self-portraits / Presentation + reflection
proposal	<ul style="list-style-type: none"> • <i>You can replace this with the name-drawing exercise if people have some artistic experiences in drawing or you can spend more time in supporting in drawing techniques. This activity might not only be used for introducing the participants but also to focus onto the question of self-perception and identity</i>
Duration	60 minutes
Topic	Painting my self – mein “Selbst-Bild”
Method used	Painting on canvas
Description of Activity	Today we would like to focus onto identity. Every participant gets a canvas, acrylic colours and a piece of mirror. By using the mirror we try to make a portrait of ourself. Presentation of the canvases Perception of different and similar ways of drawing: in colour, lines, focussing specific aspects ecc. (without judging)
Expected	<ul style="list-style-type: none"> • How do I see myself?

Outcome	<ul style="list-style-type: none"> • Focussing onto my self-perception • Piece of mirror as metaphor for patchwork-identities? • What is important for my identity? • What does my face tell me about my identity?
Materials	Canvas, acrylic colours, (pieces of) mirrors

Item	art reflection / “Parlour game” (Gesellschaftsspiel) (by Eva Rebmann)
proposal	<i>You can use this exercise if you want to focus onto the aspect of communication, (intercultural) interaction, and social aspect or if you want to stress the relation between individual and society</i>
Duration	60-75 min
Topic	Reflecting Difference / Social positioning
Method used	Installation “Differences” / group exercise & reflection in the plenary
Description of Activity	<ul style="list-style-type: none"> • “We want to invite you to come with us for the next exercise. Please take your booklet and pencil with you. (When we've arrived:) When we go inside now, we would like to invite you not to talk and to write your first impressions into your booklet.” In the room there is an installation dealing with the topic difference. • 12.10 h / After a few minutes: “Now you've 10 minutes to talk together and share your impression, if you like. • 12.20 h / After 10 minutes: “Now you can intervene and change the situation. • 12.35 to 13 h: Reflection of the practical exercise • first impressions / experiences during the process • impressions about the installation • interpretations, associations • What happened, when you started to change the assemble? • Which possibilities do we give people with different positioning? • Can you imagine that there is a relation between social positioning and identity? • Which impact has the idea of difference onto the positioning of people? • What does it mean to play with different rules? When is it a problem, when not? •
Expected Outcome	<ul style="list-style-type: none"> • social positioning of people or groups of people • possibilities of participation in a society related to the social positioning of people • possibility of designing social processes • intercultural communication in relation to social structures

	<ul style="list-style-type: none">• the influence of my status and position to my identity
Materials	Extra room/space, installation, paper, pens

Item	Artistic exercise / Buffet / reflection, Sharing experiences, sharing results
proposal	<i>You can replace the Collage with the Buffet: if you don't have the possibility to prepare the Collage (photographs) in advance. Or if you want to give the possibility to choose between different materials.</i>
Duration	150 min
Topic	<ul style="list-style-type: none"> • Biographical experiences of “being in-between two cultures” / arriving • Commonality in the plurality / arguing about situations of transformation in life
Method used	<ul style="list-style-type: none"> • Biographical work and artistic exercise/ working with different materials • Reflection in small groups & “market”
Description of Activity	<p>1. “please remember a situation in which you have gone from one world into another” - for example from one country to another (for long or not so long time), from one situation to another (perhaps there is some concrete situation you can remember)</p> <p>after few minutes: now we would like you – one by one – to go over this balance beam to enter into the other part of this space. Please remember this situation of transformation, while you're passing from this site to the other. Who likes to start can come to the balance beam.</p> <ul style="list-style-type: none"> • walking one by one over the balance beam • arriving in a space with a “buffet” with artistic materials; choosing materials and focusing on the memories while working with it • everybody gets a sweet - Please come together into groups of 4 or 5 persons by searching the persons who have a sweet of the same colour. <p>We want to ask you to share the results of the last hour. Perhaps everybody can tell something about the own work. Your common work should be to find a title for the work. And to put it (with name of the author and the title) in the “market-space”/find a place for it.</p> <p>4. “market” - “now we have the possibility to see although the works of the other groups”</p>
Expected Outcome	<ul style="list-style-type: none"> • Getting aware of situations of transformation in the own biography • discover new aspects, perspective by using it towards the material • Experience commonality in the plurality and notice the particular/different in the commonality

	<ul style="list-style-type: none"> • sharing experiences of transformation • sharing biographical experiences, being aware for the particular experiences of other people • How do we cope with situations of transformation in our biography? What kind of strategies do we use to live “between” cultures?
Materials	<ul style="list-style-type: none"> • Paper, colours, different materials, balance beam • Sweets (different colours) => group building; space for the market (some mat, blanked, s.th. to support the works)

Item	Artistic exercise / Reflecting Identity
proposal	<i>You can combine this exercise with the parlour game to focus onto the aspect of communication, identity and differences.</i>
Duration	90 min
Topic	Me and the other / identity and difference
Method used	<ul style="list-style-type: none"> • Group Painting • Plenary reflection / choosing one piece of the painting
Description of Activity	<ol style="list-style-type: none"> 1. We want to make one painting together. There is no special topic. Everybody of you should take care to be “represented” in the painting but also to give space to the others. Every person has one colour to do this. 2. Perception of the painting 3. Aspects for the reflection can be: <ul style="list-style-type: none"> • process • identity and difference • difference as a chance / as an obstacle • How can I give space to the Own without non giving space to the Other? • When am I willed to make a compromise? When not? • How can we describe the relation of Identity and difference, own and different in the painting? 4. Everyone gets a frame. Please choose one piece of the painting and write your name onto the frame. 5. Getting one piece of the painting (cutting)
Expected Outcome	<ul style="list-style-type: none"> • Sharing an artistic process • my possibilities and identifications in relations to the other • Difference is a chance if we are able to get into an relation with the other • the own and the different are influencing each other, so that my

	<p>reaction to the other depends always onto my selfconcept</p> <ul style="list-style-type: none"> • What connects people? Can community be more than the sum total of the individuals?
Materials	Paper, colours

REVIEW / FEEDBACK /GOODBYE

Item	Review
proposal	<i>You can use this activity if you have the impression that people feel comfortable to give feedback in a creative/artistic way.</i>
Duration	40 min
Topic	Individual reflection and individual review of the day / "blitzlicht"
Method used	Writing, drawing, painting ecc.
Description of Activity	<p>We would like to make a review of the day. At first a personal one. Please use your book to make a review of the day. Like before you can use your way to do it (writing, writing a poem, drawing s.th., making some collage). It's meant to be your personal review. We thought to give you 15 minutes for this.</p> <p>After this we'll have a short "spotlight" if you've something you want to share with the group.</p>
Expected Outcome	<ul style="list-style-type: none"> • (Artistic) Reflection • impressions of the day
Materials	Sheet of paper, colours, pencils ecc.

Item	Review
proposal	<i>To give space to the participants to reflect experiences made during the workshop and the individual outcome.</i>
Duration	10 min.
Topic	Review of the first part of this day
Method used	Individual (artistic or non-artistic) documentation
Description of Activity	The participants get a sheet. Please use this sheet to make a review of the day. It's meant to be your personal review. We thought to give you 30 minutes for this.
Materials	Paper, pencil, colours ecc.

Item	I am always me
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proposal	<i>Possible closing activity.</i>
Duration	15 min.
Topic	Identity between change and continuity
Method used	Work with poem / Group work
Description of Activity	Group building We have a poem that we would like you to read and to discuss in the groups. We have one english and one german version. If you need to translate it into another language you can do this. We'll work with the poem later again.
Expected Outcome	<ul style="list-style-type: none"> • Identity between change and continuity • preparation of the poem for the final exercise
Materials	Copies of poem english/german

Item	Final plenary
Proposal	<i>Use this activity to give a clear structure to the review.</i>
Duration	20 min
Topic	Sharing review
Method used	Flashback with stone and rubber
Description of Activity	We would like to share some of your reflections about the weekend. We have this two objects here (rubber/eraser and a nice stone). We pass the objects from person to person. 1) The stone is standing for something you see as a treasure, you would like to take with you. 2) the rubber for something you would like to cancel.