

Workshops

for the promotion of Open Mind

OPEN MIND! ... having an open mind and being without prejudice means being equipped with certain values, attitudes and skills, as well as knowledge, coupled with the ability for critical understanding.

The following catalogue of external workshops can help support the promotion of Open Mind:

VALUES

Values, Human Rights, Law, Peace & Democracy
Equality, Justice, Fairness, Anti-discrimination, Racism

ATTITUDES

Socio-Cultural Diversity / Prejudice, Stereotypes
Empowerment - trust in one's own ability to act

SKILLS

Conversational Competence / Empathy
Teamwork: Team-Building & Cooperation
Conflict Management & Violence Prevention

KNOWLEDGE & CRITICAL UNDERSTANDING

My attitudes toward the world
Evaluating and Sorting Information, Forming an Opinion
Reflecting on the Effect of Social Class
Factual Knowledge on human rights and international law

Introduction

Why Open Mind?

“The goal of education is becoming human.”

(P. Ferdinand Karer, Mag.)

School education has long since been about more than merely the transmission of knowledge. Schools are meant to impart young people with essential competences for life, in order for them to be able to actively participate in both the labour market and society at large as responsible citizens.

The following selection of workshops is intended to help equip young people with the necessary values, attitudes, skills and critical understanding abilities for them to be able to make responsible decisions about their future in an increasingly complex environment of (cultural) diversity and change, and to enable them to acquire competences for a democratic culture.

The Open Mind workshops are divided into 4 categories along the Council of Europe’s “Butterfly Model”, which defines competence criteria in four areas: Values, Attitudes, Skills and Knowledge/Critical Understanding. The catalogue is a part of the Open Mind school development programme, and supports schools in promoting the transmission of communication skills and participatory competences. An “Open Mind” school is a place where communication takes place at eye level; people listen to each other, issues are discussed, questions raised and doubts voiced, until a mutual understanding is reached. Values such as the protection of human dignity, democracy, equality and the protection of human rights and of minorities are transmitted and put into practice.

Open Mind supports schools that wish to become such a “place”. This requires people with an open mindset – be they students, teachers, directors or parents!

ACKNOWLEDGEMENTS

Land der Menschen in cooperation with the counselling centre of the *Private Pädagogische Hochschule* of the Linz diocese, the anti-racism initiative *Rassismus? Mog i ned!* and the *Zentrum polis* –

Rassismus? Mog i ned!

is an initiative supported by *Arcobaleno*, *Diakoniewerk*, *Friedensstadt Linz*, *Land der Menschen*, *Migrare*, *Österreichisches Jugendrotkreuz*, *SOS Menschenrechte*, *Volkshilfe*, *youngCaritas*

www.rassismusmogined.at

Information about the Council of Europe’s frame of reference can be found at: www.politik-lernen.at/demokratiekompetenzen

Land der Menschen – Aufeinander Zugehen OÖ

is a coalition of twelve organisations that have been working together since the year 2000 for the promotion of the peaceful and respectful coexistence of all people in Upper Austria.

Introduction and editing: Veronika Fehlinger, MSc

Design: Yvonne Nicko, www.ivy-grafik.com; May 2019

Land der Menschen is state funded through the Upper Austrian *Integrationsstelle OÖ*.

Contact & Registration:

Land der Menschen –
Aufeinander Zugehen OÖ
office@landdermenschen.at

Tel: +43 (0) 664 614 5113
www.landdermenschen.at

The twelve member organisations of the association

VALUES

Values, Human Rights, Law, Peace & Democracy

Book of Values / Book of Decisions.....	7
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer	
Freedom.Dignity.Protection.....	8
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Everyone has a handicap! Workshop on People with Impairments.....	9
TRAINER: Speaker from the <i>youngCaritas</i> team	
What is peace? Workshop on Conflict and Peace.....	10
TRAINER: Speaker from the <i>youngCaritas</i> team	
The General Equality Act in Practice.....	11
TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment	
Neo-Salafism, Jihadism and De-Radicalization.....	12
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Equality, Justice, Fairness, Anti-discrimination, Racism	
Exclusion and Racism.....	13
TRAINER: Speaker from the <i>Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH</i> , on the topic "Dialogue"	
Discrimination - So what?!.....	14
TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment	
Racism.....	15
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Swearwords - Do they constitute racial harassment?.....	16
TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment	
It´s a man´s world? Workshop on the situation of women, here and elsewhere.....	17
TRAINER: Speaker from the <i>youngCaritas</i> team	

ATTITUDES

Socio-Cultural Diversity

Diversity over a Narrow Mind	18
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Freedom.Dignity.Protection	19
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Diversity as a Chance – Workshop on Interculturalism and Values	20
TRAINER: Speaker from the <i>youngCaritas</i> team	
Culture and Interculture	21
TRAINER: Speaker from the <i>Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH</i> , on the topic “Dialogue”	
Origins, Home and Identity	22
TRAINER: Speaker from the <i>Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH</i> , on the topic “Dialogue”	
Prejudice, Stereotypes	
Journey to Albatros – Encounters with a Foreign Culture	23
TRAINER: Speaker from the <i>Arcobaleno</i> team	
Prejudice – What to do?	24
TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment	
Gender Role Models	25
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Role Models and Gender	26
TRAINER: Speaker from the <i>Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH</i> , on the topic “Dialogue”	
The Stigma of Sex Work	27
TRAINER: Speaker from <i>SOS-Menschenrechte</i> – in cooperation with <i>LENA</i> advice centre for sex workers.	
Empowerment – trust in one’s own ability to act	
A Right to Nutrition – Workshop on Hunger in the World	28
TRAINER: Speaker from the <i>youngCaritas</i> team	
Sexual Harassment – Not with me!	29
TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment	

Countering Hate Posts	30
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Civil Courage	31
TRAINER: Speaker from <i>SOS-Menschenrechte</i>	
Training AIDS/HIV- Peers	32
TRAINERS: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer / Bernhard Resch, <i>Aidshilfe OÖ</i>	
Ready4Humanity	33
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer	

SKILLS

Conversational Competence

Nonviolent Communication (after Marshall B. Rosenberg).....34

TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

Stopping Aggressive Comments.....35

TRAINER: Speaker from *SOS-Menschenrechte*

Basics of Communication and Conversation.....36

TRAINER: Veronika Fehlinger, Communication Coach at *interculture.at*

Empathy

Migration.Flight.Asylum.....37

TRAINER: Speaker from *SOS-Menschenrechte* – together with a client

Poverty.....38

TRAINER: Speaker from *SOS-Menschenrechte* – together with a client
In cooperation with: *Kupfermuckn*

Disabled. So what?.....39

TRAINER: Speaker from *SOS-Menschenrechte* – together with a client

Displacement and Antiziganism.....40

TRAINER: Speaker from *SOS-Menschenrechte* – together with a client

On the run – Workshop and game on flight and asylum.....41

TRAINER: Speaker from the *youngCaritas* team

Forget-me-not – Workshop on the life of older people.....42

TRAINER: Speaker from the *youngCaritas* team

Teamwork: Team-Building & Cooperation

Soll'i – dar'i – tät'i – Workshop on Civil Courage and Solidarity.....43

TRAINER: Speaker from the *youngCaritas* team

Team and Community.....44

TRAINER: Speaker from the *Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH*, on the topic “Dialogue”

Conflict Management & Violence Prevention

Argument and Conflict.....45

TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

Violence Prevention.....46
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

Bullying.....47
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

(Cyber-)Bullying.....48
TRAINER: Speaker from *SOS-Menschenrechte*

Mobile Phone- and Internet Addiction.....49
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

KNOWLEDGE & CRITICAL UNDERSTANDING

The Media and Power.....50
TRAINER: Speaker from *SOS-Menschenrechte*

Simulation Game - The Media and Human Rights.....51
TRAINER: Speaker from *SOS-Menschenrechte*

International Humanitarian Law - Workshop on Human Rights and International Law.....52
TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

ÖsterREICH und ÖsterARM - Workshop on Poverty in Austria.....53
TRAINER: Speaker from the *youngCaritas* team

A Tour of Need.....54
TRAINER: Speaker from the *youngCaritas* team

Neo-Salafism, Jihadism and De-Radicalization

TRAINER: Speaker from *SOS-Menschenrechte*

Aim

Information on the topic “Neo-Salafism, Jihadism and Radicalization”

Content

Radical neo-salafist and jihadist groups and networks, such as the so-called Islamic State, have come to the focus of attention worldwide. The internet and social media are systematically utilized to recruit people to take up arms around the world. These current developments present a challenge to us all. The workshop deals with learning how to differentiate and contextualize current developments in an informed manner. Knowledge on terms, radicalization factors as well as the ideology behind radical jihadism is transmitted. The role of the internet, in particular social media, is examined. Furthermore, the workshop looks at possibilities for prevention and assistance.

Methods used

Lecture, discussion, roleplay, interactive games, group work

Time

2-4 TUs

Resources required

Whiteboard or flipchart

Maximum no. of participants

25 persons

Age

10 years and above

What should be prepared / followed up?

Optional yet recommended!

Preparation: -

Follow-up: Further worksheets available on request.

[p.12]

Racism

TRAINER: Speaker from *SOS-Menschenrechte*

Aim

Information on the topic "Racism"

Content

Discrimination, fear and exclusion – some actors are not aware of their behaviour, some act with intent. In this workshop, participants learn about the scope and origins of racism and xenophobia. Various exercises let you experience different aspects of racism first-hand, and what it means, that "all men and women are born free and equal in dignity and rights."

Methods used

Lecture, discussion, roleplay, interactive games, group work

Time

2-4 TUs

Resources required

Whiteboard or flipchart

Maximum no. of participants

25 Persons

Age

10 years and above

What should be prepared / followed up?

Optional yet recommended!

Preparation: –

Follow-up: Further worksheets available on request.

[p.15]

Diversity over a Narrow Mind

TRAINER: Speaker from *SOS-Menschenrechte*

Aim

Information on the topic "Diversity"

Content

The focus lies on a responsible and egalitarian approach to gender, age, religion, impairment, ethnicity, sexual orientation, etc., while taking into account differences in life situations, role models and identities of the participants. The workshop supports the appreciation of diversity and can help to critically examine biases, prejudices and stereotypes.

Methods used

Lecture, discussion, roleplay, interactive games, group work

Time

2-4 TUs

Resources required

Whiteboard or flipchart

Maximum no. of participants

25 Persons

Age

10 years and above

What should be prepared / followed up?

Optional yet recommended!

Preparation: -

Follow-up: Further worksheets available on request.

[p.18]

Prejudice – What to do?

TRAINER: Ulrike Salinger, lawyer, Office for Equal Treatment

Aim

Critical examination of one's own identity, preconceptions and prejudices

Content

- Reflection on one's own identity using the "Flower" identity chart
- Discussion of own identity markers
- How does discrimination occur?
Which role does prejudice play?
How do I deal with this?

Methods used

"Flower" identity chart, lecture, discussion

Time

2-3 TUs

Resources required

Overhead projector

Maximum no. of participants

20-25 Persons

Age

12 years and above

What should be prepared / followed up?

This workshop requires no preparation or follow-up

[p.24]

Role Models and Gender

TRAINER: Speaker from the *Volkshilfe Flüchtlings- und MigrantInnenbetreuung GmbH*, on the topic "Dialogue"

Aim

Examination of the portrayal of societal role models as well as the processes with which these role models are (re)produced in daily life, thereby fortifying certain clichés, prejudices and sexism (doing gender); Introduction to different gender concepts; Recognizing that (gender) roles are social constructs.

Content

The following questions are examined:

- What do the terms "sex" and "gender" mean?
- How do they influence us and our role?
- How are role models constructed?

Methods used

Lecture, discussion, exercises, individual- and group work

Time

2-3 TUs

Resources required

Whiteboard, flipchart, pinboard

Maximum no. of participants

25 Persons

Age

12 years and above

What should be prepared / followed up?

This workshop requires no preparation or follow-up

[p.26]

Countering Hate Posts

TRAINER: Speaker from *SOS-Menschenrechte*

Aim

Information on the topic "Hate Speech"

Content

Hate speech, particularly in social networks, is a growing problem. Often, such comments will give the impression of representing the majority opinion. But how can this be counteracted? This workshop covers the causes and methods of hate speech, as well as methods of counteraction. Not looking away and taking a stand are the simplest possibilities of showing civil courage. Moderation, humour, irony, de-escalation, information, group action, subversion, etc. through to legal action are further possible actions that are discussed in this workshop.

Methods used

Lecture, discussion, roleplay, interactive games, group work

Time

2-4 TUs

Resources required

Whiteboard or flipchart

Maximum no. of participants

25 Persons

Age

10 years and above

What should be prepared / followed up?

Optional yet recommended!

Preparation: -

Follow-up: Further worksheets available on request.

[p.30]

Nonviolent Communication (after Marshall B. Rosenberg)

TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

Aim

The participants of the seminar should understand how nonviolent communication works and be able to put it into practice. Reflecting one's own emotions and needs is an important part of the training.

Content

Nonviolent communication is a concept developed by Marshall B. Rosenberg. It intends to enable people to interact with each other in such a way, that communication leads to increased trust and joy in life. In this sense, nonviolent communication can be a valuable tool in everyday communication as well as in the peaceful resolution of conflicts in private and working life. Rather than trying to convince others of a particular course of action, the focus lies on developing an appreciative relationship that enables cooperation and mutual creativity.

Methods used

Flipchart, practical examples, pairwork

Time

2-6 TUs

Resources required

Flipchart, pinboards

Maximum no. of participants

20 Persons

Age

14 years

What should be prepared / followed up?

Follow-up: Repetition of the four steps after about two weeks

[p.34]

On the run – Workshop and game on flight and asylum

TRAINER: Speaker from the *youngCaritas* team

Aim

Raise awareness of the topic of “Flight”

Content

Millions of people annually are still forced to leave their homeland and start a new life elsewhere. This workshop looks at the reasons, as well as the challenges faced by refugees and the difficulties for the host country. There is also the option of an interesting game, in which participants themselves “simulate” different flight scenarios.

Methods used

Lecture, discussion, own experience

Time

2–3 TUs

Resources required

Pen and paper, chairs in a circle

Maximum no. of participants

12–30 Persons

Age

12–19 years

What should be prepared / followed up?

Optional yet recommended!

Preparation: The brochure “Auf der Flucht in ein besseres Leben?“ is available on the *youngCaritas* homepage at: <https://ooe.youngcaritas.at/material/thema/materialien-fuer-schulen>.

Follow-up: further discussion between participants, joint research (under instruction of trainers/mentors)

[p.41]

***Soll'i – dar'i – tät'i* – Workshop on Civil Courage and Solidarity**

TRAINER: Speaker from the *youngCaritas* team

Aim

Examination of the topic

Content

Sticking together and resisting division, building bridges instead of erecting more fences – this requires solidarity and civil courage. Using a diverse range of methods, we want to strengthen young people's awareness of the significance of solidarity within society, and place a foundation for solidarity in real life.

Methods used

Lecture, discussion, own experience

Time

2–3 TUs

Resources required

Pen and paper, chairs in a circle

Maximum no. of participants

12–30 Persons

Age

6–19 years

What should be prepared / followed up?

Optional yet recommended!

Preparation: The brochure "Zivilcourage Trau di!" is available on the *youngCaritas* homepage at: <https://ooe.youngcaritas.at/material/thema/materialien-fuer-schulen>.

Follow-up: further discussion between participants, joint research (under instruction of trainers/mentors)

[p.43]

The Media and Power

TRAINER: Speaker from *SOS-Menschenrechte*

Aim

Information on the topic "The Media, Freedom of Opinion and Its Limits"

Content

Media such as daily newspapers play a decisive role in forming popular opinion. Yet often it is they themselves who strengthen prejudices and spread false information. This workshop strengthens the competence of dealing with the Media sensibly: decoding messages, recognising communication strategies, evaluating information and reflection.

Methods used

Lecture, discussion, roleplay, interactive games, group work

Time

2-4 TUs

Resources required

Whiteboard or flipchart

Maximum no. of participants

25 Persons

Age

10 years and above

What should be prepared / followed up?

Optional yet recommended!

Preparation: -

Follow-up: Further worksheets available on request.

[p.50]

International Humanitarian Law – Workshop on Human Rights and International Law

TRAINER: Andreas Neubacher, OOEJRK, professional trainer and behavioural trainer

Aim

Young people should be enabled to see daily life from a humanitarian perspective.

Content

- Creation of international humanitarian law
- Tasks of international humanitarian law
- Meaning of international humanitarian law
- Application of international humanitarian law

Methods used

Lecture, group work, interactive exercises

Time

1–4 TUs

Resources required

Overhead projector, flipchart, pinboard

Maximum no. of participants

20 Persons

Age

14–20 years

What should be prepared / followed up?

Preparation: History of the Red Cross, war and conflict, armed conflict

Follow-up: Examination of significant current wars and conflicts, analysis and discussion of examples in which international humanitarian law has not been applied, or not been applied sufficiently.

[p.52]