

Name	The mental well-being of young people during the war migration crisis - Video tutorial of modular social drama to increase competence in psychological adaptation to new cultural contexts.
Aims of activity	The tool allows educators to independently acquire the skills to organize a complex social drama and related workshops aimed at young migrants allowing them to increase their own mindfulness in the area of cultural differences in a new environment.
Tool user	Educators: teachers, psychologists, pedagogues, trainers, social workers.
Final recipients of activities	Children and adolescents from 13 to 18 years of age experiencing or risk by refugee crisis or culturally mixed groups.
Circumstances of use	To be used by educators who work with young refugees or culturally mixed groups to prepare for direct confrontation with the difficulties resulting from migration from the both guest and newcomer perspectives.
Duration	1 hour
Necessary aids and infrastructure	The workshop is held in a room that can accommodate about 20 people equipped with movable chairs. Interior arrangement instructions: (various props, f. e. robes, lipstick, blankets, caps, knee rests, water, cups, crisps) - disguises: bandanas, costume - face painting - dishevelment
Instruction	Please view the video tutorial and adapt workshops to the your target group specificity.
Description of activity	1 Introduction to the group 1.1 Starting the workshop: “A visit to the land of Albatrosses”. 1.2 Follow the instructions and just have fun 2 Educator will ask for three volunteers: 2 women, 1 man 2.3 the rest of the people, leave the room for 5-10 minutes 2.4 a guide will come to you soon 2.5 stay a piece away from the door

Interior arrangement instructions: (props: robes, lipstick, blankets, caps, knee rests, water, cups, crisps)

- disguises: bandanas, costume

- face painting

- dishevelment

3 Instruction No. 1 for the guide

3.1 You are anthropologists

3.2 Visit to the Land of Albatrosses

3.3 You will be the guide of the group

3.4 Adapt to the customs of the island, please.

3.5 keep silence! speak only using the language of the natives if only; do not use your own language!!!

3.6 after giving instructions, the guide returns to the room and the group continues to wait

4 Instructions for queens

4.1 you must kneel, but comfortably, if possible

4.2 wear indigenous clothes

4.3 I will give signs when to bow

4.4 say nothing

4.5 the leader directs the queens with hand gestures

4.6 Queen 1: on sign, stands up and distributes food to indicated people, first the leader, then the rest (important rule: man to mouth, woman to hand); all on sign

4.7 Queen 2: on cue stands up and distributes water to the indicated people: men only, cup to mouth.

5 Instruction No. 2 for the guide:

5.1 the tour begins

5.2 enters the next participants one by one

5.3 after each one, he goes inside and closes the door

5.4 the next participant is entered at the sign of the guide

5.5 choice of the order of introduction arbitrary, but when possible with the principle of alternation: male - female

6. Workshop - subsequent interaction modules

6.1 Greeting

6.1.1 smacking

6.1.2 waving

6.1.3 stopping

6.1.4 bowing: man 3; woman 2

6.1.5 pointing to a place: man chair; woman floor

6.2 Eating crunches

6.2.1 leading first

6.2.2 yummy yummy rule after eating

6.2.3 man to mouth, woman to hand

6.3 Drinking water

6.3.1 leader first

6.3.2 men only

6.3.3 uaaaach rule

6.4 Saying goodbye

6.4.1 Random selection of a person

6.4.2 Hand sniffing

6.4.3 Nodding

6.4.4 Ejection from the island

Discussion upon return:

“I know that you have been on a trip... After each question try to determine why, what observations indicate this?

1) Where?

2) Who did you meet?

3) Who were the natives you met? What were their social functions?

Interactions

4. What are the main principles of that culture you were able to observe?

5. What is the political system there, who rules there?

6. What are the relations between men and women?

7) What kind of religion can be there?

8. What attitude do the natives have toward strangers?

9. What social event did you participate in?

10. Did you feel comfortable there?

11) Do you remember any words in the local language?

“True” principles of Albatross culture as described by anthropologists:

1. religion is the most important thing that organizes all life. They are a very religious people.

2. The most important god is Mother Earth. It is a female god. Anything female is considered a higher form of life. Men are treated as dirty. Men are not allowed to sit on the ground directly. To protect the sacred body of mother earth, special devices were invented that resemble our chairs. The earth must be protected from the dirty body of men. When a new man appears on the island one must apologize to mother earth more than the game a woman appears. Therefore, three bows are made.

3 The power to apologize only has the queens. Their servant does not have the power to apologize because he is male.

4. The power on the island is held by two queens. They have a servant to assist them in everything. The ceremony must be organized by the servant.

5. The natives dislike strangers very much. They tolerate them only because they are cannibals and sometimes, for ritual purposes, eat human meat. When the natives see strangers they curse terribly “Yum, yum.”

6 To eat strangers their dirty bodies must be ritually cleaned. They have to eat special magical food and sometimes even drink a magical drink. They also have to utter a magical cleansing incantation: yum, yum (“let my dirty body get clean”).

7 The servant checks the proper fatness and health of the meat. He sniffs his hand: if the meat is good he pulls out a knife and the feast begins. If the meat is spoiled, the stranger must be thrown into the islands and apologize to mother earth.

	<p>Closing discussion and conclusions:</p> <p>Why did you get so many things wrong?</p> <p>We are very deeply culturally conditioned. Culture permeates the way we think and react. This happens automatically and without our awareness.</p> <p>That's why adaptation in a new place of life is difficult and causes many problems. Cultural differences lead to many misunderstandings. Often the initial stage after arriving in a new country is associated with a deterioration of well-being.</p> <ul style="list-style-type: none"> ▪ To avoid problems with cultural adaptation, one must open one's mind to new interpretations of the world. Such exercises help one have a more reflective attitude toward reality.
Attachments/ References	Link to video tutorial on the Mentuwell webpage