



## O6: INTENSIVE COURSE FOR ADULT LEARNERS *ONE DAY IN THE SHOES OF "THE OTHER"*

### National Report template

Partner name: CARDET

#### 1. Profile of adult educator(s) who held the course (max. 5 lines)

Ourania Miliou is a project manager at CARDET. She holds a degree in Philosophy and Education and a master's degree in Intercultural Education and she has been working with migrants since 2010. Her professional activities include the teaching of Greek as a second language to children and adults and the implementation of intercultural communication workshops. Her main activities also include teacher's training and elearning. Ourania has worked to more than 8 projects related to migration and education.

#### 2. Information upon the participants (adult learners) who attended the course

Please fill in the table below:

No.	Name and family name (optional)	Age	Gender (F/M)	Culture/ethnicity /religion	Other relevant aspect if any (i.e. immigrant, refugee or asylum seeker status; years since arrival in host country, integration history, employed or jobless, etc.)
1	Narly Ebarle Libres	33	F	Christian Catholic / Filipino	Migrant with a worker's permit
2	Mechelle Palencia	33	F	Christian Catholic/ Filipino	Migrant with a worker's permit
3	Rocelie Bautista	48	F	Christian Catholic/ Filipino	Migrant with a worker's permit
4	Judy Tendras	31	F	Christian	Migrant with

				Catholic/ Sri Lanca	a worker's permit
5	Kristle Aplasca	26	F	Christian Catholic/ Filipino	Migrant with a worker's permit
6	Maribel Bensorto	47	F	Christian Catholic/ Filipino	Migrant with a worker's permit
7	Margelyn Roylo	46	F	Christian Catholic Filipino	Migrant with a worker's permit
8	Cherill Talame	40	F	Christian Catholic/ Filipino	Migrant with a worker's permit
9	Sarah Bediles	41	F	Christian Catholic/ Nepalese	Migrant with a worker's permit
10	Maria Rube Unutan	49	F	Christian Catholic./ Sri Lanca	Migrant with a worker's permit

### 3. Implementation of intensive course (max. 3 pages)

The training course was held in Nicosia, Cyprus during the period May-June 2017. The location was a flat at the city centre that Filipino women rent. Also, the trainings were held on Sundays, as most migrants and especially women have their day-off. Below are described in detail the activities which were held per day.

**Sunday 28<sup>th</sup> of May, 2017 (1<sup>st</sup> day):** The training course took place at the flat where women from the Filipino community reside. They were pleased to invite us to hold the training there and taking into account that most participants were from Philippines it was more convenient. Also, the participants from Philippines were more open to the idea of hosting people from other cultures to their flat. At first all participants were welcomed. Next, the instructor conducted the "Birthplaces" icebreaker and she expanded it as she also asked participants to guess more information about the other, e.g. how many brothers/sisters they have, how does the area they live look like etc. In this regard, participants had the chance to learn more about each other talked about themselves. Then, she conducted activities from *Chapter 4: Societal Experiences* where she used the intercultural incidents' technique and she asked participants to give examples of real-life scenarios about their experiences of intercultural misunderstanding in their everyday activities. Then, she provided a notice board and asked

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participants to express their opinions about Cypriots and themselves. Having the notes as a starting point, the instructor conducted a discussion where she raised issues of stereotyping and racism.





- **Sunday 12<sup>th</sup> of June, 2017 (2<sup>nd</sup> day):** The second day of the training course was held at the same place, at the flat where women from the Filipino community reside. At the beginning, the educator used the “Two truths and a lie” ice-breaker in order to make participants feel comfortable. The ice-breaker was really funny and powerful as it made participants to express themselves and make funny comments about their lives. Next, the educator, used the scenario activity from *Chapter 1: Religion* and she discussed about respect and if migrants are allowed to practice their religion in Cyprus, and how they practice it, if they find difficulties and how to deal with them. Last, she presented a video to participants (from Chapter 4: Societal Experiences **Western vs Eastern-Cultural Perception** <https://youtu.be/GyRVgKWD0uM>) and she combined this video with an activity in *Chapter 2: Interpersonal Relationships*. More specifically, she asked participants to watch the video and discuss if the cultural characteristics that are attributed to the “eastern cultures” are correct and talk a bit more about them. For example, they said that people in eastern cultures are very patient and they are not going to shout or complain if someone is late for an informal meeting. She, later, asked participants, to note down one true and one false cultural norm about the culture that they represent, and she discussed about the misconceptions that others have about them. For summarizing the instructor told participants that a good way to understand native people is to attend Greek language courses, that are offered by different entities and then she asked one participant from the group (Rocelie) to speak about her experience as she had already participated to a Greek language course. This was the activity 5 from *Chapter 2: Education* and it worked really well, as the other girls were interested in asking her a lot of questions regarding her experiences and how the Greek language was helpful to her social interactions.



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**Sunday, 18<sup>th</sup> of June (3<sup>rd</sup> day):** The third day of the training course started with the ice-breaker “Welcoming Notes” but the instructor adjusted a bit because participants were already familiar with each other. In this regard, instead of focusing to introducing themselves to

others the instructor asked participants to note down a positive message and pass it to the person that was sitting next to them. This variation went well and participants had a very good time. The ice-breaking activity was combined with the activity my multicultural self from *Chapter 7: The advantages of living in a multicultural society*. Specifically, participants were asked to identify 4 things about themselves that described their identity. Then, the instructor facilitated a discussion around the concepts of multiculturalism, the differences and similarities and misconceptions about different cultures and she combined the activity with the activity 1 from *Chapter 6: Multicultural Europe*, as she presented the three different approaches related to the integration of migrants. She then asked participants what they think about the context of Cyprus and which approach is followed here. After a very deep discussion, conclusions were drawn and generally the main idea was that both sides (migrants and natives) need to be open and interact in order for multiculturalism to work. At the end of the training day, participants who were asked at the previous training session to bring traditional food from their home countries, presented their eating habits and together with the instructor they all had “*International Lunch*” following the activity from *Chapter 3: Cultural Experiences*. For a finishing line, the instructor conducted the focus group where she gained valuable information about the training from the participants. The data of the focus group will be presented below.





**Challenges:** The trainings were held on Sunday, the day that most migrants had their day-off. As Sunday was the only day they had their free time, it was difficult to motivate participants from different cultures to participate at the same time. There was a need to provide them with motivation and ensure them that the training will be of value to them.

#### **4. Conclusions** (*max. 10 lines*)

Overall the training course was successful. All participants stated that it was very interesting to learn about the different perspectives of other cultures and be able to understand them better. Also, they found that it was an interesting social experience in terms of communicating with people from other cultures and share their common experiences by living in Cyprus. This was something that brought them together.

Relating to the evaluation of the training, the findings of the focus group are presented below by category in regards to the questions that were asked to participants.

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## **Expectations from the course**

Participants stated that they wanted to learn more about the differences between cultures and especially with a focus on the differences between the Western and Eastern countries in different perspectives, such as food, habits, behaviors etc. For them it was really important to understand the way Westerns live in order to understand the Cypriots.

Participant's Quote: *"Learn about the culture from different countries..especially Eastern and Western"*

## **Learning experience**

Participants explained that they learnt a lot about the different habits and mentality of Westerns and also they learnt how these differences affected the way they interacted with them. Also, they stated that it is important to interact with people from other countries so to learn from them.

Participant's Quote: *"like eating food in the table..Western countries finish everything nothing is left in the plate but for us the Asian. Eastern, of course we leave some two or three pieces potato chips.."*

## **Changes in your mentality**

It was interesting to note that participants reflected on cultural habits both of the native people and also of themselves. They said that they recognize that they also have some "rude" behaviors and that they need to understand them in order to be able to communicate with others. One participant stated that it was very useful to understand these differences and learn to adapt. Overall, they stated that they found the training very useful and that it helped them not to judge some behaviors that they didn't understand.

Participant's Quote: *"Well it [the training] makes us adjust now with the Westerns.. it is very useful"*

## **Something you didn't like**

Participants stated that they liked everything and that they didn't have something negative to stress.



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Participant's Quote: *"We liked everything"*

### **How do you see others**

Participants stated that now they see people from different cultures differently. One participant said that they also need to adjust in the host societies and understand each culture because for the same event/manifestation etc. each culture has a different interpretation.

Participant's Quote: *"We see others differently. We should adjust and understand each culture. We should respect...it's culture. Because we interpret differently..a lot of things are different..but because now we know we understand..."*

### **Recommendations**

Because the participants were migrant workers they expressed the need for training that will be addressed to their employers. In this regard, they proposed information-drive training to show the habits and behaviour of the Eastern culture.

The stated that some of their employers for example don't respect their food habits or other habits such as having a shower twice a day. And this is the reason why they should be trained in order to understand the habits of people that work for them.