

ART for START  
Inclusion of young people with fewer opportunities  
10-17 January, Bitola, Macedonia  
  
Toolkit

**Here you will have the materials on techniques or resources we used, or links to them.**

Inclusion A to Z, a book by SALTO in PDF

<https://www.salto-youth.net/downloads/4-17-3141/InclusionAtoZ.pdf>



## Categories of young people with fewer opportunities and what it means in real life

<b>Geographical obstacles</b> - young people from less serviced areas (limited public transport, poor facilities, abandoned villages)	Marisa lives in a village in central Portugal. It has 600 inhabitants, and there is no public transport available. When she needs to reach bigger cities, she hitchhikes.
- young people from urban problem zones	Hasan lives in a big city of Turkey, in an area, which is overinhabited and not completely safe.
- young people living on small islands or peripheral regions	Andre comes from the island of Pico from Azores archipelago. To get to the mainland, he needs to catch at least 2 planes and a boat.
- young people from remote or rural areas	Tatyana lives in a village in the west of Ukraine. There is no major production nearby. There is transport connection to bigger towns, but the ride takes at least 3 hours.

<b>Health problems</b> - young people with chronic health problems, severe illnesses or psychiatric conditions	<b>Victor has a problem with his thyroid gland. He needs to take medication every day and go through special exams twice a year.</b>
- young people with mental health problems	Joana is 19 and she has had epilepsy since she was 2. She knows how to handle it, but she needs to take regular medicine and avoid flashing lights.
<b>Cultural differences</b> - young immigrants or refugees or descendants from immigrant or refugee families	<b>Khalid is 24. He has lived in the Turkish town of Gaziantep for 6 months. He is Syrian, and now is waiting when the war in his country ends.</b>
- young people with linguistic adaptation and cultural inclusion problems	Gunesh is from Izmir, Turkey. She speaks good English and likes Games of Thrones. She wears a hijab.
- young people belonging to a national or ethnic minority	Nuno is Portuguese and lives with his family in Luxembourg. He is 18 and speaks some French. The only Portuguese school in the country has been announced to close soon.





<b>Educational difficulties</b>	<b>Jemma comes from London. She is 19. She has dyslexia – reading disorder.</b>
- young people with learning difficulties	
- young people with poor school performance	Anne is from a small town in France. She didn't receive her school certificate because she failed final examinations.
- lower qualified persons	Mark was always bad at school and didn't get any education afterwards.
- early school-leavers and school dropouts	Varvara left school after 8 <sup>th</sup> grade because her father was ill and she needed to work to help her family.
<b>Disability</b>	Lisbeth has Down syndrome. She is a kind and joyful person. She helps in a dogs shelter doing simple tasks.
- mental (intellectual, cognitive, learning)	
- physical, sensory	Alec is inventive and has a quick mind. But he has a disability – he lost his hands after an accident with homemade fireworks – they exploded while he was holding them.





<p><b>Economic obstacles</b></p> <ul style="list-style-type: none"> <li>- young people who are homeless, young people in debt or with financial problems.</li> </ul>	<p>Osvaldo worked as a pizza courier, using his own motorbike for work. Due to a road accident, he broke the bike which was bought on loan. Now he has lost the job and has to pay the loan.</p>
<ul style="list-style-type: none"> <li>- in long-term unemployment or poverty</li> </ul>	<p>Luka is a physical education teacher, and now he is going through the dark line of his life: he's been unemployed for a long time. It's not that there is no job at all, he is just unlucky and doesn't believe in himself.</p>
<ul style="list-style-type: none"> <li>- young people with a low standard of living, low income, dependence on social welfare system</li> </ul>	<p>Erica's family is very poor. She works on temporary jobs which don't pay very well, and sometimes, when she is unemployed, she received subsidy from the government.</p>





<b>Social obstacles</b>  - young people facing discrimination because of gender, ethnicity, religion, sexual orientation, disability, etc.	Sergio is gay but he hides it from his family and friends. It's ok to be gay in his country, but because he lives in a very small community, he feels he will be stigmatized. He is very depressed.
- young people from broken families	Kathy's parents divorced when she was 8. Both her mother and father started new families. Since then she jumps in between two families, but in fact not belonging to any of them.
- young and/or single parents; orphans	Emilia's mother was 16 when she gave birth to her. She didn't know her father.
- (ex)offenders, (ex)drug or alcohol abusers	Mauricio is Italian who moved to Berlin. He had smoked marijuana but in Germany thanks to new acquaintances, he started using heroine. Now he quit but makes a huge effort to stay away from this group of people and surrounding.
- young people in a precarious situation	Before he knew it, Mike has got involved with a local gang which abuses youngsters demanding money from them and humiliating them, and he doesn't know the way out.
- young people with limited social skills or anti-social or risky sexual behaviours	Lora has very little connection with her university peers. She often abuses alcohol, goes out and has "one night stands".

## 5 Profiles



Stephen Hawking

William's father wanted his son to attend a good school but on the day of the scholarship examination, the boy was ill. His family could not afford the school fees. Later William enrolled in a less prestigious school. He studied well, was interested in classical music and science fiction and participated in a rowing team.

During his last years in the university, William started feeling that his body slowly gives up: he experienced increasing clumsiness, including a fall on some stairs, and difficulties when rowing. His speech became slightly slurred. His family noticed the changes, and the medical investigation begun. The diagnosis was amyotrophic lateral sclerosis, the disease of slowly degrading neurons. He had a rare early-onset form of it. William soon changed to a wheel chair, thus missing many opportunities of social life which he adores.





Joseph Stalin

Mika was born in a remote village. His father was a cobbler, while his mother was a housemaid. As a child, Mika was plagued with numerous health issues. He was born with two adjoining toes on his left foot, and his face was permanently scarred by smallpox at the age of 7.

Mika's father slid into alcoholism, which made him abusive to his family and caused his business to fail. When Mika's mother enrolled him into a priesthood school against her husband's wishes, Mika's enraged father went on a drunken rampage. He was banished from his native village after assaulting the police chief. Mika became an atheist and started writing poetry.



Hasan was known as a happy child, but "a bit of a loner" who was often bullied. One bully severely injured his head. All his teenage years Hasan spent among youngsters who were different from him – his family and 2 more were the only black people in the whole neighbourhood. He was severely beaten several times. Besides, the urban area where he lived wasn't very safe generally.

Hasan's home life was seldom stable; he frequently fought with his mother, whom a social worker described as having a "very suspicious, almost paranoid personality". After spending three years in ninth grade due to truancy and poor grades, he dropped out of school at age 17. Although he was interested in languages, he never explored literature (preferring comic books) and disliked math and social studies. Bruce worked at several jobs to help his mother pay the bills, later maintaining that she often threw him out of the house anyway. As a child, he was interested in storytelling, aspiring to be a comic-book artist.



Eminem



Oprah

Emilia was born to an unmarried teenage mother. She later said that her conception was due to a single sexual encounter and the couple broke up not long after. After Emilia's birth, her mother travelled to a rural area of her native region, and Emilia spent her first six years living in rural poverty with her maternal grandmother who was so poor that Emilia often wore dresses made of potato sacks, for which the local children made fun of her. Her grandmother taught her to read before the age of three.

Later, when she grew up, they moved to an urban area again, and Emilia started attending school. As she confessed, her poverty was constantly rubbed in her face as she rode the bus to school with fellow students. She began to steal money from her mother in an effort to keep up with her free-spending peers, to lie to and argue with her mother, and to go out with older boys. She once said that she had chosen not to be a mother because she had not been mothered well.

Although the mother didn't have relations with Emilia's biological father, the man didn't give up on his daughter. Her frustrated mother once again sent her to live with her dad, and this time she did not take her back. The father was strict, but encouraging, and made her education a priority. Emilia has always been good at acting.

Rajesh was born in Africa to Indian parents and spent his teenage years between Tanzania and India – due to work of his father and studies in India. At the age of 17, Rajesh together with his family had to flee from Tanzania due to an armed revolution. They settled in one of European countries. Although Rajesh has always been interested in music, he started working in an airport. His colleagues liked him for quietness and politeness, until they discovered that he was gay. After that he was almost excluded from social life with his co-workers, and had very few friends.



Freddie Mercurie



Kant for Kids book (a skype session with Ruben)

<https://www.uu.nl/en/news/childrens-book-aan-de-andere-kant-van-de-vrede>

Theatre on wheels (a skype session with Saskia and Tania)

<https://www.youtube.com/watch?v=EuC9RxE9NpE>

<https://www.facebook.com/TGBodemloos/?fref=ts>



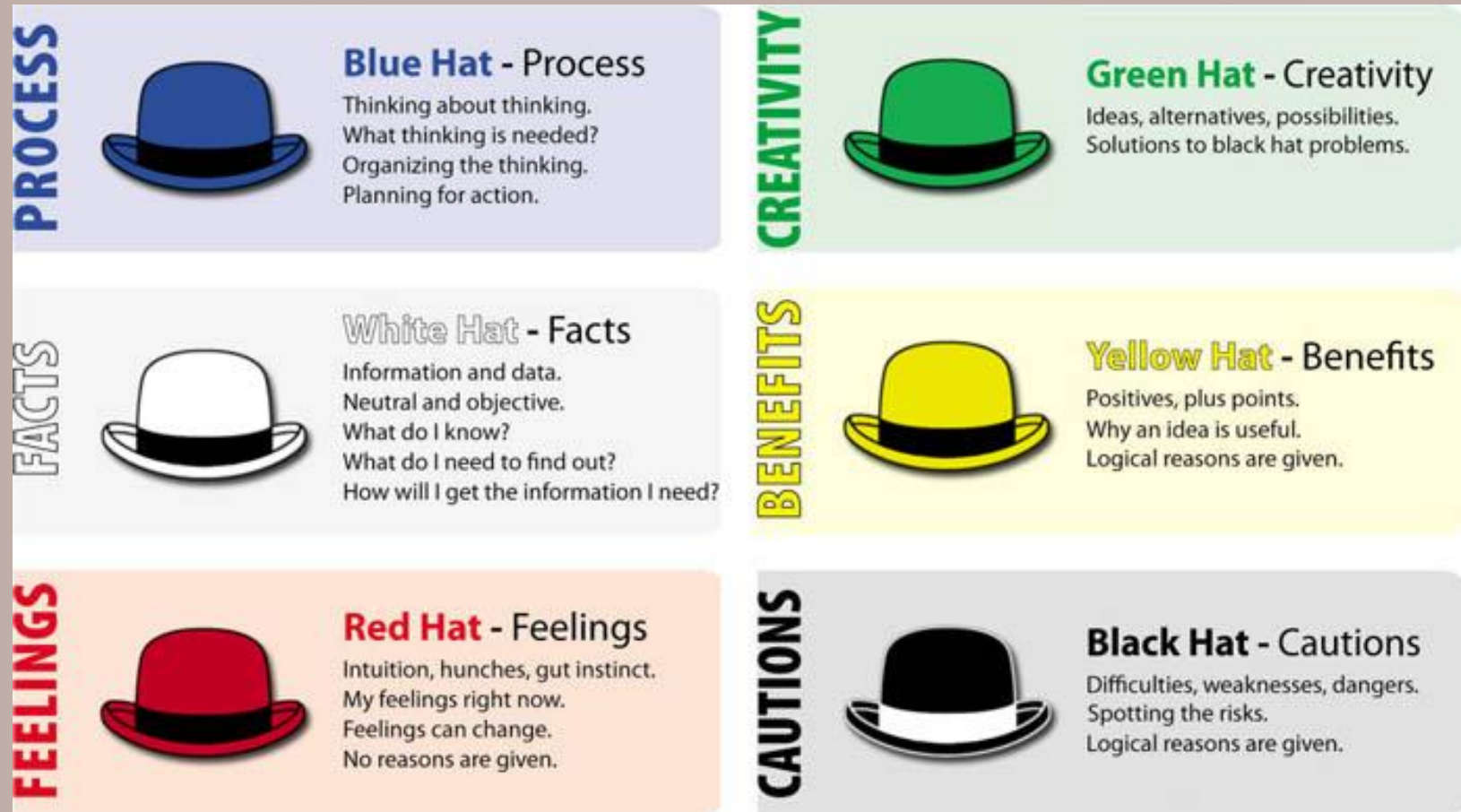


The city game application  
[www.actionbound.com](http://www.actionbound.com)



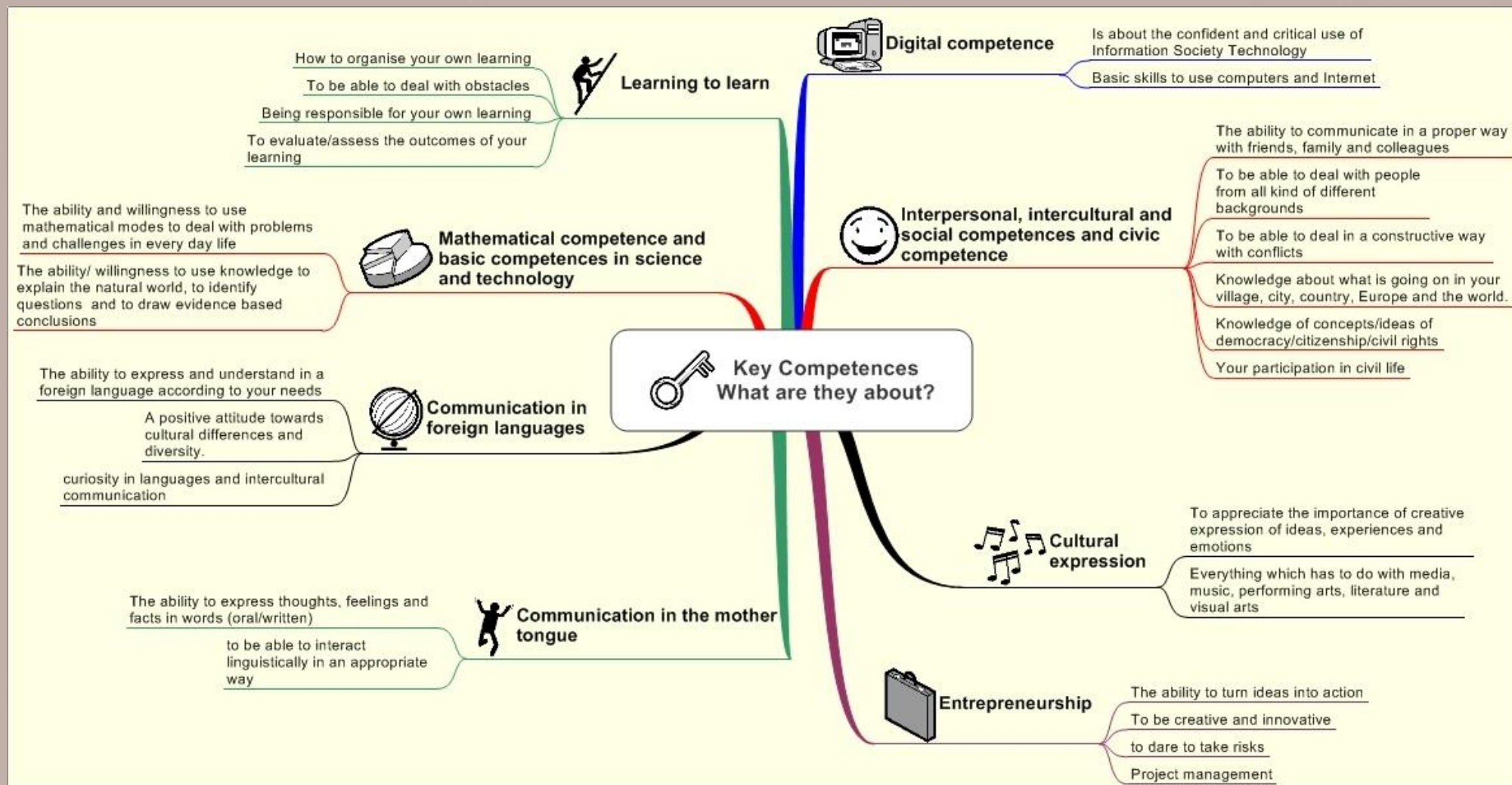
## 6 thinking hats of De Bono

[http://www.debonogroup.com/six\\_thinking\\_hats.php](http://www.debonogroup.com/six_thinking_hats.php)

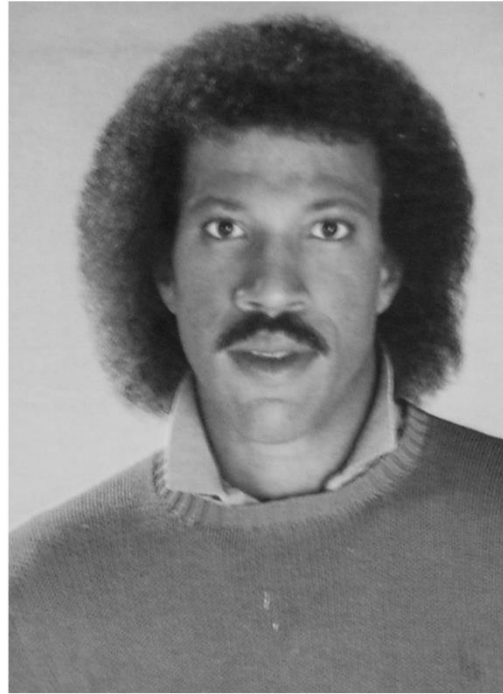




Youthpass  
 Youthpass.eu  
<https://www.salto-youth.net/downloads/4-17-1949/YouthpassForAll.pdf>



# Hello?



**Is it me you're looking for?**

I can see it in  
your eyes  
I can see it in  
your smile  
You're all I've  
ever wanted  
(and) my arms  
are open wide  
'Cause you know  
just what to say  
And you know  
just what to do  
And I want to  
tell you so much  
I love you  
'Cause I wonder  
where you are  
And I wonder  
what you do  
Are you somewhere  
feeling lonely?  
Or is someone  
loving you?  
Tell me how to  
win your heart  
For I haven't got  
a clue  
But let me start  
by saying  
I love you