



## CASE STUDIES from the intensive course

### *One day in the shoes of the “Other”*





## Case Study

### One day in the shoes of “The Other”

### Cyprus

#### Expectations

Already from the beginning of the course the most important expectation that I had was 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 and behaviours etc. For me, as a migrant worker in Cyprus who has to contact Cypriot people everyday, it was really important to understand the way Westerns live in order to understand the Cypriots. In my mind this would help me be more effective in my communication with them. Also, it would support my integration to the Cypriot environment.

#### What have I learned?

I have learnt a lot about the different habits and mentality of Westerns, their behaviors, their habits even their mentality. I was also able to understand how these differences affected the way we Filipino interact with them. During the course I had the chance to realise that it is important to interact with people from other countries so to learn from them.

Specifically, when we were watching the videos and after the discussions and activities that were implemented I reflected on cultural habits both of the native people and also of myself. I am now able to recognize that I have also some “rude” behaviours for others and that I need to understand them in order to be able to communicate. After a very deep discussion with the girls from the rest of the group, we agreed that the main idea is that both sides (migrants and natives) need to be open and interact in order for multiculturalism to work.

Overall, I found the training very useful and it helped me not to judge some behaviours that I don’t understand. I hope that I will have the chance to participate to similar training in the future.

#### 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...”*

#### Thought for the Other

Now I see people from different cultures with a different perspective. I believe that I should be able to adjust in the host society and understand each culture because each culture has a different interpretation.



## Case Study

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### Ireland

#### Expectations

My expectations of the course revolved around being able to better integrate learners from different cultures and backgrounds into my classroom. I had hoped to learn how to create a safe, inclusive and dynamic learning space where all learners felt valued, welcomed and comfortable.

I also wanted to get resources and practices that will make me a better teacher and make me more aware of what are the best practices coming out of Europe, helping me to make sure that I am delivering the best quality in my classroom possible.

I also, wanted to meet like-minded people on the course and be able to network with them.

#### What have I learned?

The opportunity to look at the move from the point of view of the migrant

was really interesting and it was a great focus point for my learning because I was looking at it from my own perspective. The opportunity to see things from a different viewpoint helped me open my own mind to change and to prompt me to look at changing my approach

The evidence and resources were a great help as they gave me new insights into the target group and also gave the target group the opportunity and tools to develop their own thinking and approaches to learning and integration to make the training more successful for them.

I also met people in a similar position to myself and we used the opportunity to discuss various approaches and ideas that have worked for us in the past and we also discussed the tools in the Handbooks for Us & Them and how they could be used to make our service better.

It is good to know that people are working on making our integration

into one another's cultures easier and more simple. This ability will be of great benefit to us as a society and also a benefit to our children when we pass on what we have learned.

#### Participant's quote

*“The need in society for all people to conform to a set standard also made reluctant in the past to try new things, after this training, I am now able and willing to push the boundaries in search of the path that will lead to proper, meaningful integration...”*

#### Thought for the Other

The ability of people to see “a us” and not “a them” will be the measure of how we progress as a society. I hope that this project helps us on the road to making sure that in the future, there will be no “us” or “them”... Just a “we”!



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### Italy

#### Expectations

I approached this course with few hopes that it could help me to understand how I can do the best to integrate myself in Italy, the country where I live and work. I must say that the course was a surprise: it provided me with new keys to open up doors that were previously closed, it has given me new perspectives and new approaches in respect to those who have culture, language, religion and habits different than mine. Comparisons with other subjects and others really helped me a lot to get to know new things. The method of approach provided to me in the course will help me certainly.

#### What have I learned?

The course made me understand first and foremost that we all have preconceptions about everything and everyone that they are different from us.

This is fueled above all by a global oriented communication.

When you know new realities, other than yours, when you structure a path without pre-established barriers, you realize that diversity is really a great wealth that unites and has no reason to divide.

The course provided me with new ways of communicative and mental approach, opened my mind, gave me new realities and I have appreciated this method. The practical approach of the course was the most concrete aspect: I can replicate these experiences in everyday life.

#### Participant's quote

*“Non-knowledge of diversity creates a wrong conception of diversity”  
“When you know and deepen cultures, languages, and traditions other than yours, you realize that they could be things that unify and not the ones that divide.”*

#### Thought for the Other

I have understood that we must first know and interact with different people for cultures, traditions and religion, with the desire to learn and experiment, by putting aside preconceptions; when this happens, we would realize that the differences might not divide us so much.



## Case Study

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### Portugal

#### Expectations

I was expecting to know “the other” better, not only food, but also religion and other important aspects from their life, and this is what happened in this training experience.

For example, in my house we talk two languages....it is so important to talk the language from the country we live and know their customs. It is funny to know what is different and what is alike in distinct cultures.

#### What have I learned?

I discovered that there are many people that can be “different” from me, because of their culture, but it doesn’t mean that they are “less” or “more” than I. There is no need for segregation. We are all humans and the important thing is to understand “The Other” and to put ourselves in the other shoes!

#### Participant’s quote

*“We are all different, but all the same!”*

#### Thought for the Other

We should put us in the other shoes, but the other has to do the same about us.

There is no need of frontiers about color of the skin, food, traditions, languages ...it is fundamental to understand, to taste different flavors and to discover the other’s culture!



## Case Study

### One day in the shoes of “The Other”

### Romania

#### Expectations

My expectations for this course were related to finding ways to understand the people around me that don't have the same culture/ religion/ ethnicity as I have. I wanted also to find out more about the country that I live in to be able to better adapt and behave in a proper way, to be accepted and considered integrating part of the society and avoid marginalization. On the other hand, I really hoped that this course will provide me the opportunity to interact and exchange opinions with other persons facing the same situation as I do: living in a community with different people (from so many points of view) and having difficulties in making myself respected.

#### What have I learned?

The course was such a surprising experience and it cannot be compared with any other type of activities that I have attended before. A very important section of the course was dedicated to the potential challenges that a learner can meet when moving in other country. These are very important aspects for a migrant, for example, in order to obtain a new qualification for a job. The most important thing is that together with emphasizing these challenges, we have been also provided with a set of instructions on how to deal with these difficult situations. All the topics were approached in a very practical way which included all the participants in the activities. This was the starting point for an inclusive community and helped us, the participants, to better understand

each other's cultures and ethnicities, the societal diversity and the real need for tolerance.

By attending this course I learned that a wrong perception regarding differences may affect or influence our coexistence and that we are all important pieces in the process of creating a peaceful, secure and pleasant coexistence space.

#### Participant's quote

*“Western European communities tend to show reluctance when talking about other ethnicities, skin color, religions. They rarely put in discussion living together or accepting to receive with open arms new people from other country, but this course really brought to light how interesting can be interacting and living in multicultural societies. I realized that despite all the differences between us, we're not so different after all! ”*



## Thought for the Other

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Now, I understand better why people put the label "the other" even if we

are all human beings. We need to trust each other more and open our minds and hearts to discover the

beauty behind all of those things that seem to separate us.





## Case Study

### One day in the shoes of “The Other”

### Spain

#### Expectations

Before taking part in this course, I did not know exactly what would be the benefits of attending the course but I thought it was a great opportunity to meet other people from different cultures.

I was interested in knowing more about traditions and customs of other cultures that live in the same area as me. We live together but unfortunately, we do not know that much about others.

I speak perfectly Spanish because I come from Latin America but my integration was not that easy because there many differences in terms of hobbies, traditions, etc with local Spanish culture so, I thought it would be nice to exchange experiences with other foreigners living in Murcia and how locals they feel having other cultures around.

#### What have I learned?

I must confess that I have learned a lot after this course. I have improved the image I have towards other cultures and how, in reality, we are human beings and not so different. We have just other different traditions and languages but in terms of feelings, we share plenty of things. It was very nice to hear the history and the stories from other people from different cultures and I realized that the main problem is the fact that we do not know a lot about others. The lack of knowledge is the base for fear of other cultures and that more initiatives like this one are very useful to break barriers among us. The course was organized in a nice way where all participants have our time to express our feelings and to share experiences.

#### Participant's quote

*“I feel myself a better person after sharing feelings and experiences with people from different cultures. There is no only one culture in the world and the coexistence of different cultures in the same area makes us better people.”*

#### Thought for the Other

After the course, I realised that in fact there is no “others”, we are all “us”. We share the same feelings and in most cases, the same worries and moments of happiness (being with family, friends, etc). Now, I know that before criticising some behaviours from people from other cultures, I would like to know better them.



## Case Study

### One day in the shoes of "The Other"

UK

#### Expectations

Before starting the course I had a number of hopes and expectations that I wanted to gain from attending. First I wanted to meet people who had a similar background to me as I haven't made many friends in the area yet, but I also wanted to meet new people with different cultures and beliefs as I this is what I did at home. I also wanted to learn about the local customs and traditions so that I can mix within the community that I now live in better, I think it is very important to understand those people that we live with so we all live in harmony.

My third hope and expectation from the course was to improve my English so I can be understood better when I am in the shops and talking to my new friends and neighbors that I have managed to make.

#### What have I learned?

I was really happy that I was able to learn a lot from attending this course, it was really enjoyable. I learned more about the history and cultures of the local area as well as the other people who attended the course, we all had the opportunity to talk about ourselves a lot. I understand now that I am not the only person who is new in this town ("The Other" as it was mentioned) we had fun taking part in the activities with everyone explaining their reasons and it let me understand the backgrounds of the other students on the course.

I have also understood that it is OK to get things "wrong" when speaking to people in shops as people are happy that I am trying to speak their language to the best of my ability.

#### Participant's quote

*"We should all embrace our own qualities and flaws and those of other people, with the understanding that to achieve a better society it needs many people with many abilities for it to operate in a more enriched way."*

#### Thought for the Other

If we are all able to open our eyes wider so that we can respect each others' values and traditions, it is OK to have different opinions on topics as long as we don't over impose ourselves or feel threatened by others when discussing issues. We all want to live in a positive and cohesive society.



## Case Study

### One day in the shoes of “The Other”

### Turkey

#### Expectations

Before I took this course, I was really feeling like an alien in this area. I was curious about the distinctions of the cultures but I could not ask them clearly to everyone because I did not know how the people's reactions would be. Knowing the roots of the people make them familiar with you. You understand the people better when you see the background knowledge of their behaviors. I was hoping to find out about the people's reasons to act in such ways. I also wanted to find an area to express my feelings, opinions and be understood by other people better. As you know, everybody wants to be understood correctly. It is a human-being feeling. On the other hand, I hoped to learn more about historical and linguistic clues of different cultures. Finally, I was here to see the world around me more clearly. I was here to know and be known.

#### What have I learned?

I have improved myself more than I expected. The people I met during the course talked about their history of cultures. These stories were amazing because when you know the story of their family and country, you can relate some features with their behaviors. I understood that the geography of where their ancestors lived before is kept as a treasure and some habits come from their great great grandparents. In every culture there are some similar and different aspects. In some way, we all look alike. However, in other ways we are really different from another like all the people living on Earth. While changing opinions and talking about cultural differences, I found myself ashamed of myself thinking how late I was to ask questions about the “other” people. I accepted that until that time I did not know how the cultures could affect the people and

their behaviours, but some opinions and core ideas behind the people's mentality and understanding of the world became more rational.

#### Participant's quote

*“Now, the Earth becomes a more clear and understandable place to live on. Thanks to this course and the educators, I see more different and clear the world around me now. I do not feel like an alien anymore because I know that everybody sometimes feels in the same way. To overcome this feeling, you should try to understand and respect each other. Try not to create walls between the people but build bridge to reach them and this course was a kind of bridge for me.”*



## Thought for the Other

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Actually, I understood that as a human we all share similar feelings,

fears and priorities. But they are faded away when you start to see them with your heart intending to understand and have a curiosity to getting to know better each other. There is nobody to say 'the other', we are all

the same, we are all different. Just appreciate the diversity and open your mind. Everything comes after that.





Erasmus+



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