

**World Day of  
Migrants and  
Refugees**

**24·IX·2023**



**“Free to choose whether to migrate or to stay”**

# Meeting with Youth



# ACTIVITY FOR YOUTH

To enable the youth to understand the migratory flows and aspects of its different stages so that as a preventive step they can sensitize the people to choose whether to be a migrant or a native and as a protective step they can help the migrants and refugees to search for the possibilities to return back to their home land.

**Number of participants:** Flexible as per the group

**Age:** 18-25 Years

**Time:** 45 to 60 minutes

## MATERIALS THAT WILL NEED

- Coloured stickers or different emoji's (small)
- Chairs
- Background music
- Placards as mentioned at the end.

## INTRODUCTION

We are here as a small universe interconnected to one another through invisible energy and space. We need to know one another as we are going to journey with the brothers and sisters who are away from their homelands and some, though they are in their land, still live as refugees.



# ICE BREAKER

**First level:** All the participants sit in a round circle (either on chairs or floor) and tell their names loudly one by one and rest of the participants listen carefully and memorize.

**Second level:** (can start from any one) Clapping two times and saying one's name simultaneously and tapping on the lap saying another person's name. That person will continue the chain in the same way.

**For example:**

Hema: Hema (clapping twice), Neticia (tapping on lap)

Neticia: Neticia (clapping twice), Olivia (tapping on lap)

In this way all the participants will introduce themselves as well as memorize other names.

**Game:** Both games to be played

The first game intends to empathize with the people who are deprived of their identity, land, own people and resources. And the second game enables how we can be instruments to create an inclusive society where everyone experiences their rights and live in peace.

**Game 1:-The Exclusion Sticker Game** This is a game of forming groups based on one similarity. This activity helps the group to understand the feelings of people who are regularly excluded (migrant and refugees).Material needed: Enough coloured stickers or different coloured post-its (small) for each player. There should be 3-6 different colours. Activity Instructions: This activity has 2 stages:

## Stage 1: Inclusion

- Ask the players to form a circle and face the outside of the circle (inside or outside).
- Ask the players to close their eyes and tell them that you will put a coloured sticker on their foreheads. Players will see the colour of the others' stickers but not their own.
- Ask the players to walk around for 30 to 60 seconds. Tell the players to group themselves with people with the same colour sticker. They must do this without speaking. Make sure every person is included in a group (but groups can vary in size).
- Once the groups are formed, start a new game by putting a new sticker on everyone's forehead. This time ask the players to form groups where everyone has a different coloured sticker. Again, make sure every person is part of a group.



## Stage 2: Exclusion

- Repeat the game a third time, placing new stickers on the players' foreheads.
- This time, distribute the stickers in order to form 2 or 3 groups of around the same size and 1 group of only one child (i.e. one person is excluded from the groups).

Observe the different reactions and ask the following questions:

- How did you feel when you found a group of people you could join?
- How did you feel when you couldn't find a group to join right away?
- Were you afraid that there was no group for you? (To the person who was excluded in Stage 2 of the game)
- How did you feel when every group rejected you?
- Have you ever had similar experiences at school, at an after school group, or with your friends?
- How do you think you would feel if you were excluded because you are refugee?

## Second game: Reverse Musical Chairs

A game of musical chairs where the group has to find a way to include everyone when the music stops. With each new round, the group will be challenged to work even harder to find ways to be inclusive.

## Activity Instructions

- You will need a chair for everyone in the group
- Begin with a classic game of musical chairs
- Place chairs in a circle with one fewer chair than there are young people.
- Play music and have the group walk around the chairs.
- Tell the group that when the music stops, they must quickly find a seat.
- Once they have done this and one person has nowhere to sit, tell the group to find a way for everyone to have a seat. They can sit on each other's laps, sit next to someone else on the same seat, or line the chairs up so that more people fit.
- Do a few more rounds, removing a chair each time. Each time the group has to find a way to accommodate someone who would normally be excluded in a traditional game of musical chairs. Afterwards, ask the group what they liked about the game.
- How did they feel about the game comparing to traditional one?
- What is their opinion and emotions as they accommodated everyone without failing any one (the meaning inclusion).

**The above are only indicative questions; but the key is to have people open up and share their learnings.**

## Development teaching

Now link the earlier games/debriefing to the life of a migrant/a refugee.

### CONCLUDE WITH SHARING

- “Free to choose whether to migrate or stay”, How can we promote this awareness to the society/city/nation, the right not to have to migrate or, in other words, the right to be able to remain in one’s own land.
- How can our church/parish become more welcoming to migrants/refugees?
- How do the national and international policies include the possibility of sharing in the common good, the right to live in dignity and to have access to sustainable development to reach out to the migrants and refugees?

In conclusion all the participants hold the placards of ‘Free to choose to migrate or to stay’, peace, love, solidarity, freedom, common home, justice (either in words or images) and pray the following Prayer:

God, Father Almighty,

Grant us the grace to work tirelessly

For justice, solidarity and peace,

So that all your children may enjoy

The freedom to choose whether to migrate or stay.

Grant us the courage to denounce

All the horrors of our world,

And to combat every injustice

That mars the beauty of your children  
And the harmony of our common home.

Sustain us by the power of your Spirit,

So that we can reflect your tender love

To every migrant whom you place in our path,

And to spread in hearts and in every situation

The culture of encounter and of care.

