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E[MIND]CIPATION

Tackle your own prejudices!



"I try to encourage people to think for themselves, to question standard assumptions... Don't take assumptions for granted. Begin by taking a skeptical attitude toward anything that is conventional wisdom. Make it justify itself. It usually can't. Be willing to ask questions about what is taken for granted. Try to think things through for yourself."

Noam Chomski, MIT professor, author and activist

INFOPACK

Session 1 : Critical thinking for a more inclusive society : 23rd FEBRUARY - 2nd MARCH 2022

Session 2 : Critical thinking for sustainable development : 5th - 11th APRIL 2022

GITES DE FRANCK 81087 FAYSSAC - OCCITANIE, FRANCE



SUMMARY OF THE PROJECT

Despite the widely available information we can access on the topics of cultural diversity and sustainable development and the many awareness campaigns led during the last decades to promote them, **behavior and mindset change remain a slow, tedious process.**

In the social field, **discriminations** – regarding gender, sex, sexual orientation, race and ethnicity, religion and beliefs or disability – are still rampant and even on the rise throughout Europe. There is still a long journey to change our ways of thinking and attitudes towards people who don't look like us, fight against the prejudices we unfortunately still have on them and learn to live together !

On the ecological side, many of us feel overwhelmed by contradictory information, alternating between alarmist reports and confidence in technological and human progress. It is becoming quite difficult to understand the situation, sorting facts, analyzing data and comparing propositions to form an opinion and to identify realistic solutions in the face of the **ecological crisis.**

On both topics, we most probably all have a role to play to make a change and take action ! But where to start ? What about **looking at our own bias and beliefs, tackling our own prejudices** and taking time to **exercise our critical thinking skills** for a week or two on those 2 burning issues?

This is what the E[MIND]CIPATION training course is all about !

It aims at enhancing your critical thinking skills, applying them :

- on **social situations**, focusing on situations of discrimination and on the challenge of inclusion : Step 1, from the **23th of February to the 02nd of March 2022** ;
- on **ecological issues**, paying specific attention to Climate Change and to some of the solutions that are supposed to meet the challenge we are facing: Step 2, from the **05th to the 11th of April 2022.**

Each step has been designed in order to provide you **new perspectives** on those topics, to **deconstruct** some believes and prejudices you may have and to bring you new **tools** to **weight an idea, debate** and **analyze** it. By the end of each week, we hope you will have made a step forward in your perception of the topics we addressed and gain knowledge and skills to form your **own opinion** and define ways to act accordingly.

In practice, each step will be held in a rural cottage in South-west France and will gather **30 participants**, coming from France, Spain, Greece, Portugal, Italy and Estonia.

Switching between theory and practice and using a diverse range of methods, we will invite you to put your own believes and behaviors into perspective, **compare** and **contrast** your points of view, go through a **critical analysis** of different approaches, **field-test** some concepts introduced during the course, **learn from the experience** of others and **investigate practical ways** to work towards more inclusive societies, promote diversity and fight discrimination on the one hand, and take action for the planet on the other hand.



PREVISIONAL PROGRAMS

Important : Be aware modifications can occur in the programs.

STEP 1 : Critical thinking for a more inclusive society

From 23/02 to 02/03/2022

DAY 1 – 23/02/2022

Reaching the venue. Breaking the ice.

DAY 2: 24/02/2022

Getting to know each other, setting up our framework.

Getting introduced to Critical thinking.

DAY 3: 25/02/2022

Deconstructing our preconceived notions of gender and sexual orientation. Tackling sexism and homophobia.

DAY 4: 26/02/2022

Exploring the ambivalence of our relationship with the body, raising awareness on discrimination based on physical appearance.

DAY 5 : 27/02/2022

Questioning the way we look at people with disabilities or mental health problems

DAY 6 : 28/02/2022

Understanding the issues that racialised people and migrants are facing. Exploring ways to fight racism and promote intercultural dialogue.

DAY 7 : 01/03/2022

Sharing our experience and knowledge, being creative to address complex social issues.

DAY 8: 02/03/2022

Assessing the training course and our learning achievements. Tidying up the venue and departure.

STEP 2 : Critical thinking for sustainability

From 05/04 to 11/04/2022

DAY 1 – 05/04/2022

Reaching the venue. Breaking the ice.

DAY 2: 06/04/2022

Getting to know each other better, setting up our framework.

Envisioning scenarios of what could happen if...

DAY 3: 07/04/2022

Getting introduced to “Critical thinking”.
Practicing debating, tackling our biases.

DAY 4: 08/04/2022

Understanding what is going on for the Climate
Questioning the social impact and the ecological footprint of our food

DAY 5 : 09/04/2022

Exploring ways to reduce our ecological footprint at home, on a daily basis.
Questioning our impact.

DAY 6 : 10/04/2022

Questioning our relationship with Nature.
Discovering a set of ecological activist actions.
Exploring ways for taking action collectively.

DAY 8: 11/04/2022

Assessing the training course and our learning achievements.
Tidying up the venue and departure.