



GOOD PRACTICES

Project:

Talking about taboos: Website to help adult trainers address racism, xenophobia and other prejudices in their classrooms

GRUNDTVIG Learning Partnerships. LLP 2007-2013 - N. 2013-1-FR1-GRU06-49587

Organization	Fundacja Citizen Project
Theme	Identity versus ethnicity

#	Name/Field theme of the good practice	Source (f.i. literature)	Method and short description	Owner, place and time of the implementation	Actual impact
1	Think and talk (Tat)	Douglas Stone &	Stone & Heen interpret – in line with	FCP, EF.	During the workshops and
		Sheila Heen –	A.Giddens (see below) and others – an		meetings the sentences
		Thanks for the	identity as a narration by ourselves on	TAT workshops in Poland on	were repeated and were
		feedback. 2014.	ourselves. This narration makes use of	(perceived) social exclusion –	talked about after the
			identity labels like smart in "I am	together with partner EF in	workshop for quite a bit. In
			smart" or dumb in "I am dumb". The	Gdynia, UM WIS: 21.11.2014:	non-related sessions the
			less broad these identity labels are	with senior citizens, 2 groups:	impact of the sentences
			defined, the more we have to defend	11:30 - 13:30 (8 participants, 6	was discussed and many
			ourselves against the outside world and	trainers); 14:00 – 16:00 (8	participants were surprised
			the less we are open to feedback and	participants, 6 trainers); with	that one could create a

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learning.

Stone & Heen describe a method to widen our identity label. Basically, it consists of accepting three sentences:

- Sometimes I make mistakes
- Sometimes my motivation is egoistic
- I am part of the problem

The first sentence makes sure that we understand that we are not infallible. Thus, we cannot claim to be right every time, or even this time.

The second sentence implies that we are not morally superior. We cut corners. This might be the case now too.

The third sentence ensures we cannot blame a "them" versus an innocent "us". There is no "we" and "they". We have to solve problems together.

The three sentences should open us up to the words and nonverbal communication of others.

young adult trainers: 17:00 – 19:00 (7 participants, 6 trainers) and in Gdynia, Wymiennikownia: 30.1.2015 with teachers and students (23 participants, 5 trainers). One trainer works at GCPU as therapist and was also trained at the workshops. Two Gdynia local government adult trainers were also trained at the workshops.

Implementation of the good practices at own meetings:
- Conference E-LAB to train

- teachers and school staff:
 Gdansk, Ateneum, 9.10.2014,
 12:00 16:00 (87 participants,
 6 trainers also training of
 GCPU staff);
- Teacher training: Gdansk, GCPU, 17.3.2014, 8:30 – 17:30 (9 participants, 2 trainers – also training of GCPU and UM staff); Gdansk, STO,

frame for a non-aggressive discussion just with three simple sentences.

Some teachers admitted that they would find it hard to say these sentences to their young students. Adult trainers did not express similar sentiments.

No participant said to disagree or refused to repeat the sentences.

During a discussion with journalist Pawel Sulik at the Polish national radio station TOK FM the sentences did start a major discussion. The topic was a previous guest on the radio, an ultranationalist youngster. The journalist felt he had maybe given him free airtime to disseminate

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The good practice here is to have instructors say the sentences out aloud, one-by-one, have the participants repeat them and ask after every sentence who disagrees.

The aim of the good practice is to open the field for a dialogue on (perceived) social exclusion without any of the participants getting defensive at once.

The repeating of the sentences and the discussion is followed up by an analysis by the instructor. This analysis is based upon the discussion, in particular how hard it is for some participants to say one or more of the sentences and to agree with them or not.

The harder it is to say a certain sentence or the less a participant agrees with a sentence, the more likely the sentence indicates a strategy of the participant to not have to listen to feedback (infallibility, moral superiority or no responsibility).

24.04.2014, 13:30 – 17:00 (9 participants, 2 trainers – also training of GCPU staff); Gdansk, GCPU, 6.10.2014, 10:00 – 15:30 (9 participants, 3 trainers); 7.10.2014, 10:00 – 15:30 (9 participants, 3 trainers – also training of GCPU staff); Gdansk, UM: 30.3, 13:00 – 15:00 (13 participants, 4 trainers); Gdansk, UM: 31.3, 13:00 – 15:00 (19 participants, 4 trainers – also training of GCPU staff);

- Parent training concerning social exclusion: Gdansk, GCPU: 19.6.2015, 17:00 – 19:00 (17 participants, 3 trainers – also training of GCPU staff)

Training and discussing the good practice with FCP's primary target groups: GCPU (adult trainers and therapists);

propaganda.

Representatives of FCP and EF suggested that using the three sentences before any interview might help. The journalist thought that this would be too simple an instrument to use, but after a long discussion promised to reconsider.

During the Rugby meeting two individuals did not agree with one or more sentences. Interestingly enough, they were project teachers rather than local participants. The two who objected against the sentences defined their identities in terms more explicit in terms of ethnicity than the other participants. Maybe there is a correlation here.

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The instructor should then ask participants who find it hard to say a certain sentence or who disagree with a sentence to what identity label this applies most. They specifically ask whether this applies to ethnic identity labels. This way ethnic exclusiveness can be measured.

UM Gdansk (local government responsible for civil society and education); schools to train teachers and staff in parent contacts (IX LO, Gimnazjum nr.2 w Gdansku, STO, ZSO nr 2); WIS Gdynia (local government responsible for social innovation, especially concerning the activization of elderly citizens); journalists (to engage the general audience).

Implementation of the good practices at conferences to which FCP delegated instructors:

- The local Gdansk government

requested FCP and EF to implement good practices – among which Tat - at workshops to train PT teachers: Gdansk, PGE Arena (GCPU), 20.10: 8:30 – 12:50, 21.10.2014: 9:00 – 13:30 (120

The Polish good practice outcomes show that a minimum of group trust needs to be present for the sentences to be effective. Fither the trust is there from the outset – and then the sentences seem an adequate instrument to establish which negative strategies are present and how ethnically exclusive participants define themselves, or trust needs to be created after which the sentences trigger discussions in which the strategies and the measure of ethnic exclusivity bubble up.

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				participants); Gdansk (UM),	
				PGE Arena, 15.12.2014, 9:00 –	
				15:00 (120 participants);	
				Gdansk (UM), PGE Arena,	
				18.5.2015, 9:00 – 15:00 (88	
				participants);	
				- Cracow University requested	
				FCP and EF to implement good	
				practices – among which Tat:	
				25.9/ 26.9.2014: 9:00 – 15:00	
				(7 participants, 2 trainers);	
				- EF TAT conference in	
				Amsterdam, de Waag,	
				4.12.2014, 20:00 – 22:00 (38	
				present);	
				- Rugby TAT conference,	
				Warwickshire College,	
				15.5.2015, 13:00 – 16:00 2	
				workshops, in total (ar. 40	
				present).	
2	Who are you until	Anthony Giddens –	The good practice is simple. An	FCP, EF.	Adults in Poland and the
	now?	Modernity and Self-	instructor asks a participant face to face		Netherlands always in great
		Identity. 1991.	the question: Who are you until now.	TAT workshops in Poland on	majority followed the mold
		Zygmunt Bauman.	The question is asked by an instructor	(perceived) social exclusion –	of the first participant.
		Identity. 2004.	who gives full attention (see C2C).	together with partner EF in	Typically a first Polish adult
		Zygmunt Bauman.	When the question is answered the	Gdynia, UM WIS: 21.11.2014:	would state their age and





Liquid life. 2005. Zygmunt Bauman. Liquid times. 2007. Erving Goffman. The presentation of Self in everyday life. 1959. Erving Goffman. Frame analysis. 1975. Adrian Hart. That's racism. 2014. Dynamiczna Tozsamosc project. 2012. Dynamic Identity. 2012-2015.

instructor moves to the next participant and asks the same question.

Full attention means that no references to the previous Q&A are made. Nor any other references. The instructor implements intense listening, patience, good will, honesty and respect.

The theory behind this question is that, according to A.Giddens, we all have a default narration about ourselves available. This narration should be internally consistent and should exclude other narrations about one's self.

As we found in the project Dynamiczna Tozsamosc and later on in the project Dynamic Identity participants do not have a default narration prepared to answer our question: Who are you until now? Rather, participants seem to construct a narration semispontaneously on the spot, weighing what is being asked from them and

with senior citizens, 2 groups: 11:30 - 13:30 (8 participants, 6 trainers); 14:00 – 16:00 (8 participants, 6 trainers); with young adult trainers: 17:00 -19:00 (7 participants, 6 trainers) and in Gdynia, Wymiennikownia: 30.1.2015 with teachers and students (23 participants, 5 trainers). One trainer works at GCPU as therapist and was also trained at the workshops. Two Gdynia local government adult trainers were also trained at the workshops.

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- Teacher training: Gdansk,

profession, after which the vast majority of following participants would use this frame to answer the question.

This correlates with the fact that group pressure in Poland is high. There is a high degree of social control, a low level of trust and a high level of hierarchy present in Polish society. The good practice provided a great opportunity to reflect on these features as a first step to possibly overcome them. Therefore, it made sense to first implement this good practice and only later the Tat good practice and then the C2C good practice.

In Rotterdam and Rugby

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how earlier participants framed their answer. This is in line with the theories of Z.Bauman who states that in our times we do not try to build one, definite narration out of the puzzle pieces that make up who we are, but that we all the time reconfigure the puzzle pieces and fit them to the circumstances.

The aim of this good practice is to show that our identity narrations are constructs and thus are open to change. Our ethnic identities are constructs too.

After all participants have answered the same question individually, the instructor shows patterns in the answering. Mostly it will be the case that the first person takes the longest to answer. Applying Goffman's insights this would be because there is no apparent frame ready for this participant to build upon. There is no ready-made mould to model the

GCPU, 17.3.2014, 8:30 - 17:30 (9 participants, 2 trainers also training of GCPU and UM staff); Gdansk, STO, 24.04.2014, 13:30 - 17:00 (9 participants, 2 trainers – also training of GCPU staff); Gdansk, GCPU, 6.10.2014, 10:00 - 15:30 (9 participants, 3 trainers); 7.10.2014, 10:00 -15:30 (9 participants, 3 trainers – also training of GCPU staff); Gdansk, UM: 30.3, 13:00 – 15:00 (13 participants, 4 trainers); Gdansk, UM: 31.3, 13:00 -15:00 (19 participants, 4 trainers – also training of GCPU staff); - Parent training concerning

social exclusion: Gdansk, UM,

participants, 4 trainers – also

17:00 – 19:00 (17 participants,

31.3, 16:30-18;30 (8

training of GCPU staff);

Gdansk, GCPU: 19.6.2015,

less people followed the mold of the first participant answering. This enhances the conclusion that the good practice is a usable measurement to measure the strength of group pressure in a group of participants.

Ethnic identity labels were mentioned by a minority of adults in general and in Poland they were not mentioned at all. This is no surprise since in Poland a vast majority is etnically Polish.

As could have been predicted – see f.i. A.Hart - ethnicity was more often mentioned by British citizens than in Poland and the Netherlands. The reason for this probably being that in the UK

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answer after.

The second and following participants typically answer quicker. For them a mold does exist – the one created by the first participant.

If the participants have mostly or exclusively used the frame that was created by the first participant, it can be concluded that the participants are highly open to peer pressure.

A second element of analysis is self-reporting by the participants. Why did they select some identity characteristics (for instance: age, hobbies or roles they fulfill in life) and not others (for instance: ethnicity, current mood or occupation). By discussing why certain elements were selected and others weren't the importance of ethnic identity labels for the participants present can be established.

3 trainers – also training of GCPU staff)

Training and discussing the good practice with FCP's primary target groups: GCPU (adult trainers and therapists); UM Gdansk (local government responsible for civil society and education); schools to train teachers and staff in parent contacts (IX LO, Gimnazjum nr.2 w Gdansku, STO, ZSO nr 2); WIS Gdynia (local government responsible for social innovation. especially concerning the activization of elderly citizens); journalists (to engage the general audience).

Implementation of the good practices at conferences to which FCP delegated instructors:

- The local Gdansk government

ethnicity is highly political while in Poland and the Netherlands ethnicity is left to civil society. This means that the good practice could probably be considered to be a reliable instrument to establish the importance of ethnicity labels for the participants.

Self-reporting by the participants after the implementation of the good practice indicated that many considered this simple instrument to be very useful and very interesting although also confrontational.

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	among which Tat - at
	workshops to train PT
	teachers: Gdansk, PGE Arena
	(GCPU), 20.10: 8:30 – 12:50,
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	participants); Gdansk (UM),
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	workshops, in total (ar. 40





	1		T		T
				present).	
3	C2C (citizen to	Emmanuel Levinas.	From a group of participants pairs are	FCP, EF.	This good practice led to
	citizen)/ full attention	Totalite et Infini.	formed. Each pair consists of two		very interesting results in
		1961.	participants. The pairs will engage in a	TAT workshops in Poland on	Poland. While most
		Joshua Greene.	90 seconds dialogue. The subject of the	(perceived) social exclusion –	participants talked very
		Moral tribes. 2013.	dialogue is to be decided by the	together with partner EF in	general about the subject
		Leonard Mlodinow.	instructors.	Gdynia, UM WIS: 21.11.2014:	of (perceived) social
		Sublimal. 2012.	Next, the entire group is asked whether	with senior citizens, 2 groups:	exclusion before the good
		Timothy Wilson.	90 seconds is a short or a long time.	11:30 - 13:30 (8 participants, 6	practice, during they
		Strangers to	Then, the group is asked to stay silent	trainers); 14:00 – 16:00 (8	became very personal,
		ourselves. 2002.	and do nothing during 90 seconds to	participants, 6 trainers); with	open and honest. This is a
		Dynamiczna	experience 90 seconds intensively.	young adult trainers: 17:00 –	rare phenomenon in Polish
		Tozsamosc project.	The framework of the dialogue is then	19:00 (7 participants, 6	social life. Participants, be
		2013.	explained. One participant will ask the	trainers) and in Gdynia,	they young adult trainers,
			other participant about the established	Wymiennikownia: 30.1.2015	senior citizens or older
			theme. This is not an interview. The	with teachers and students (23	adult trainers – most of
			goal is to establish what the two	participants, 5 trainers). One	them engaged in intensive
			participants have in common and what	trainer works at GCPU as	listening while showing
			they do not have in common within 90	therapist and was also trained	patience, respect, good will
			seconds. Ten seconds before the end of	at the workshops. Two Gdynia	and honesty. None of the
			the 90 seconds the asking participant	local government adult	participants referred to
			receives a sign by the instructors that it	trainers were also trained at	earlier conversations in the
			is time to wrap up.	the workshops.	group or earlier C2C
			The instruments that are to be used in		dialogues.
			the dialogue are: intense listening,	Implementation of the good	
			patience, good will, honesty, respect.	practices at own meetings:	The main exception to this





The two participants draw straws – to decide who will ask and who will answer.

The participants are seated on chairs, facing each other. The other participants watch them from the side.

The good practice is based on E.Levinas assumption that when we open up to another person all external definitions disappear and a transcendent communication remains.

According to T.Wilson and L.Mlodinow our unconsciousness is the gathering place of prejudices. Wilson goes so far as to call the unconsciousness a second personality. According to J.Greene racism is a prejudice that has come late in the evolution of men. In the good practice it is tested how easy or hard it is to overcome prejudices during a dialogue with a stranger in a Levinasian setting.

To measure this ideally a therapist

- Conference E-LAB to train teachers and school staff: Gdansk, Ateneum, 9.10.2014, 12:00 – 16:00 (87 participants, 6 trainers – also training of GCPU staff);

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outcome were two academics, a university student and his teacher talking together and two boys actively engaged in a debating club. They all used professional tricks to keep a distance and posture themselves as professionals rather than as engaged private individuals. Therefore, it might be the case that this good practice works less effective, if at all, in case of hierarchical relationships or professional communicators.

C2C sessions between parents and their children who were perceived to be gaming too much – ranging in age from 6 to 21 – led to the realization by many parents that they did not

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instructor is present who analyzes the verbal but also the nonverbal communication of the two participants forming a dialogue pair for 90 seconds. In line with Mlodinow f.i. it is assumed that the vast majority of human meaning is constituted by nonverbal communication. The more the participants assume an open posture, engage in eye contact and bow towards each other the more open they are assumed to be. For verbal communication the criteria are: asking open questions rather than closed questions, asking neutral questions rather than leading questions, waiting for the other participant to finish their sentences, answering personally rather than generally, speaking in a thoughtful tone of voice, referring to the words of the other participant – all these are signs of assumed openness.

An additional way of assessing the effectiveness of the good practice is by asking participants to self-report.

- Parent training concerning social exclusion: Gdansk, UM, 31.3, 16:30-18;30 (8 participants, 4 trainers – also training of GCPU staff, light version); Gdansk, GCPU: 19.6.2015, 17:00 – 19:00 (17 participants, 3 trainers – also training of GCPU staff)

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understand the motivation of their children - and other children gaming - and that they never were really interested in the games the children played. One parent summarized the outcome for him as follows: "I am not entirely satisfied. I had expect to get instruments during the meeting to curb the gaming time of my children. And now I have to reflect on my behavior and on their behavior. But although this is not what I expected I very much want to do a next session with you all."

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	general audience).
An alternative, smaller version of this	
good practice is giving one's partner in	Implementation of the good
communication full attention: intense	practices at conferences to
listening, patience, good will, honesty,	which FCP delegated
respect and no references to others.	instructors:
	- The local Gdansk government
The aim of the good practice is to show	requested FCP and EF to
how to start a dialogue on (perceived)	implement good practices –
social exclusion.	among which Tat - at
	workshops to train PT
	teachers: Gdansk, PGE Arena
	(GCPU), 20.10: 8:30 – 12:50,
	21.10.2014: 9:00 – 13:30 (120
	participants); Gdansk (UM),
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	practices – among which Tat:
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	- EF TAT conference in





4	B.E.L.S. (Brain Essential Learning Steps)	A child's world: http://www.achild sworldcenters.com /curriculum.html; Edudemic: http://www.edudem ic.com/brain- essential-learning- steps/; Project Dynamiczna Tozsamosc 2014- 2016.	The good practice is a method to learn by experience. It is an interactive method designed to test out ideas. Originally B.E.L.S. consists of four steps: - Introduction - Brainstorming - Creation of a plan - Implementation of a plan. FCP and EF have added a fifth step to this method: evaluation. The following lifelong learning skills are developed by means of B.E.L.S.: Problem Solving Risk Taking Cooperative Learning Creativity	Amsterdam, de Waag, 4.12.2014, 20:00 – 22:00 (38 present); - Rugby TAT conference, Warwickshire College, 15.5.2015, 13:00 – 16:00 2 workshops, in total (ar. 40 present). FCP, EF. The good practice was implemented at conferences and meetings: - Gdansk, GCPU, 6.10.2014, 10:00 – 15:30 (9 participants, 3 trainers); 7.10.2014, 10:00 – 15:30 (9 participants, 3 trainers – also training of GCPU staff) - 20.10.2014, 8:30-12:50/ 21.10.2014: 9:00-13:30, Gdansk, PGE Arena: (120 attendees); - 28.1.2015, Gdansk, Gimnazjum nr 2: 13:35-15:15; - 24.4.2015, Gdansk: 11:45-	B.E.L.S. is a good practice to not just talk about a subject but to actively engage in creating a frame to experience a subject. Teachers and younger students were invited in Poland to create lesson plans for talking about (perceived) social exclusion, both for their target groups and among themselves. And to create lesson plans on other subjects too. What was interesting in comparing both age groups
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Cognitive ResponsibilitySystems

B.E.L.S. can be used as a method to think out new ways to talk about or experience (perceived) social exclusions, implement these new ways and evaluate them.

FCP has organized several sessions with adults training adults and within setting where adults were trained using this good practice to discuss the subject of (perceived) social exclusion.

12:30, Gimnazjum nr 2: - 18.5.2015, Gdansk, PGE Arena: 9:00 – 15:00 (88 attendees); is that youngsters wanted to create a lesson plan for a particular interest or challenge they had themselves while teachers, working in groups, tried to establish who had already implemented a policy that was effective to intervene in a situation of (perceived) social exclusion and then took this policy as their common central theme to which they added their expertise. Whereas youngsters tended to use general and abstract ideas, teachers - both adult and teaching youngsters – only referred to concrete situation with concrete individuals involved.

An interesting side effect of the good practice at Gimnazjum nr. 2 was that

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				after the implementation
				students started to really
				open up.
				The good practice was also
				used during an intervention
				to talk about conflicting
				social roles and conflict
				stemming from these that
				might lead to social
				exclusion. The collectively
				drafted lesson plan was to
				have a lesson analyzing the
				school regulation to
				understand school
				expectations of their
				students. The lesson is to
				lead to the drafting of a
				frame for a discussion with
				the school directors.
5	(Online)	An online questionnaire was created to	FCP	112 individuals filled out
	questionnaires	establish a frame for the Polish TAT		the questionnaire. That is a
		subject: the discussion on the Rainbow	The online questionnaire was	disappointing amount when
		installation in Warsaw, Poland.	published on May 5, 2014 on	compared to earlier FCP
			SurveyMonkey:	surveys and to the amount
		Indications of success are:	https://www.surveymonkey.c	of distribution that had





	- Amount of people who filled it out	om/r/VNWMTHV	taken place to promote the
	- Amount of reactions		survey: the city of Gdansk
	- Type of reactions (least interesting:	Offline: Gdansk (UM), PGE	had promoted the survey,
	likes; most interesting: long reflections)	Arena, 15.12.2014, 9:00 –	as well as GCPU and the
		15:00 (120 participants);	overarching facilitating
	Offline questionnaires were used to	Gdansk (UM), PGE Arena,	organization for Polish
	collect insights by PT teachers on how	18.5.2015, 9:00 – 15:00 (88	NGO's, ngo.pl and –
	to improve their situation of feeling	participants);	naturally – FCP itself.
	socially excluded.		
			No discussions took place
			online about the subject
			and there were no
			reactions.
			It might be concluded that
			this good practice is
			ineffective when
			concerning a sensitive
			subject (the subject
			polarizes Poland
			vehemently). The typical
			lack of trust in society
			probably does not promote
			sharing one's reflections on
			sensitive subjects. Rather
			do people comment





		aggressively on news
		articles or among
		themselves on social media.
		It is not quite clear how to
		react to these kinds of
		online discussions, taking
		the outcome of the Dutch
		good practice on online
		intervention into account.
		The offline questionnaires
		worked very well. All
		teachers present at the two
		sessions filled them out at
		two levels: individually and
		in groups. The
		questionnaires are a grave
		instrument for Gdansk city
		hall to collect grievances
		that are to steer them in
		creating better
		communication conditions
		with their target group.



