



# Stand in Someone Else's Shoes



**Stand in Someone Else's Shoes is a workshop designed to develop empathy and understanding in order to reduce aggression and increase cooperation between individuals.**

## **Goal**

- Improve our ability to deal with unpleasant situations
- Develop empathy
- Encourage personal growth

## **Reflection**

- After each story there will be time for discussion
- We will talk about our experiences, what we take away and how we feel.
- This will help us process our feelings and reinforce the positive aspects of the experience.

# Workshop rules



## Respect and empathy

- Respect and empathy will be very important in the next few moments. We will be supportive and respectful of each other.

## A safe word

- We will learn a "safe word" that each of us can use if we feel too uncomfortable and want to stop or change the subject.

## Voluntary

- We have the option to withdraw or not participate at any time if we do not feel comfortable in a situation.

## Support

- We will choose a place to go when we feel uncomfortable and where we will be supported.

# Oskar



My name is Oskar, I'm 20 years old and I have autism. I like maths, I've been doing it since I was a child. I've always wanted to go to university, but I've always been afraid of it. I'm different and that's always attracted attention that I didn't want. People are too loud, I want to be quiet. I don't like working in groups. Sometimes I have trouble expressing myself, I often don't understand what people around me are laughing at, so I prefer to be alone.

- How did you get into college?!
- Are you sick or just plain stupid?!
- Don't explain it to him. It doesn't matter.
- Are you going to chew yourself out today?
- We don't want him in the group!
- Are you legally competent?
- Autism, it's so fashionable these days, isn't it? (*academic*)
- Are you able to do this? Or is it beyond your means, according to the recommendation? (*academic*)
- It's your excuses again, trying to get away with it! (*academic*)
- That asshole again!
- We won't work with him!
- Idiots like you should be locked up somewhere!
- Do you even speak Czech?
- Just because of you I have to stay here half as long again! (*academic*)
- Can I ask you something? Or should I just tolerate you? (*academic*)
- If you think I'll let you finish your studies, you're very wrong! I don't care about any recommendations from the counseling office! You have no business here! (*academic*)

# Pavĺina

My name is Pavĺina, I am 27 years old and I am a PhD student at the university. I enjoy my work and I was looking forward to it, but I expected to be able to develop under the guidance of an experienced supervisor and to participate in the running and development of the faculty. Instead, all I do is follow instructions, take unreasonable criticism, do activities the professors don't want me to do, and listen to people at least look at me nicely.



- Don't you have that high-neck blouse today? That's a shame!
- I don't care what you think!
- Do as I say!
- You can't be serious, can you?
- You want to give me advice?
- I don't care how many hours you spend on it, just do it!
- Sit across from me so I can admire your beautiful legs!
- Are you illiterate!?
- A small child would understand that, so why not you!
- You could handle it!
- Science is just beyond your intellectual capacity!
- Wouldn't you rather have children?
- It's a good thing you're so pretty, otherwise you'd be useless!
- Why don't you shut up? Can't you even talk?
- You did it? Someone gave you advice and helped you, didn't they?
- Your hair looks nice today, I'll be nice to you!
- Women like you have it easy in life. You just smile and you're done! So why do you want to be a doctor?

# Dalen

My name is Dalen, I am 35 years old and I am Kazakh. I'm currently doing an internship at a university in the Czech Republic. It was the wish of my home university. It expects me to improve my professional knowledge and skills in the Czech Republic and to take part in important scientific research, the results of which I will then present in Kazakhstan. I was not happy at first, but now I am beginning to understand and accept Czech society and culture. But will the Czechs ever accept me?



- Go back to the forest!
- You're taking our jobs!
- I don't understand, speak Czech!
- You stink, like all Ukrainians!
- I have lower social benefits for you!
- You're rapists from the steppes!
- Asian vermin!
- You have no right to tell us anything!
- Because of you, there are no vacancies in universities for us, for Czechs!
- Go back to your yurt and don't come out again!
- You'll drink yourself to death!
- You're as drunk as every fucking Russian!
- You have no right to be here!
- We're in debt because of you!

**Thank you  
for your  
attention!**

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