

KNOW YOUR RIGHTS

(2019-1-IS01-KA204-051136)



102: CURRICUM AND TRAINING PROGRAM

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INTRODUCTION: HOW TO BECOME A GOOD PEER TRAINER

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: TWO TRUTHS AND A LIE

Goal: To break the ice between the group members at the beginning of the training session to improve the atmosphere within the classroom.

Instructions:

1. Inform participants they should introduce themselves to each other, telling two real things or events about themselves and a fake one.
2. Ask for a volunteer to start sharing his/her two truths and one lie with the group.
3. From left to right, each participant is asked for saying which one they think the lie is, and then the volunteer must tell them which of the three sentences is in fact the lie, and if he/she wants, he/she can explain the truths in more detail.
4. The game continues until all participants have told their two truths and their lie.

Duration: 30´

Activity 2. ANIMAL RODEO

Goal: Activation of the group at the beginning of the second phase of the training session in order to recover an adequate dynamic and an optimal atmosphere within the classroom.

Instructions:

1. Ask the group members for, in silence, thinking about their favorite animal.
2. Next, ask the group members for, without speaking, positioning themselves from the largest animal to the smallest. Group members can make gestures and animal noises only.
3. After that, ask them for mentioning which animal they were and see if they positioned themselves correctly.

Duration: 15´



UNIT 1: TRADE UNIONS AND OTHER SUPPORT ORGANIZATION

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: NEWS ON TRADE UNIONS AND THE RIGHTS OF MIGRANT WORKERS

Goal: To know and analyze a news published on newspapers, media or internet about the role of trade unions in the defense of migrant workers' rights.

Instructions:

1. Ask the participants for reading the news carefully.
2. Each participant must write down those aspects related to the topic discussed in this section.
3. Each participant should write a short opinion about the role of unions.

Duration: 15´

Activity 2. DEBATE

Goal: To express and debate about the role and importance of unions in the defense of workers' labor rights.

Instructions:

1. Ask for a volunteer to share with the group his/her opinion on the role of unions.
2. The rest of the participants must express, freely, their opinion, whether they agree or disagree.
3. Continue asking each participant if you notice that they have not yet expressed their opinion.

Duration: 15´



UNIT 2: EMPLOYMENT CONTRACTS

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: KNOWING AN EMPLOYMENT CONTRACT

Goal: To familiarize the participants with the reading of an employment contract.

Instructions:

1. Each participant receives a copy of an employment contract (here you can put the link to a model).
2. Ask each participant for checking that all the fields mentioned above are in the document.
3. Ask the participants for trying to fill the document as if they were the employer.

Duration: 20´

Activity 2. DEBATE

Goal: To share and resolve with the group the doubts and difficulties found in understanding an employment contract.

Instructions:

1. Ask a volunteer for sharing with the group his/her doubts and difficulties related to the employment contract.
2. The rest of the participants are asked for sharing, freely, their doubts or helping other colleagues to solve them.
3. Continue asking each participant if you notice they have not yet expressed their doubts.

Duration: 10´



UNIT 3: MINIMUM WAGES, TAXES AND PAYROLL EXPENSES

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: UNDERSTANDING A PAYROLL

Goal: Participants get to know how to read a payroll and understand if it is complete and okay.

Instructions:

1. Provide participants with a payroll model without amounts (You can add here a link to a model document) and give them only the amounts of the different parts and deductions.
2. Ask the participants for doing the calculations and fill in the fields of each payroll part. (for example, Total Accrued, Total Deductions, Total Cash Receivable... etc.).

Duration: 20´

Activity 2. DEBATE IN GROUP

Goal: To share and resolve with the group the doubts and difficulties found in reading and calculating a payroll.

Instructions:

1. Ask the following questions and let the participants give their opinions freely:
 - Do you already know how to read and calculate your payroll?
 - Do you have any questions or are there parts that you don't understand?
 - Do you see differences between what is calculated here and your payroll?

Duration: 10´



UNIT 4: WORKING CONDITIONS AND SECURITY STANDARDS

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: TEST OF WORK ENVIRONMENT

Goal: To analyze a questionnaire to measure the work environment and understand the most important aspects to take into account in relation to this.

Instructions:

1. Give each participant the example of a work environment survey (you can add here a link to a model document).
2. Ask the participants for reading it carefully, and even fill it in to compare results.

Duration: 10´

Activity 2. DEBATE IN GROUP

Goal: To discuss with the group the most relevant aspects to take into account when analyzing working conditions and the working environment.

Instructions:

1. Ask the following questions and let the participants give their opinions freely
 - What aspects have caught your attention the most?
 - Do you consider that your work environment is adequate and meets the appropriate quality and safety requirements?
 - What do you think could be done to improve working conditions and the working environment in your work environment?

Duration: 20´



UNIT 5: HEALTH CARE AND INSURANCE

PROPOSED PRACTICAL ACTIVITIES:

Activity 1: TESTIMONIES

Goal: Participants get to know different experiences and ways of acting for face health care problems.

Instructions:

1. Provide the participants videos (or interviews, or news...) with real testimonies of migrants where they talk about their experiences in health situations.

For example, in this Spanish YouTube channel, there are some videos with subtitles in which we can see real experiences.

<https://youtu.be/wchjXMizz4o>

<https://youtu.be/6lw0HRxCNaA?list=PLXPK1-jJZbABEundvZR9ZtBgdy4nMG1Dq>

2. Ask the participants for watching the videos.

Duration: 10´

Activity 2. DEBATE IN GROUP

Goal: To share and resolve doubts and impressions with the group after watching the videos with real testimonials.

Instructions:

1. Ask the following questions and let the participants give their opinions freely

- Do you know a similar case?
- Do you know if it was resolved?
- What would you do in that situation?

Duration: 20´



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