

EXERCISE NO. 2

Taking orders



The point of this exercise:

To help you understand the stress that a refugee feels during his or her flight and to make you aware of the stress that your actions and attitudes may provoke among the players during the simulation game.

- Imagine that you are deprived of your autonomy. Your right to come and go, and to take care of your most basic needs, are all subject to someone else's authorisation (standing up, walking, going to the toilet, drinking, eating, talking, etc.).
- Try to feel what it might be like to be restricted in this way. Imagine how you would react. Not only has your freedom been taken away but people are constantly giving you orders, making you work, pushing you around, and no one listens to you.