



Session 7: Reflection on the visit to Auschwitz

Time and Place	31th July, 45-60 minutes Place: in the forest next to the Crematorium 5 in Birkenau
Thematic focus	Focus to process and express emotions, to create a space for anger, tears, questions, spirituality and meaning. The main aim of the session is to work with the emotions with a special sensitivity, to humanize the experience by having a moment to escape from the machinery of the place/event and to find meaning in the things we have seen through our free expression.
Main objectives	<ul style="list-style-type: none"> • Open the possibility to talk, to share feelings and thoughts, to express perplexity and to humanize the experience; • Create a space for self-reflection and analysis; • Offer emotional support to the people after the experience; • Symbolically close the visit in a meaningful way.
Programme flow, timing	<p>Step 1 (20-30 minutes) Choosing a word and sharing feelings. We will provide the participants with a pool of words/emotions and ask them to pick one and share it with the group. (<i>Alternatively we will ask the participants to write down their own words</i>).</p> <p>Time for sharing and clarify their own feelings to themselves is the most important in the first part of the exercise (sampler of pool of words attached in the Dropbox).</p> <p>Step 2 (15 minutes) Composing a small Haiku poem. After sharing their words, the participants are asked to write a Haiku poem with the word they have chosen if they feel comfortable with it. Alternatively participants can write small free lines or draw on pre-prepared cards.</p> <p>Step 3 (5 minutes) Presenting the Poem to the Tree of Life The group (always just one of the DHNB groups at a time) will make a circle around a "Tree of Life". We will ask the participants to put their poems (or thoughts on cards) on the Tree of Life and to remember this moment.</p> <p>Step 4: (5 minutes) Closing The group (still in a circle) hold hands to commit to remember. We ask them to bring home with them the words they wrote in a mental picture. The facilitator can say a few words to close the day, or maybe the group wants to sing a song or read one poem together.</p>
Needed materials	Pool of words, pencils, paper to write, Tree of Life (symbolic tree is built by DHNB)
Notes for facilitators	The reflection is time to close the visit but not the experience. If participants do not want to share they should be respected and we should be extra sensitive with them, they should not be pushed to talk. Be careful with timing. After the whole day visit, a reflection of more than 45 minutes might be contra-productive. Use the presence of 2 facilitators for extra support.