

Mental Time Travel at Freedom Park

Goal

Through artistic expression and spirituality reflect on challenges and problems in the community, to communicate dreams and hopes for the future, and find ways forward.

Specific

The problems/challenges are various problems of today and their historical causes, but it could also be a particular problematic event from the liberation struggle in the local community, that needs to be reconciled.

How to do it

The challenges/ problems, dreams and hopes will be expressed at Uitspanlek; the challenges/problems will be mentioned and left at the Isivivane and the way forward addressed at the Lekogtla.

The first example is Salvokop community

Preparations

The learners/community is prepared by recognizing and realizing the historical structure and recent history of their community. Freedom Park staff will bring the historical knowledge, causes and effects, in a document and/or by visiting the school class.

If there is a single event that needs to be reconciled this will be agreed upon between the school/ community and Freedom Park and historical knowledge will be handed over.

The learners and the community people come prepared for the Time Travel event at Freedom Park. Especially if it is a particular story in focus, there could be photos, news clips, items connected to the incidence.

Key Questions

- Challenges and problems in the community
- Dreams and hopes for the future
- My own responsibility for the way forward

Time Travel program

1. Introduction, Uitspanlek, 20 min

The group gathers at Uitspanlek, short presentations and background (5 min)

When focusing on Salvokop, view the area and the physical features of today and the past (5 min)

Take on symbols of the program, a T-shirt, a badge; The rules of the Time Travel event are mentioned

2. Remember and communicate, problems and dreams, Uitspanlek, 60 min

Expressing challenges/problems in the own community, presenting hopes and dreams or Remembering and expressing the historic problematic event from the struggle

The program starts with a short story giving a clear moral, connected to the program, maybe a song as well. This is the initiation ceremony of the program. (4 min)

The learners and adults are divided into four groups/ activities, expressing challenges and dreams or the story/problem from the community, one leader in each group (45 minutes)

- Visual artists: Make illustrations/ symbols on big paper sheets
- Spoken word artists: Chanting/ poetry/ rap/ prayers

- Song and dance artists: Songs and dances
- Politicians: written words and speeches

Each group starts with identifying the problems of today and the hopes (5-10 years from now) and put it on paper. After that they decide how to express it in an image, in a poem/prayer, in a song/ dance or a speech.

Performance (15 min)

The problems/challenges and dreams are presented by the participants in illustrations, poems, rap, prayer, speeches, songs and dances. (15 minutes)

The group walks to the Isivivane in a respectful way, before the walk the protocol of the Isivivane is clarified, 10 min

3. Cleansing and healing ceremony, reconciliation, Isivivane, 15 min

Just before the Isivivane everybody start singing Senzeni or similar song. At the Isivivane the rules of the place are repeated; everybody takes part in the ceremony; the shoes are taken off. When everybody is ready, the participants walk together to the Isivivane, either singing or in complete silence, stand in a circle around the Lesaka holding hands.

The healing ceremony includes: a/presenting the problem to the ancestors/spirits/gods by the leader; b/ 4-5 participants say a poem, short speech, illustration, prayer; c/the leader summarizes, say that they bring and leave the problems/problematic event here, in order to reconcile; d/ the words/promise is sealed by holding hands, maybe lifting them high and a moment of silence. End with a common song

4. Way forward, the future, Lekogtla, 15 min

The group sits down at the Lekogtla and discusses what they as individuals and a group will bring back to the community to contribute to the healing and to make the dreams come true. Start with two-and-two reflections on small practical, realistic things each one can do. Then talk together, my own responsibility

A short moral/story is the ending ceremony and maybe also a song (3 min)

The group walks to Uitspanlek for a short evaluation.

Time Plan

08.00 Preparation of the site

08.30 Gathering at Uitspanlek

09.00 Welcome, introduction, presentation, background

09.20 Story teller initiation

09.25 Artistic activities in four groups

10.10 Performance, poems, songs, speeches, illustrations etc

10.25 Walk to the Isivivane

10.35 Healing ceremony at Isivivane

10.50 Discussion the way forward at the Lekogtla

11.05 Story, song

11.10 Walk back to Uitspanlek, short evaluation

11.30 End

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Ebbe Westergren, Kalmar läns museum/ Bridging Ages

Jabulani Phelago, Freedom Park