

**Against racism and sexism.  
Sharing experiences. Fight back together.**

## How To Tandem

### How does a tandem work at Speak Out?

- A tandem has 2 people. That means: both talk and both listen.
- You meet at least three times, maybe four. For about 1.5 or 2 hours.
- At the first meeting you will exchange your experiences. Your biographies are the focus of the meeting.
- The second (and maybe a third) meeting is about racism and sexism and the connection between the two. You will exchange your thoughts, e.g. about what should change, how you defend and protect yourselves, what you wish for.
- In the last session you will sum up and make a first statement: this can be a text, a list of demands, pictures, a short piece to listen to or something completely different.

### How do I find my tandem partner?

- The first option is to choose a partner you already know. A friend, colleague, relative or a very specific woman you have in mind. The important thing is that you are fine with your choice.
- A second possibility is that you are open to meet new people from other cultures, religions or places in the world. Or maybe you prefer to meet someone new.
- For that, there is our Speak Out! Meeting at the Feminist Center\*. We meet monthly, on a Friday at 6pm. There we exchange ideas, get to know each other better, clarify questions and develop ideas. And it's the perfect place to find a tandem partner. Current dates can be found here: <https://heridea.de/>
- The third option is to ask us as the project team if we can recommend a partner. Then we will give you the contact details - provided of course that you both agree. Everything else will be your turn: you will arrange a first meeting and see how you come on together.

### How can we start our tandem?

- A tandem is based on a dialogue, you will exchange ideas with each other. So you can just start spontaneously and it doesn't matter which one of you starts. The beginning can be a question or a story. The important thing is that you give and take enough time for each other: for telling and for listening.
- The tandem is yours: what you will tell each other is not meant for the public. Your notes and protocols also remain with you. Only at the end of your tandem you will decide how you want to make a first public statement on the topic of racism and sexism.

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## Anything else?

- Maybe you fancy the idea to record your conversation. You can do that easily, with your smartphone. These recordings stay with you. You can use them privately or for your Speak out! productions. That's up to you. Tips for recording with your smartphone can be found here: <https://heridea.de/how-to-speak-out/>
- In a tandem, questions usually just develop by themselves, in the course of the dialogue. But you can also agree to prepare questions for your first meeting. For example, think of a nice first question for your partner. These can be very simple questions, for example about something that really interests you: Have you lived in Freiburg for a long time? Where do you work? How come you engage yourself in Speak Out? For your support, there are also worksheets to collect questions and topics at: <https://heridea.de/how-to-speak-out/>
- In your dialogue you will explore different forms and aspects of racism and sexism.
  - Where and how have we experienced and do we experience racism?
  - How and where are we discriminated against because of our gender?
  - How does racism and sexism limit us?
  - Where and how are we attacked?
  - What annoys me and us?
  - How do we protect ourselves against it?
  - How do we defend ourselves and fight for our rights?
- Maybe you or your partner do not have your own experiences with racism. In that case, experiences of others you know can be a starting point for the exchange.
- Racism and sexism is not only present in Germany, perhaps you have also experienced it in your home country or elsewhere - and that would be another aspect of your exchange.
- In your tandem there is also room to discuss the causes of racism and sexism or to look for solutions and possibilities to change something. For yourselves and others, and also for society and democratic progress. You will talk about these issues especially in your further tandem appointments. And we will also exchange views and ideas at the monthly meetings at the Feminist Center\*.

\*The Feminist Center is located on the Grethergelände, near the main train station, at Faulerstraße 20, Freiburg. You can enter via Faulerstraße. Near to the end via Schnewlinstraße you cross a little passway over the creek (at the kindergarten). After the archway, you'll find fz\* on the left. Or you can come via Adlerstraße, at the cul de sac you turn left into the big courtyard. At the end of the yard, next to "rasthaus", you'll see fz\* on your right.