

VR4 EMPATHY

BOOKLET

Lesson plans and VR videos for the classroom

Co-funded by
the European Union

8

lesson plans
ready for the classroom

10

VR videos in EN · PT · EL · SL

The project and the booklet

VR4Empathy - Using virtual reality for inclusive and action-oriented empathy in schools - develops VR-based educational resources for upper-secondary students in Slovenia, Portugal and Greece.

HOW TO USE THIS HANDBOOK

- Open a lesson's **overview page** - theme, subjects, global objective, duration.
- Go to its **video page** and pick the VR film in your class's language.
- Teach the lessons in **any order**, alone or as a sequence.
- One set of **goggles per group** is enough - students rotate.

Themes	European citizenship and diversity European historical facts European social common values
Topics	Migration & multiculturalism Refugees in WWII Biodiversity & sustainability Art through time Democracy & digital literacy
Methodologies	VR immersion, then guided reflection Collaborative inquiry Perspective-taking and role play World Café and debate
Lessons' duration	90 minutes, adaptable to 45
Languages	English · Português · Ελληνικά · Slovenščina

The eight lesson plans

#	LESSON	THEME	SPECIFIC THEME	VR VIDEOS
01	Multiculturalism in the European Union	Citizenship & diversity	Migration	New Homes, New Cultures A New Home for Refugee Children
02	Heroes of Humanity	Citizenship · History · Values	Refugees in WWII	Brave Hearts
03	From Displacement to Belonging	Citizenship · History · Values	Refugees in WWII	A New Beginning
04	The impact of climate change on European biodiversity	Social common values	Biodiversity	4 Seasons
05	Being an artist and a creator	Citizenship · History	Art through time	Little Big World
06	Values for sustainability	Social common values	Sustainability	4 Seasons Making Memories REgeneration
07	Voices and spaces of democracy	Citizenship · History	Democracy	Spaces of Democracy
08	Digital literacy and safety in the digital age	Citizenship & diversity	Digital literacy	Romeo and Juliet

01 LESSON PLAN

Multiculturalism in the European Union

THEME

European Citizenship and Diversity

SPECIFIC THEME

Migration

COMMON SUBJECTS

History · Geography · Citizenship / Social and Civic Education

GLOBAL OBJECTIVE

Understand the causes and consequences of migration in the European context, develop empathy towards the lived experience of migrants and refugees, and recognise their contribution to economic and social life.

DURATION

90 minutes

TYPE OF ACTIVITIES

Word association · Research in groups · VR experience · Perspective-taking with a guest · Letter writing and exhibition

VR VIDEOS

New Homes, New Cultures, New Identities · A New Home for Refugee Children

01 VR videos · Multiculturalism in the European Union



New Homes, New Cultures, New Identities

Context: Greece · 4–6 minutes · 360º

EN PT EL SL



A New Home for Refugee Children

Context: Greece · 4–6 minutes · 360º

EN PT EL SL

IN THE LESSON

The teacher introduces the theme with one of the two films - there is not time for both in a single lesson. The first shows arrival and settling into a new culture, the second the experience of unaccompanied refugee children; either one opens the group discussion.

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02

LESSON PLAN

Heroes of Humanity

THEME

European Citizenship and Diversity · Historical Facts · Social Common Values

SPECIFIC THEME

Refugees during the Second World War

COMMON SUBJECTS

History · Geography · Citizenship / Social and Civic Education

GLOBAL OBJECTIVE

Learn about the Righteous Among the Nations - the people who risked their lives to rescue others during the Second World War - and use their moral dilemmas to reflect on personal values, difference and diversity.

DURATION

90 minutes

TYPE OF ACTIVITIES

The line of choices · Reflection on moral dilemmas · VR experience · Collaborative decision-making · Guided discussion

VR VIDEO

Brave Hearts

02 VR video · Heroes of Humanity



Brave Hearts

EN PT EL SL

IN THE LESSON

The video follows Aristides de Sousa Mendes, the Portuguese consul who issued visas against his government's orders and is honoured by Yad Vashem as Righteous Among the Nations. Students watch it after the line-of-choices exercise, then look for other Righteous Among the Nations from their own country.

Context: Portugal · 4–6 minutes · 360º

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03 LESSON PLAN
From Displacement to Belonging

THEME

European Citizenship and Diversity · Historical Facts · Social Common Values

SPECIFIC THEME

Refugees during the Second World War

COMMON SUBJECTS

History

Citizenship / Social and Civic Education

Sociology

GLOBAL OBJECTIVE

Build knowledge about the people who fled Nazi persecution and those who rescued them, and give visual form to what displacement and belonging meant - and still mean - for them.

DURATION

90 minutes

TYPE OF ACTIVITIES

Brainstorming · Research and five-minute pitch · VR experience · Collaborative problem-solving · Zine making

VR VIDEO

A New Beginning

03 VR video · From Displacement to Belonging



A New Beginning

EN PT EL SL

IN THE LESSON

The lesson opens with a brainstorm on the concept of “refugee”. Students then research a refugee of the Second World War, watch the video, and turn what they found into a zine - a short, hand-made publication that carries the story beyond the classroom.

Context: Portugal · 4–6 minutes · 360º

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04

LESSON PLAN

The impact of climate change on European biodiversity

THEME

European Social Common Values

SPECIFIC THEME

Biodiversity - preserving the four seasons

COMMON SUBJECTS

Biology | Geography | Chemistry

GLOBAL OBJECTIVE

Understand how climate change and the loss of biodiversity affect European ecosystems, economies and communities, and propose realistic measures to mitigate and adapt to them.

DURATION

90 minutes

TYPE OF ACTIVITIES

World Café with six rotating stations · Hands-on tasks · VR experience · Guided discussion · Critical reflection

VR VIDEO

4 Seasons

04 VR video · Climate change and biodiversity



4 Seasons

EN PT EL SL

IN THE LESSON

The VR film is one of six rotating stations. The teacher supervises this station in person; at the other five, a student volunteer records the group's findings. The film shows a Slovenian landscape across the four seasons and opens the reflection on what a warming climate takes away.

Context: Slovenia · 4–6 minutes · 360º · also used in lesson 06

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05

LESSON PLAN

Being an artist and a creator

THEME

European Citizenship and Diversity · European Historical Facts

SPECIFIC THEME

A journey through time: the art

COMMON SUBJECTS

- History
- Art / History of Culture and the Arts
- Citizenship / Social and Civic Education

GLOBAL OBJECTIVE

Understand how dictatorships, war and censorship shaped artistic creation in Europe, and value cultural diversity and the preservation of artistic heritage as part of a shared identity.

DURATION

90 minutes

TYPE OF ACTIVITIES

Brainstorming · Research-based group pitch · VR experience · Zine or mural · Critical reflection

VR VIDEO

Little Big World

05 VR video · Being an artist and a creator



Little Big World

EN PT EL SL

IN THE LESSON

Groups research an artist or an event under a dictatorship and pitch their findings; the VR experience then places students inside the work of a creator, before the class builds a collective zine or mural.

Context: Portugal · 4–6 minutes · 360º

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06 LESSON PLAN
Values for sustainability

THEME

European Social Common Values

SPECIFIC THEME

Sustainability as a model of economic and social organisation

COMMON SUBJECTS

Biology · Geography · Economics

GLOBAL OBJECTIVE

Build an interdisciplinary understanding of sustainability that goes beyond caring for resources - emphasising connection, co-creation and collaboration - and recognise it as a responsibility shared by the whole global community.

DURATION

90 minutes

TYPE OF ACTIVITIES

Stations method · World Café · Inquiry-based learning · VR experience · Collaborative problem-solving · Creative expression

VR VIDEOS

4 Seasons · Making Memories, Creating Future · REgeneration

06 VR videos · Values for sustainability



4 Seasons

Context: Slovenia · 4–6 minutes · 360º · also used in lesson 04

EN PT EL SL



Making Memories, Creating Future

Context: Slovenia · 4–6 minutes · 360º

EN PT EL SL



REgeneration — The Real Salt of the Earth

Context: Slovenia · 4–6 minutes · 360º

EN PT EL SL

IN THE LESSON

One video per station: groups rotate through the three films and bring their notes back to a World Café on what sustainability asks of them.

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07

LESSON PLAN

Voices and spaces of democracy

THEME

European Citizenship and Diversity · European Historical Facts

SPECIFIC THEME

Democracy

COMMON SUBJECTS

History

Citizenship / Social and Civic Education

Sociology

GLOBAL OBJECTIVE

Analyse the democratic experience of fifth-century-BCE Athens and its limits, follow it through to today's European institutions, and reflect on the value of taking part in democratic life.

DURATION

90 minutes

TYPE OF ACTIVITIES

The democracy mural · Guided discussion · VR experience · Perspective-taking · Collaborative decision-making

VR VIDEO

Spaces of Democracy: past and present

07 VR video · Voices and spaces of democracy



Spaces of Democracy: past and present

EN PT EL SL

IN THE LESSON

After the democracy mural, students enter the places where democracy was and is exercised - from the Athenian assembly to contemporary European institutions - and debate what has changed and what has not.

Context: Portugal and Greece · 4–6 minutes · 360º

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08

LESSON PLAN

Digital literacy and safety in the digital age

THEME

European Citizenship and Diversity

SPECIFIC THEME

Digital literacy and safety

COMMON SUBJECTS

Sociology · Psychology · Computer Science

GLOBAL OBJECTIVE

Understand how information is received, interpreted and reconstructed, recognise the dangers of disinformation for society, and develop cognitive empathy and effective communication in digital life.

DURATION

90 minutes

TYPE OF ACTIVITIES

Five group tasks · Spyfall game · Stroop test · Sensory-based task · VR experience · Collaborative problem-solving

VR VIDEO

Romeo and Juliet 5G

08 VR video · Digital literacy and safety



Romeo and Juliet 5G

EN PT EL SL

IN THE LESSON

Each group of five sees only part of the story. The film works as a metaphor for partial information: what students reconstruct together afterwards is never quite what any of them saw alone.

Context: Slovenia · 4–6 minutes · 360º

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The partnership

INOVA+
Portugal · Coordinator

EduQA – Instituto de Educação, Qualidade e Avaliação, I.P.
Portugal

University of Ljubljana, Faculty of Theology
Slovenia

Ministry of Education, Science and Youth
Slovenia

Hellenic Institute of Educational Policy
Greece

University of the Peloponnese
Greece

Khora Virtual Reality
Denmark

FOLLOW THE PROJECT

virtualreality4empathy.eu

YouTube · @VR4Empathyproject

LinkedIn · VR4Empathy

Where to find everything

VR resources page

Handbook, booklets and all ten videos, in four languages.

virtualreality4empathy.eu

YouTube channel

The 360º films, ready to cast to the goggles.

@VR4Empathyproject

Full handbook

The eight lesson plans in detail, with handouts and annexes.

EN PT EL SL

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency. Neither the European Union nor the granting authority can be held responsible for them. Project Number 101132844.