



# Activity, Sport and Play for the Inclusion of Refugees in Europe

## Practical exercise “Guide me blindly”



### Playing field 5

Cultural diversity in sport.



### Duration

45 minutes



### Material

Blindfolds or bandages



### Group Size

Any



### Aim

To strengthen trust, sensibility and the promotion of empathy



### Age

8+



### Source

Qualification measure  
"Fit for Diversity" of "Integration  
through Sport  
programme"/DOSB [www.integration.dosb.de](http://www.integration.dosb.de)

## 1. Information

Trust is connected to power and the absence of it. The idea of this exercise is to observe how the partners treat each other. After the activity, it is also interesting to discuss with participants the role of power in their daily life and what kind of different and culture- bounded strategies they use to manage this.

## 2. Description

The facilitator divides the entire group into pairs. The person without the blindfold guides their partner through the sports hall. At the beginning, body contact is allowed and the route is clear. Later in the game, guidance should be non-contact and verbal only. Sports equipment can be introduced as obstacles. Players then take turns to be blindfolded.

## 3. Adaptations

## 4. Evaluation / Debriefing

At the end of this session, the facilitator should seek feedback from the group on what happened and how the participants felt.

### Key questions that could be asked are:

- How did you feel playing this?
- What was easier/ more comfortable – to guide or to be guided?
- How did you communicate?



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