



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



Playing field 5

Cultural diversity in sport



Duration

25 minutes



Material

Small 'post-it' notes or pieces of paper, numbered 1 up to the number of participants



Group Size

5+



Aim

To raise awareness of non verbal communication, co- operation and the importance of paying attention



Age

12+



Source

Qualification measure "Fit for Diversity" of "Integration through Sport programme"/DOSB www.integration.dosb.de

Practical exercise "Hunting"

1. Information

Non-verbal communication is an important part of mutual understanding. This exercise demonstrates the importance of reflecting on the consequences of different interpretations of non- verbal signs. For example, different non-verbal signs have different meanings in different countries: eye contact, distance, facial expression etc.

2. Description

At the beginning, each participant gets a piece of paper with a number on it. S/he is not allowed to show it to anyone. The facilitator can also join in the game.

The group forms a circle. One volunteer from the group stands in the middle of the circle and starts the game. S/he shouts two numbers (e.g. 001 and 007). The two people with these numbers have to find each other and make a sign without anyone noticing (especially the volunteer in the middle). Then these two people have to swop seats quickly.

The volunteer should try and notice who they are and when they change seats s/he should try and steal one of the seats so that there is a new person in the middle. This person then calls out two numbers.



Supported by the European State Lotteries and Toto Association

Co-funded by the Erasmus+ Programme of the European Union





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



Playing field 5

Cultural diversity in sport



Duration

25 minutes



Material

Small 'post-it' notes or pieces of paper, numbered 1 up to the number of participants



Group Size

5+



Aim

To raise awareness of non verbal communication, co- operation and the importance of paying attention



Age

12+



Source

Qualification measure "Fit for Diversity" of "Integration through Sport programme"/DOSB www.integration.dosb.de

Practical exercise "Hunting"

3. Adaptations

Possible variation for a more advanced level is to make the circle smaller, to blindfold the eyes of the person in the middle so that s/he has to find out who is changing seats simply by listening. For groups with multiple languages, the numbers should be called out in all different languages

4. Evaluation / Debriefing

At the end of this session, seek feedback from the group about their experience.

Use the following questions to facilitate a discussion:

1. How did you feel playing this?
2. How did you recognise who is your partner?
3. How did you communicate?
4. How did you decide when was the best moment to switch seats?
5. How did the volunteer feel to be in the middle?.



Supported by the European State Lotteries and Toto Association

Co-funded by the Erasmus+ Programme of the European Union



caritas akademie
www.caritasakademie.at



Riksidrottsförbundet

