



Service Civil International
Deutscher Zweig e.V.



GAMES and Exercises

International Workcamps and Seminars

Games and Exercises



International Workcamps and Seminars



Service Civil International – Working and living together, learning from one another.

Service Civil International (SCI) is a volunteer organization dedicated to promoting a culture of peace by organizing international voluntary projects for people of all ages and backgrounds.

SCI was founded 1920 when volunteers helped to rebuild a destroyed village near Verdun after the first World War.

The organization consists of 45 branches and a constantly growing number of partner organizations.

Throughout the years SCI has made a major contribution to the development of the main forms of volunteering. Year after year, the organization enables thousands of volunteers to participate in community projects and educational programs.

SCI believes that living and working together with people of different backgrounds helps volunteers to break down barriers and prejudices. It allows them to experience a world of mutual respect and understanding. In this sense, volunteering can be seen as a way of life, a demonstration of the possible reality of a peaceful and cooperative world.

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It is now 15 years since the first edition of this brochure was published and I am very happy to see, that this collection will be useful for another generation of workcamp and seminar leaders. This brochure consists of games and exercises that were brought in by team leaders and participants, tried out, written down and collected.

In the chapter entitled *Getting to know each other & Starting a Programme*, you will mainly find games for learning names and getting to know one another. It includes also some suggestions about how information about participants (e.g. where they have come from) can be exchanged in the form of games. These games can make the arrival of the participants easier and facilitate their first orientation within the group and workcamp.

Numerous loosening up and activating exercises are found in the chapter *Energisers & Warm-ups – Games for Breaks*: co-operation games, games of „catch“, singing games, games for games evenings etc. These games help participants to „liven up“, get active and relax into the programme.

Ideas for the thematic content of the workcamp, the Study-Part, are in the chapter called *Thematic Games – Exercises for the Study-Part*, i.e. methods for programme planning and group division and help for people to get into discussion, as well as some particular aspects of the Study-Part.

In the chapter *Body Contact & Trust – Acting & Improvising*, you will find games and exercises which aim to help people get in touch with their own bodies or get used to contact with others (e.g. with simple loosening up and physical exercises). It also contains theatre and improvisation exercises.

At the end of this collection is the chapter *‘What happened?’ – Evaluation & Reflection*. This explains how interim and final evaluations can be made.

In the appendix, there is a register in which the games and exercises are sorted once again according to particular headings, and finally a list of reference literature (in German). As far as is possible, games have been given source references.

I would like to give thanks to everybody who has helped to introduce these games into our seminars or has taken the trouble to write them down and bring them to my attention. Many thanks also to Andy Morgan for the English translation, Heike Gess for the title page design and Ulla Bolder-Jansen for co-ordinating production.

We decided to leave this brochure as it is. We had a lot of fun playing these games and putting these exercises into practise. However, if you would like to see an update, please let us know about your experiences with these games and send your ideas for games or Study-Part exercises to the SCI-D.

Enjoy trying them out!

Amitiés
Michael Kimmig

Guidelines for Using Games and Exercises

As camp leaders, it is part of your job to accompany group activities in the workcamp and get the group going in terms of people learning from one another. Games and exercises can help you with this as they make getting into the workcamp easier and can break the ice and get participants to be open to new things. They can also help get discussions started about camp themes and serve to introduce them. The following advice may help you to use the games and exercises:

1. Try out games and exercises yourself first if you don't know them!

2. Make sure you are clear in your mind about the aims of a game or exercise!

3. Introduce games and exercises sensitively; take account of the situation and mood of the group!

4. Explain the rules of the game in a clear and easily understood way; give examples and demonstrations!

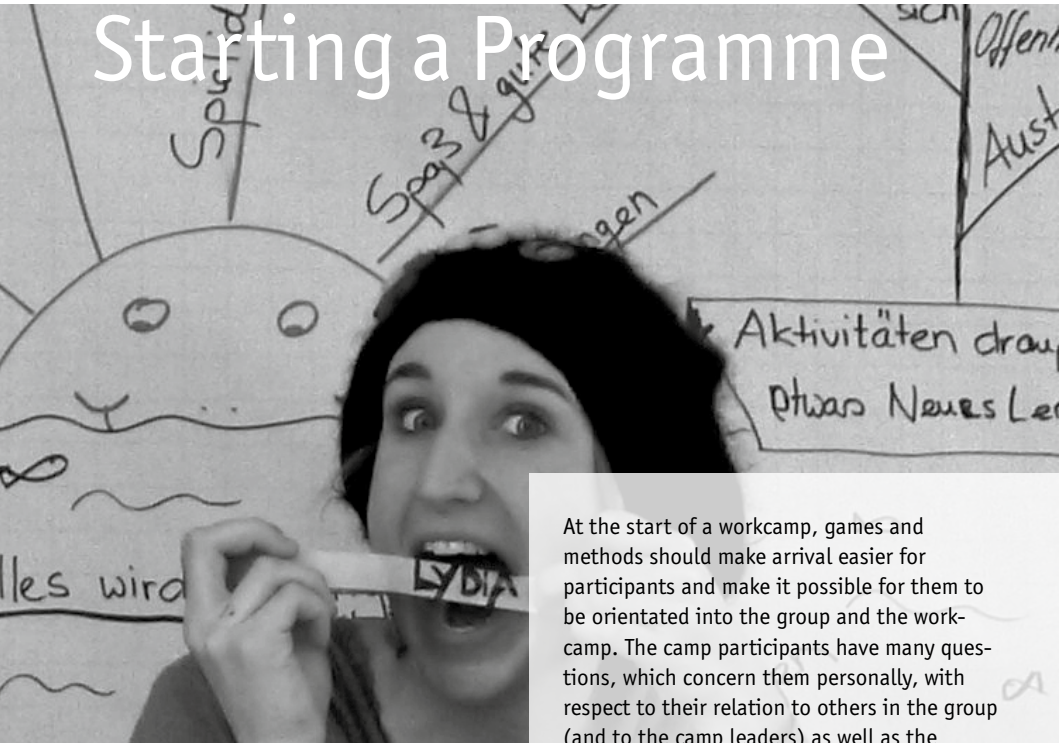
5. Motivate the players to join in, but don't force them through moral blackmail! Participation is voluntary!

6. Carry an exercise through from beginning to end but stop before the mood for playing is destroyed through boredom or tiredness.

7. Play according to the rules, but take up and introduce players' wishes for possible variations to the games or alterations to their form.

Getting to know each other &

Starting a Programme



At the start of a workcamp, games and methods should make arrival easier for participants and make it possible for them to be orientated into the group and the workcamp. The camp participants have many questions, which concern them personally, with respect to their relation to others in the group (and to the camp leaders) as well as the project and the workcamp itself: *Will I be able to communicate with the others? Who can I make contact with? Who do I get along with? Where do the other participants come from? Whether everybody will understand each other? How will the camp leaders behave? What do they expect from me? What do the other participants expect from this workcamp? What work will be done? What will we be doing? What can we do in our free time? etc.*

By everybody getting to know each other together, these questions can be tackled immediately; some things only become clear after a few days. It is always worth spending a

lot of time over the arrival, as otherwise the programme and free time activities can be affected by people being unsure of what they are doing.

Games and Methods for Starting Situations fulfil the following functions:

- They make getting to know one another and mutual interchange easier.
- They clarify participants' expectations of the group, leadership and workcamp.
- They help participants find a first entry point into the „programme“.

Most of the games and methods aim to fulfil just one of these functions. In planning the starting and introduction phase, the following should be noted:

- *Start off with simple games which are not too personal!* Games with a lot of personal questions or body contact at the start overtax many participants and they will draw back or answer superficially.
- *Offer a broad programme of action!* Alternate between name games, more intensive methods for getting to know one another, relaxation and movement games, methods for defining expectations and intensive communication and group activities in pairs or small groups.
- *People also get acquainted outside the „programme“ situation!* It is not the aim to get all participants to know each other really well, but rather to overcome initial insecurities and find points of connection for later communication.
- *Arriving and starting doesn't only take place on the first evening!* Clarification of expectations and the first group programme planning get going more easily when the participants have really „arrived“, and are already able to find their way around the programme and workcamp to some extent.



Name & ...

.....

Aims: Getting to know and remember names

Numbers: Any

Length: 10 – 30 minutes depending on group size

.....

The players introduce themselves one after the other, connecting their names to a gesture, movement, characteristic, and so on. The players repeat the preceding players' „Name & ...“ in succession. Names can be connected with:

Name & gesture: the player says his/her name and makes a (typical) gesture.

Name & movement: the player says his/her name and makes a movement that corresponds to her/his mood (e.g. rhythmic clapping, bowing) or to his/her occupation or where they have come from. (source: Baer 1988).

Name & characteristic: the player says his/her name and adds a (personal) characteristic starting with the same letter, e.g. „Susie Sunshine“.

Name & animal name: the player says his/her name and adds the name of an animal starting with the same first letter, e.g. „Hugo Hamster“.

Name & mime: the player describes his/her name through mime; the others must try to guess the names.

..... The whole group repeats the „Name & ...“ as an echo!

..... Some people may be reticent about non-verbal expression. The player should therefore begin, not with an acrobatic performance, but with a simple, gentle, easily understood movement.

Sorting out Names

Aims: Getting to know names, getting into contact, warming up
Numbers: From 10 participants
Length: 5 minutes

The participants stand on chairs arranged in a circle and „sort themselves out“ according to the first letter of their first name. Everyone changes places without touching the floor, so that finally they are in alphabetical order.

Theatrical Introductions

Aims: Getting to know names
Numbers: Any
Length: 5 – 20 minutes depending on group size

Each participant greets her/his „audience“ theatrically, as though he/she is giving a performance: „Hello, good evening and welcome“, „Dear friends“, „Ladies and gentlemen“, and so on while making appropriate movements and gestures.

Shaking Hands

Aims: Coming into contact with one another, getting to know names
Numbers: 10 – 30 participants
Length: 5 – 10 minutes

Everyone walks around the room and then stops in front of someone else, gives their name and offers their right or left hand, or both hands, or gives a friendly slap on the shoulder... After a few goes each person should stop giving their own name and try to give that of their partner.

Variations:
• Participants greet each other in

various moods. E.g. friendly, polite, furious, scared etc.
• When the music stops particular actions are carried out, e.g. handshakes, sawing a tree trunk, politicians handshake, swinging, tug-of-war, etc.

Source: Baer 1988

Introduction as Groups

Aims: Warming up, first acquaintance, co-operation
Numbers: 10 – 20 participants
Length: 20 – 30 minutes

The group divides into groups of three or four. These have about 10 minutes to decide how they should introduce themselves as a group to the others. Finally the groups come back together and present their introduction.

Both the method and contents of the performance are left up to the group. They may decide on e.g. a little sketch, a short song, a mime, etc. about e.g. the trip there, their first meeting, their own names etc.

Name Association

Aims: Getting to know names
Numbers: Up to 25 participants
Length: 2 – 3 minutes per participant
Materials: For each person as many sheets of paper as there are other participants and a pencil

Participants sit in a circle. Each person in turn introduces him/herself with his/her name (just first name or both first and surname). They say, not just their name, but also everything it represents to them, e.g. whether they like their name, what it means, what it reminds them of, whether other people always understand it, what experiences they have

had with their name, or simply, which qualities they connect it with.
Everybody has as many sheets of paper as there are people around them. While each person „presents“ their name, the others draw whatever description of them comes to mind. It can be abstract or representational and in a painterly or graphic style. When everyone has „presented“ themselves, each person is given everybody else’s representation of them. (Note the names!)

Remarks: The group leader should go first. The first name sets a pattern which the others to some extent follow.
Source: Bittl-Drempetic 1994

Silhouettes

Aims: Getting to know each other and creating a „gallery of heads“ together (for decorating the seminar rooms)
Numbers: 10 – 30 participants in pairs
Length: 30 – 45 minutes
Materials: Sheets of paper, cartons (DIN A 2), pencils, scissors, lamps (or candles)

After a short introduction, silhouettes are made in pairs: the outline of the head of each person is copied and then cut out. Possibilities for continuing:
• The portraits are collected, mixed and redistributed. The participants must find their own heads, form new pairs and interview their partner.
• The portraits are put on the wall to form a gallery. The group tries to match the portrait to the person (possibly combined with a short introduction).
• During the Seminar, or at the end, the silhouettes can be filled in with information (e.g. wishes for the person concerned or their answers to particular questions).
Source: Gugel 1993

Balloon Faces

Aims: First acquaintance
Numbers: 10 – 30 participants
Length: 30 minutes
Materials: Balloons, string, index file cards

The group divides into pairs. Each person blows up a balloon and draws the face of the other person on it. They then attach the index file card with the string and write their partner’s name on it.
Further possibilities include:
• Partners interview one another and note replies on their cards.
• Participants look for a new partner for each question.
• The balloons are thrown in the air. Each person picks up a balloon and writes a wish for the person concerned on the card.
The seminar room can be decorated with the „balloon faces“.

Interviewing Partners

Aims: Getting well acquainted, first contacts
Numbers: min. 8 participants
Length: 10 minutes per pair for interviews; introduction about 2 – 3 minutes per person
Materials: Paper and pencils

Each person finds a partner. They sketch the hand or body outline of their partner on a sheet of paper and fill it with the answers given by their partner in an interview: e.g. „name, age, brothers and sisters“, „work, occupation, hobbies“, „something personal“, „expectations of the camp/seminar“, etc. Finally everybody groups together and each person describes their partner with help from their sheet of paper. Finally, the outlines are hung on the wall.

Remarks: Placing the interview results inside the outline of the partner could, in intercultural groups, also involve drawing or painting the answer.

Source: Geselle and others 1982

Self Portraits

Aims: Getting well acquainted, first contacts
 Numbers: min. 8 participants
 Length: Interview 10 minutes per pair; introduction about 2 – 3 minutes per person
 Materials: Paper and pencils

All participants produce – anonymously if possible – a self portrait. The portraits are laid in the middle and then distributed. Group members then look for their respective pictures/sketches. After forming groups of two, three or four persons, everyone interviews their opposite numbers and writes a short profile next to the portrait. Finally a round of introductions.

Illustrated/ Mimed Introductions

Aims: Getting well acquainted. Warming up
 Numbers: 8 – 20 participants
 Length: 10 minutes (personal introduction); group introduction about 3 – 5 minutes per person

Participants form in pairs. One introduces him/herself to her/his partner using non-verbal means i.e. by drawing or by mime. Nothing should be spoken. There is then a group round where each person introduces

their partner to the group by recounting what he/she thinks he/she has understood. At the end people can have the chance to correct the introductions made on their behalf.

Shield Game

Aims: Combining getting to know one another quickly with working together. Exploring ones own motivations with the help of pre-defined questions, interests in the themes of the camp and expectations of the workcamp
 Numbers: 4 – 12 participants
 Length: 2,5 – 3 hours
 Materials: Placards, drawing paper, colouring Azboxes, water colours, coloured pencils, wax crayons, placard with questions/themes

Participants should draw/paint their personal coat of arms. Suggested questions/themes:

- Picture, symbol, subject: How do I see myself?
- Work, study, training
- Personal interests, interests in the camp theme
- Expectations of the workcamp
- Dreams, wishes, utopias

A pleasant atmosphere for working together should be created (possibly by having background music and tea, coffee, chocolate etc.) Some participants won't have held brushes or crayons in their hands for a long time; they should be encouraged to paint by the relaxed atmosphere.

At the end, each person presents her/his coat of arms to the group. Participants should be encouraged to ask questions about them, although each person can decide what and how much they want to say.

Remarks: It should be pointed out in the introduction that the coat of arms doesn't

have to take a traditional form; it can be any shape the participant chooses. Some people will not want to use the form and symbolism of a traditional shield, but others, to varying extents, may like to. (An alternative is for people to represent themselves in the form of a personal badge).

Source: from an idea by Taylor 1994

Map Game

Aims: Warming up, first exchange of information
 Numbers: min. 8 participants
 Length: 10 – 20 minutes
 Materials: Country or world maps

On the floor is a large sheet of paper forming – depending on where all the participants are from – a country or world map. Participants show where they come from and introduce themselves at the same time.

Variations:

- Participants place a personal object (or a gift from their own country) on the place where they come from. They explain what the object means for them personally, or what it symbolises for their home region/country.
- The game can also be used to stage an interregional/international buffet. Each participant brings a small typical speciality from home (or prepares it during the workcamp). After a round of introductions („I come from ... and have brought ...“), the delicacies are tried out.

Remarks: It is suggested that the country or world map is an imaginary one. This usually provokes a discussion about the „right“ place of each persons place of origin.

Room Scale

Aims: Getting information about the participants, loosening up
 Numbers: Any
 Length: 10 – 30 minutes

Participants arrange themselves according to particular criteria so that they finally form a line. Examples of criteria: shoe size, first letter of first name, age, kilometres covered on the journey, hair colour, number of camps visited, star sign, etc. Before each criterion is chosen, the game leader defines the „extreme points“. Remarks: This game can also be used as an evaluation method. The two poles represent agreement or disagreement. The game leader puts various questions, e.g. „How did you enjoy the Games? (very much / not so much)“, and participants go to the appropriate point on the scale.

Source: Baer 1988

Trading Places

Aims: Warming up, discovering shared characteristics
 Numbers: 10 – 30 participants
 Length: 15 – 25 minutes

The players are seated in a circle, except the game leader, who stands in the middle and calls out a characteristic or feature e.g. „everybody who likes beer“, „everybody wearing jeans“, „everybody who's a Scorpio“, etc. The players who have the named characteristic swap places with another. The player in the middle tries free up a space for her/himself by leaving an odd person out, who then calls out the next characteristic.

Remarks: The characteristics can become confused because of language problems. Agree upon a start signal (e.g. a hand clap)

Source: Baer 1988

Atom Game

Aims: Loosening up, letting off steam, getting in contact, developing ideas

Numbers: Min. 12 participants

Length: 3 – 5 minutes per unit

Materials: Music (e.g. cassette recorder, drum)

Players move around the room to the music. After a short time, one player calls a number e.g. „3“. Three players go into a huddle, or „atom“ and introduce themselves to each other or exchange answers to a question which is asked when the music stops.

Variations:

- The players go to the music area and choose what to do next, e.g. changing to a particular movement (e.g. hopping, crawling).
- Additional tasks are set, e.g. form a pyramid, form a rowing boat, act out a bullfight, sing a song, etc.
- When the music stops, people must find others with the same characteristics, e.g. colour of hair or eyes, glasses wearers, favourite number (between 1 and 10), star sign, etc.

Source: *Geselle and others 1982*

Hopes and Fears

Aims: Finding out the fears and hopes of the participants

Numbers: Any

Length: 15 – 45 minutes

Materials: Placards, pencils

Several placards with various slogans lie on the floor, e.g. : „What I would find good ...“; „What I would find bad ...“; „What I would like to contribute ...“; „Why I have come ...“; etc.

Participants go from placard to placard and complete the sentences. At the end the placards are read out and suggestions may eventually be integrated into the programme. Important: expectations do not only have to be found out on the first evening of a workcamp! At the end of the workcamp/seminar the group can come back to the original fears and hopes and see how far they have been fulfilled.

Variations:

- Participants receive variously coloured cards (one card per question) and write their answers on the cards. The cards are then collected, mixed, redistributed and read out before finally being collected on the placards.
- Red cards can be distributed for „hopes“, and blue for „fears“. The cards are then collected, mixed, redistributed and read out before finally being collected on two placards.

Remarks: This method can – with small modifications – be put to a variety of uses: for finding out interests for programme planning, for evaluating the workcamp, etc. (See also „Thematic games – Exercises for the Study-Part“)

Energisers & Warm-ups Games for Breaks



Energisers and Warm-ups serve to activate the Camp participants and get the programme going. They help participants to fully wake up and get in the mood for the day while giving time for stragglers and late risers to catch up.

Energisers and Warm-ups consist of all sorts of games, songs, movements and physical exercises which people can do together before the official start of the programme. This section is particularly for catching and co-operation games which are for warming up, but they could also be used to form a games evening.

Fox and Squirrels

Aims: Loosening up, warming up, fun, co-operation
 Numbers: From 8 participants
 Length: 10 – 15 minutes
 Materials: A cloth

One person plays the fox and gets a cloth – the foxes tail – tucked into his/her waist (so that it is easy to pull out during the game). The other players – the squirrels – spread out around the room. The squirrels try to grab the fox's tail, while the fox tries to touch them before they do. Whoever is touched must stay still in the same place and is out of the game. The game starts again when someone manages to get the tail.

Fox and Hare

Aims: Getting active, contact, co-operation
 Numbers: 10 – 20 participants
 Length: 10 – 15 minutes

There is one fox and one hare; everybody else divides into pairs with linked arms and spreads out around the playing area. If the fox manages to catch and touch the hare, then roles are changed and the hare becomes the fox. The hare can „be rescued“ by linking with a pair. When this happens, the player on the other side of the pair becomes the hare and the hunt continues.

Variations:

- The game can be played lying down instead of standing. Players lie on the floor in pairs. The hare is rescued by lying next to a pair. Then the opposite person in the pair gets up and becomes the fox, while the person who was the fox becomes the hare.
- The players linked in pairs can actively try

to rescue the hare by linking arms with him/her. Their partner then becomes the hare.

Remarks: The game is quite hectic. Be careful not to allow injuries.

Source: Baer 1988

Knot Game

Aims: Contact as a group, fantasy, working together
 Numbers: 10 – 30 participants
 Length: 5 – 15 minutes

Players stand in a circle, shoulder to shoulder. Everybody closes their eyes, stretches both their hands out towards the centre of the circle and tries to find two unknown hands. (Try to avoid taking both hands from the same person or the hands from your immediate neighbour.) Now the players should open their eyes and try to disentangle themselves without letting go of each other's hands.

Source: Geselle and others 1982

Zig-Zag Circle

Aims: Co-operation, trust, harmony
 Numbers: min. 10 participants
 Length: 10 minutes

Players stand in a circle, holding each other firmly by the hands, with their feet together firmly planted on the floor. People count out aloud: „1, 2, 1, 2, 1, etc.“ in turn round the circle. At the same time all the „ones“ let themselves fall forwards and all the „twos“ let themselves fall backwards. With everybody holding on to their neighbours, a zig-zag circle is formed. On a given signal everybody swaps round.

Source: Baer 1988

Dragons Tail Hunt

Aims: Movement, warming up, fun
 Numbers: min. 10 participants
 Length: 10 – 15 minutes
 Materials: One cloth per team

In the past, it was a great deed for a knight to slay a dragon. The aim of this game is to steal the dragon's tail. Players form into two teams. Players in each team stand in a line, one behind the other, and hold on to the person in front of them by the hips. The person at the back tucks the cloth into their trousers as the „dragon's tail“. The person at the front of each row – the dragon's head – tries to grab the tail of the other dragon. The dragons must not fall apart in the process.

Variation: In a small group, the dragon hunts her/his own tail.

Source: Baer 1988

International Transport

Aims: Movement, physical contact
 Numbers: Any
 Length: 20 – 40 minutes
 Materials: Music from the countries visited.

Countries around the world are chosen to be visited one after the other and various modes of transport tried out. While music of the country is playing, players represent the mode of transport they decide to use in that country. Any countries can be chosen, but the following modes of transport are used:

- Trip there (**Aeroplane**): Four passengers have space in the plane. The players represent the plane themselves. They stand close together, one behind the other, and bend forwards with outstretched arms (so that each persons stomach is touching the back of the one in front). Now the plane is ready to start. The passengers simulate the flight: starting

motors – taking off – air pockets (going on your knees) and thunderstorms (hopping) – landing (going down with a bump) – etc.

- **Bicycle**: People move while making a bicycle motion with their legs (and ringing the bell).
- **Taxi**: Players stand in pairs, one behind the other, and the rear person puts her/his hands on the shoulders of the front person (the driver). The taxi is steered by hand pressure i.e. pressure on the right shoulder = turn right; on the left shoulder = turn left; on both = stop; pressing once again = start again.
- **Horse and cart**: Two people stand facing each other and holding hands firmly; a third sits supported by their arms (s/he is the passenger); a fourth (the horse) grabs the third persons legs and sets off.

• **Bus**: Stand behind one another in small groups, with your hands on the shoulders of the person in front. Then bend your right leg and hold it with your right hand. Then move by hopping through the room (the road is bad).

• **Greyhound [long distance] bus**: Stand in a snake, with your hands on the shoulders of the person in front. The person at the front tries to catch the person at the back, but without doing so, without breaking up the snake.

• **Minibus**: Two pairs join together to form a minibus; they move about while standing very close to each other but without touching. (Hoot!!)

• Return journey (**Orient express**): Like musical chairs, but everybody stays in the game. One chair is taken away after each round so the train gets fuller and fuller. Players must share chairs or sit on top of each other. The destination is reached when there is only one chair left.

Remarks: The game can take the form of a story e.g. the story of a trip around the world. If there are a variety of nationalities in the group, the trip could cover the country of every person present.

Source: after Rademacher & Wilhelm 1991

Wink-Now!

Aims: Concentration, co-ordination, working together
Numbers: 10 – 20 participants
Length: 15 – 25 minutes

Players stand in a circle. The game leader winks at a person. As soon as that person notices that s/he has been winked at, s/he says „now!“. Then the game leader runs out of the circle and takes the second person’s place while the second person winks at a third person. The third person says „now!“ and the second person runs out, and so on. The game must go quickly enough for the next person to have left her/his place before the one before arrives.
Remarks: It is important to go slowly enough at the beginning of the game for people to get used to the sequence of events. The aim is not to catch people out, but for the whole group to get into a rhythm.

Minuet (Sitting circle)

Aims: Co-ordination, physical contact
Numbers: min. 10 participants
Length: 5 – 10 minutes

The players learn the following song:
 „Et nous allons danser, la danse du menuet et nous allons danser la danse du menuet.“
 Players form a circle, standing one behind the other. They are at a dance. At first shyly, they lay their finger on the shoulder of the person in front of them and then their hand. Next, they put their hands on the hips of the person in front of them. Then they get closer and put their hands on the hips of the person two in front, and finally of the person three in front. The song is sung once in between each time. The dancers become tired from the dance and sit on the lap of the person behind them. When everybody is sitting, the music starts again and the participants try to walk forwards while sitting in their circle.
Remarks: When sitting down and starting again, be careful not to all fall over (or you may injure yourselves!).

Minuet

Bingo

Bingo

Aims: Warming up, fun contact
Numbers: Any
Length: 10 – 15 minutes
 First, the players learn the following song:
 „There was a farmer, had a dog, and Bingo was his name (2x); B – I – N – G – O (3x), and Bingo was his name; B --- I --- N --- G --- Ohhhhhhhhh!!!“

Players stand in a circle and hold hands. They turn to the left and walk clockwise (singing the first line once), turn round and walk anti-clockwise (repeating the first line). The players form couples, linking arms with the person next to them and circle each other clockwise (singing 2x B-I-N-G-O), change direction and go anti-clockwise (1x B-I-N-G-O and the rest of the second line). Pairs split up, half the players walk round the circle anti-clockwise and the other half clockwise. On each letter (B-I-N-G) they give the person in front their hand and walk past them; if they take the right hand, they go past on the right hand side and if it’s the left hand they go on the left (The two circles are doing this simultaneously in opposite directions). At the last letter „Ohhhhhhhh“, they fall into the

arms of the person they would pass next – is all that clear?
Remarks: It’s easier if there are equal men and women as they can alternate. With the linking arms and turning, the men can go to the right and the women to the left (so there is no confusion about with which partner to go!).

Flamingo & Penguins

Aims: Warming up, acting, fun
Numbers: min. 10 participants
Length: 10 – 15 minutes
 One person is nominated as the flamingo and must catch the other players, who are penguins. The flamingo doesn’t move very quickly, but makes slow and graceful steps while raising and lowering his/her wings. The penguins take fast but very short steps and waggle their tails (using their hands held behind their backs). If a penguin is caught, it becomes a flamingo. When there is just one penguin left, it must try and catch the flamingos. The game ends when all the flamingos have become penguins again.
Remarks: Play within a defined area!

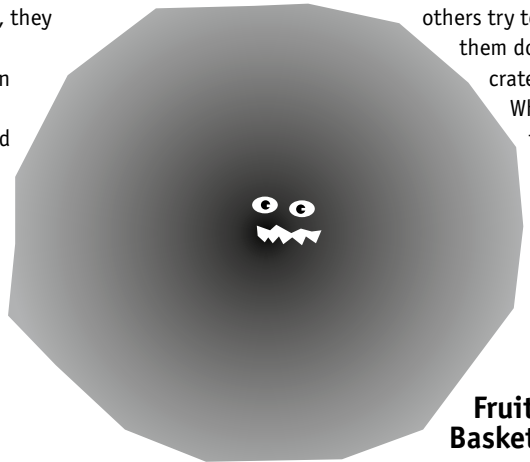
Catching Chains

Aims: Warming up, letting off steam, working together
 Numbers: min. 12 participants
 Length: 10 – 15 minutes

One player is nominated to try and catch the others. When someone is caught, they join onto the first catcher and, together, they have to catch a third and a fourth. They can only use their free „outside“ hands for catching. When there are four, they divide into pairs and carry on hunting. The last single person left starts the next round. In larger groups, the chains could stay at three, four or five people.

Variation: The catchers don't divide up, but form a larger and larger chain.

Source: *Bittl-Drempetic 1994*



Monster

Aims: Warming up, fun
 Numbers: 5 – 10 participants
 Length: Under 5 minutes

Imagine the following: „In the floor there is a hole, a giant, fearsome crater. In this crater, lurks a monster who eats anyone who comes too close. Let's have a look in the hole and see what we can see ...“ Curious players creep up to the hole to look in and others try to push them down the crater.

Whoever touches the hole is out.

The Rat, the Mice and the Cheese

Aims: Movement, warming up, fun
 Numbers: 6 – 12 participants
 Length: 10 – 15 minutes
 Materials: Cloth or other object

A rat owns a big piece of cheese, which s/he doesn't want to give away. The mice try to get the cheese – the object – which lies at the rat's feet. If a mouse touches the cheese, s/he now owns it and become a rat. The rat tries to stop the mice touching the cheese: when the mice are touched by the rat, they can no longer move and turn into statues. The game ends when a rat catches all the mice.

Aims: Movement, warming up, fun
 Numbers: min. 10 participants
 Length: 5 – 10 minutes

Players divide into four or five teams and each team chooses to be a type of fruit, e.g. bananas, apples, plums, pears, strawberries, etc. Then all the players sit in a circle, with one person e.g. an „apple“ sitting in the middle. As the apple doesn't want to rot away in the middle, s/he shouts out another type of fruit, e.g. bananas. All the bananas must immediately swap places. While they are doing so, the apple tries to steal one of their places in the „fruit basket“. If the apple succeeds, the person without a seat takes over in the

middle. The player in the middle, if s/he wants to create total chaos, can shout out „fruit basket“. Then everybody must swap places!

Breakwater

Aims: Movement, loosening up, warming up, fun
 Numbers: min. 10 participants
 Length: 5 – 10 minutes

Sit on chairs in a circle with the chairs close together. Whoever feels quick on their feet today can be the breakwater. That person gets up and stands in the middle. While the breakwater tries to sit on a free chair, the other players try and stop him/her by sliding round to fill up the free chair. There is always a free chair, but it is immediately occupied by the wave. If the breakwater succeeds in finding a chair, the person who did not slide over quickly enough becomes the breakwater.

Variation: When the game is familiar, the breakwater can specify the direction in which players have to slide by shouting „left“ or „right“.

Diamonds, Hearts, Spades & Clubs

Aims: Loosening up, fun, exchanging information
 Numbers: 10 – 15 participants
 Length: 20 – 30 minutes
 Materials: A pack of cards

Players sit on chairs in a circle and take a card, noting the suit. The game leader mixes the cards, picks one and says whether it is a Spade, Heart, Diamond or Club. Whoever has a card of the same colour moves one place to the right. Whoever already has someone

sitting on their lap may not move. The game ends when someone has completed a whole circle.

Variations: The game can be played with „yes or no questions“ instead of cards; e.g. „Do you have any pets?“. Everybody answering „yes“ can move. Each person is asked a question in turn.

Chain of Noise

Aims: Concentration, co-ordination, warming up
 Numbers: 10 – 20 participants
 Length: 5 – 10 minutes

Players stand in a circle. The game leader makes a noise (Ohhh, humming, whistling, ...). The person on the right copies the noise and the first person stops. The noise is passed along in this way. When the noise is some distance, the leader starts a new impulse. (There could also be a handshake as a signal to pass it on). Later, impulses could be sent in both directions.

Variation: Any participant can start an impulse.

Source: *Baer 1988*

Tails

Aims: Loosening up, warming up, fun
 Numbers: min. 8 participants
 Length: 10 – 15 minutes
 Material: A piece of cloth for each participant

Each participant has a piece of cloth tucked into her/his waist (but so that it can be easily pulled out during the game). Players spread out so that nobody is too close to anyone else (or their cloth will be lost immediately). On the starting signal, everybody tries to grab as

many pieces of cloth from other people as possible, while safeguarding their own. People are „out“ when they lose their piece of cloth.



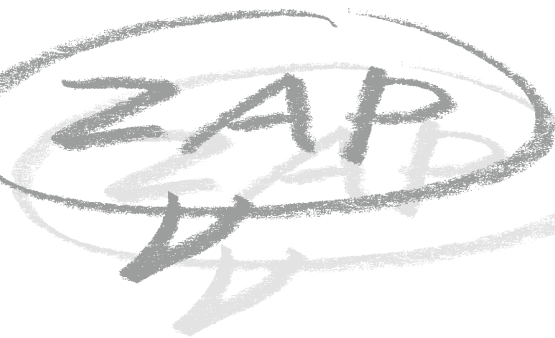
Irish Duel

Aims: Movement, letting off steam, dexterity
 Numbers: 10 – 20 participants
 Length: 10 – 15 minutes

Players form pairs. The Irish duel goes as follows in three phases:

- Put your left hand on your knee and try to touch the free knee of your opponent with your free hand.
- Put one hand behind your back and try with your free hand, to touch the hand your opponent has behind her/his back.
- Stand on one leg and, by hopping about, try to touch the foot of your opponent (the one s/he’s hopping with).

Remarks: In small groups, the game doesn’t have to be played in pairs.



Three Movement Catch

Aims: Movement, letting off steam, dexterity
 Numbers: 10 – 20 participants
 Length: 10 – 15 minutes

Agree upon three forms of movement, e.g. walking backwards, crawling on all fours, hopping. Each method of moving belongs to a designated part of the playing area i.e. you can only move in that way in that area.

Scissors-Paper-Stone

Aims: Loosening up, reactions, fun
 Numbers: From 12 participants
 Length: 10 – 20 minutes
 Materials: Ribbon or masking tape for defining playing field

„Scissors-Paper-Stone“ is a game played in twos, in which particular signs, which are either above or below, are given on the count of three. The stone (fist) blunts the scissors. The scissors cut the paper (flat hand). The paper smothers the stone.

The game can be played in two teams, who decide on a sign together. Everybody lines up in the middle of the playing field and gives their sign on the count of three. The teams go again if the two signs are the same. If they are different, the members of the losing team have to run to behind the back line of the playing field, while the winners have to catch them before they get there. A player who is caught has to join the other team. The game ends when only one team is left.

Source: Bittl-Drempetic 1993

Ape, Palm Tree, Elephant

Aims: Loosening up, fun
 Numbers: Any
 Length: 10 – 15 minutes

Players stand in a circle with the game leader in the middle. For the game, figures (or sculptures) are formed from three people acting together. The person in the middle chooses a figure and points at a person, who, together with the two people standing on either side, forms the required figure. Examples: Palm tree = the middle person is the trunk, which bends in the wind (arms stretched out above). The two neighbours are coconuts hanging under the arms. Elephant = the middle person sticks out one arm to be the trunk and the two side people form the ears. Toaster = the two side people link hands to form the toaster and the middle person pops up as the toast. Etc.

Further figures can be introduced one after the other, e.g. helicopter, camel, kangaroo, cuckoo-clock, microwave, etc.

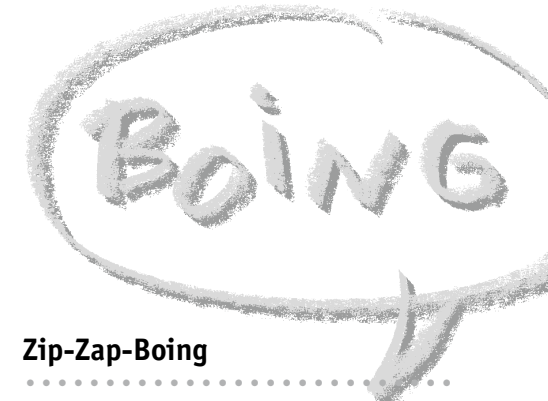
Horse Race

Aims: Loosening up, letting off steam, fun
 Numbers: 10 – 20 participants
 Length: 5 minutes

Players kneel close together in a circle. The game leader commentates on the horse race, while the others make the appropriate movements: „We are on the racecourse and we are being lead to the starting gate (noisily). The start is right in front of us. Start! (Clapping hands). The horses run (while slapping palms on thighs). The horses make a right turn (all with their upper body turning to the right and clapping again). They bend back into the straight. Here comes a hurdle. Jump!

(Everybody puts their arms in the air). The horses come to the next right turn (...) and bend into the final straight (increasing clapping) and then: the Finish! The crowd cheers (cheer with your arms in the air).“
 Remarks: Possible other hurdles, e.g. double jumps, waterjumps, (rubbing palms together), wooden bridge (banging fists against chests), falls, horses bolting, etc.

Source: Baer 1988



Zip-Zap-Boing

Aims: Loosening up, sharpening reactions, fun, concentration
 Numbers: From 10 participants
 Length: 5 – 10 minutes

An imaginary object (e.g. a ball) is handed round a circle without being dropped on the floor. New possibilities are introduced one after the other. First it is passed on to the right, accompanied by a „zip“. If someone wants to refuse the imaginary ball, they must raise both hands („boing“) - and the direction is changed. With „zap“ a player can send the „ball“ across the circle to a person opposite, who can then continue in either direction or „zap“ again. Important: a person receiving the imaginary object with a „zap“ cannot refuse it with a „boing“ (or it would fall on the floor!)

Winking

Aims: Loosening up, fun
 Numbers: 11 – 21 participants
 (odd numbers only)
 Length: 10 – 20 minutes

Half the players sit on chairs in a circle, but with one chair empty. The other players stand, one behind each chair, holding on to the backs. The player standing behind the empty chair winks at a sitting player. This person tries to jump up and sit in the empty chair, while the person standing behind tries to stop them. If the sitting person is restrained in time, they must stay there. If they manage to escape and sit in the empty chair, they swap with the person who winked i.e. the former stands and the latter sits. The person who failed to stop them becomes the „winker“.

Remarks: The game leader should take part to stop outsiders being excluded.

Source: *Geselle and others 1982*

Robot Game

Aims: Loosening up, getting active
 Numbers: Any
 Length: 5 – 10 minutes

Players form groups of three. Two „robots“ stand back to back, while one „scientist“ tries to turn them round so they are face to face. The robots can only go straight ahead and stop when they reach an obstacle. The scientist can give the robots a direction (by turning them).

Source: *Geselle and others 1982*

Samurai

Aims: Loosening up, getting active, voice practice
 Numbers: 10 – 15 participants
 Length: 5 – 10 minutes

All players stand in a row opposite the „Samurai“. The samurai wields an imaginary sword which everybody else must avoid. When the samurai strikes, s/he lets out a powerful cry. Strikes of the sword are made by the samurai using her/his arm in various ways: vertically downwards = the players must jump to the side to avoid it; horizontally at head height = players duck; horizontally at foot level = players jump in the air.

Tap-Tap

Aims: Co-ordination, reaction speed
 Numbers: 10 – 15 participants
 Length: 10 – 20 minutes

This „tapping game“ is best played on a table or on the floor, and in evenings or during breaks. Sit in a circle. Put your hands on the table/floor such that your arms cross with those of your two neighbours i.e. between your own hands lie the left hand of your right hand neighbour and the right hand of the person on your left. Agree on a tapping code: one tap = same direction; two taps = change direction. If you make a mistake, you must remove the appropriate hand from the game. Variations: (when you're used to it): three taps = same direction and raise one hand; four taps = change direction and miss out one hand.

Sorry you laughed!

Aims: Warming up, fun, contact
 Numbers: min. 20 participants (the more, the better)
 Length: 15 – 30 minutes
 Materials: Two pieces of cloth

A battle over laughter. Whoever laughs, loses. Players form two opposing rows. One group puts one of its members forward and everybody in the other group tries to make him/her laugh or smile. Any means except body contact is allowed. If someone laughs, they change teams. The game ends when one group has absorbed the other (or if it takes too long, whenever you like).

Source: *Baer 1988*

Fidget, Fidget

Aims: Loosening up, fun
 Numbers: 8 – 16 participants
 Length: 10 – 20 minutes
 Material: A coin

Players sit round a table and pass the coin round underneath, while fidgeting and mumbling to obscure the movements. One player has to find out where it is. S/he can interrupt the passing on by giving commands which involve them having to put their hands above the table. Examples of commands: fist = form a fist with both hands; crab = form a crab with fingertips on the table; John Wayne = represent a pistol; etc. The player can give three commands to help find the coin, or s/he has to go again. If someone is caught with the coin, they become the finder.

Another Fruit Basket

Aims: Movement, loosening up, fun
 Numbers: min. 6 participants
 Length: 5 – 10 minutes

Players sit at a table or on chairs in a circle. Each person chooses a type of fruit for her/himself e.g. banana, apple, plum, pear, strawberry. One player starts by calling out a type of fruit three times in succession, e.g. „apple, apple, apple“. People who are apples must react by shouting their name („apple“). If all the apples react in time (before the last call), then the caller must go again with a different sort of fruit. When someone is caught out, they become the caller.

Harry and the Spots

Aims: Fun, entertainment
 Numbers: min. 5 participants
 Length: 10 – 20 minutes

Sit in a circle. Everybody is „Harry“ to start with. One person starts by saying to the next one, „Hey, Harry?“. This person answers „Yes, Harry!“, upon which, the first ends the chat by saying „Tell Harry!“ pointing to the third person. The second person repeats the conversation with the third, and so on. If someone makes a mistake or reacts too slowly, they get a „spot“. They are no longer called „Harry“ but „One spot“. Be careful – the conversation changes! When someone gets to their fourth „spot“, they are out.

Murderer

Aims: Fun, entertainment
Numbers: min. 10 participants
Length: 15 – 30 minutes
Materials: Cards, one with „murderer“ written on it (or use playing cards – the murderer is the ace of spades)

Watch out! One of you is a murderer who will try to get everyone. You can only avoid your fate if you are observant and catch her/him before s/he has murdered you all.

Players sit in a circle and each receives a card. The person with the one saying „murderer“ must try and kill her/his victims by winking at them. When someone is winked at, they must wait a few seconds and then „die“. If someone else sees the wink or thinks they know who the murderer is, they can point to that person and accuse them. If they are right the round ends; if they are wrong, they are out. The round ends when the murderer has been found or when s/he has killed everybody else.

Variations:

- The game is played wandering around the room (make it darker if you like).
- The game is played over a whole week. People may be murdered in any room or any situation. „Trials“ can take place in the evenings, with judges, accusers, defendants, etc.

Murder in the Town

Aims: Fun, entertainment
Numbers: min. 10 participants
Length: 30 – 45 minutes
Materials: Cards, two with „murderer“ written on them

One player is the narrator. The others are the town inhabitants. The cards are distributed so that the two murderers are chosen. The nights belong to the murderers, the days to the townspeople. In the night everybody closes their eyes. On the first night, the two murderers open their eyes and agree on the order in which the other people are to be murdered.

Each day the townspeople hold a trial and must accuse one person. Its up to them how they conduct the trial and which arguments are used. The two murderers should of course join in. When a person is chosen by the participants, they are accused. If the accusation is correct, the game is over; if the accused is innocent, they die.

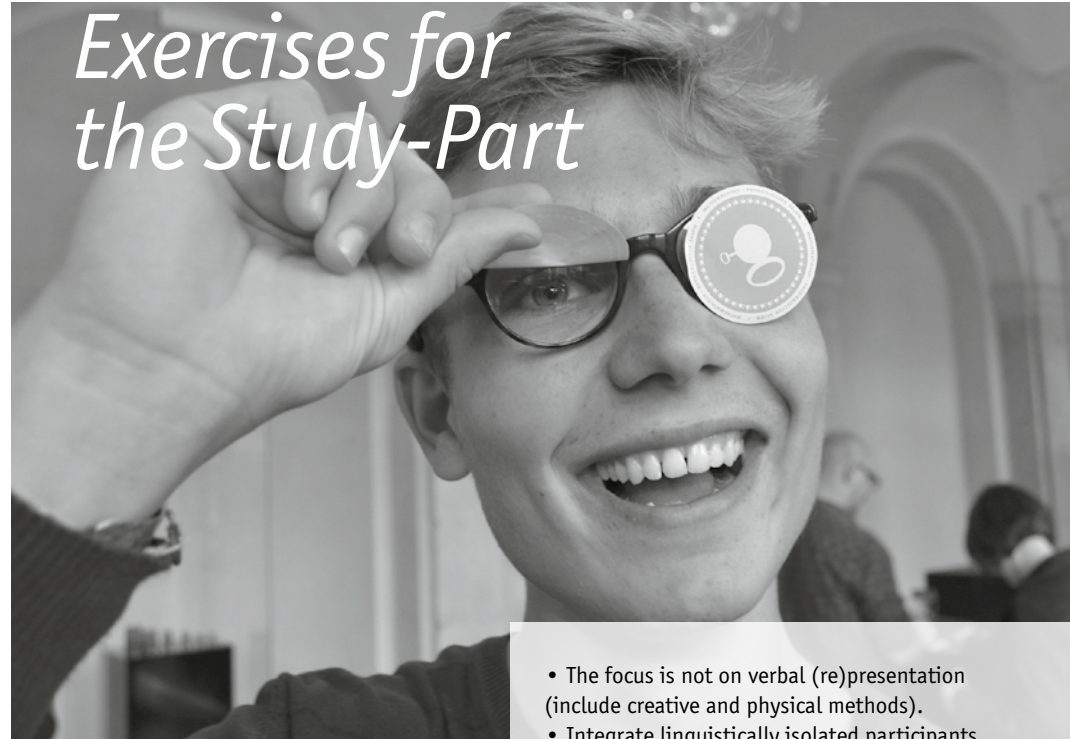
After the first trial comes the second night. Everyone closes their eyes and the narrator names all the players in turn. To „kill“ someone, the murderers lift up his/her hand once each. They must keep their eyes closed and must both „kill“ the same person! (As agreed the night before).

When the second day starts, the narrator tells everybody who, if anyone, has been killed. Now the townspeople can again make their accusations.

If everybody gets killed, the murderers have won.

Thematic Games

Exercises for the Study-Part



- The focus is not on verbal (re)presentation (include creative and physical methods).
- Integrate linguistically isolated participants

(by continuous translation and graphic illustration); avoid formation of cliques e.g. based on common language.

- With bi- and trilateral camps respect the special target groups.
- Aspire to method „variation“ in order to explain the theme in a variety of ways and to stimulate and communicate with different kinds of people.

Along with methods for programme planning and for forming the Study-part, this section contains games for dividing the camp into groups.

Along with the work in the project, the international groups concern themselves with it's background and aims and discuss questions about them that come up. The camp theme should be related to, and covered in conjunction with, the work for the project. Discussion and explanation should be tied to participants' experiences, including their experiences as foreigners during their stay. When using thematic games and methods, the following should be particularly noted:

Work- & Study-Part, Leisure Time Activities

Aims: Finding out interests and expectations, taking on programme planning together

Numbers: 5 – 15 participants

Length: 1 – 1,5 hours

Materials: Placards, pencils, sticky dots

Write on a large placard, the headings „Work-Part“, „Study-Part“ and „Leisure Time“. All camp participants write their interests under the headings: what sort of work they would like to do, with which themes they would like to occupy themselves during the course of the camp, what they would like to do in their free time. Individual wishes are read out and collated. The camp leaders, for their part, should write down and consider which things are compatible with the Project Partner and what has already been prepared or agreed with the Project, e.g. the project introduction, a visit to a home for asylum seekers, visit to a brewery, excursions, swimming pool, etc. The collected suggestions can be weighted with sticky dots. Some things must be organised first (e.g. discussed with the Project Partner), others can be introduced into the plan of the week directly.

Remarks: A communal programme planning session only makes sense after camp participants have had a chance to acclimatise themselves to the site and project, i.e. after the first work day. They will then find it easier to develop ideas and introduce them with confidence. Don't make plans for the whole workcamp time from the beginning, but allow space for spontaneous occurrences and undertakings.

Brainstorming

Aims: Collecting thoughts and ideas in a question & answer session

Numbers: 5 – 15 participants

Length: 30 – 45 minutes

Materials: Placards, pencils

A brainstorming should have a clear issue specified and a time limit. Participants should collect all their thoughts, ideas and associations that the question raises for them. These should be summed up in a short phrase or key word and written on the placard. There should be no discussion during the brainstorming phase. Finally the key words and phrases are read out and resolved into further action.

Remarks: With international groups, this method can only be used under certain conditions! When there are great language problems, each participant can write their suggestions straight away (in their own language). The results can be collated at the end.

Source: Gugel 1993

Pulling Threads

Aims: Getting active and into things. Dividing into groups of two, four and eight

Numbers: Ideally 16 participants

Length: About 10 minutes

Materials: Wool threads

In this game players can be collected in pairs or groups of four or eight. The game leader holds threads of wool or string (which are about 1m long) in her/his fist so that they hang down to the left or right. There should be half as many threads as players. Each person grabs an end and then, without letting go, everybody must disentangle themselves

into pairs. To form fours, go through the same process with one person representing each pair. Have a third round to form groups of eight. (The unravelling could also be done with closed eyes).

Source: Baer 1988

Animal Families

Aims: Making contact, warming up, dividing into groups

Numbers: 12, 16 or 20 participants

Length: 10 minutes maximum

Materials: Cards with names of animal families

Small cards with animal names or pictures are prepared, one for each player. The cards are mixed and distributed among the players. Players then walk back and forth in the room while continually swapping their card with others. When the game leader gives a signal, all players must find the other members of their animal family by making the appropriate animal noises or movements and then sit with their family on a chair.

Variations:

- Each family has four members, which are specified on the four cards for that family, e.g. father cat, mother cat, son cat, daughter cat. The four members must sit on the stool in a particular order, e.g. father, mother, daughter, son.
- Instead of animals, groups could be formed from particular poses (e.g. one hand on ear-lobe, closing left eye); or similar sort of movement (e.g. like robots, tradespeople, drunks or soldiers); or miming similar characteristics (e.g. happy, sad, amazed); or all humming, whistling or singing the same song.

Source: Baer 1988

Family Names

Aims: Making contact, warming up, dividing into groups

Numbers: 12, 16 or 20 participants

Length: 10 minutes maximum

Materials: Cards with names of families

The game leader distributes prepared cards with similar sounding names e.g. Anderson, Anderton, Atherton, Amberson. Each card also has a family role – mother, father, daughter, son. Players then walk back and forth in the room while continually swapping their card with others. When the game leader gives a signal, all players must find the other members of their family by calling out their family name.

Variation: All Families are called Burn (Byrne, Birne, Burne) or Thompson (Tompson, Tomson, Thomson).

Source: Geselle and others 1982

Frogs & Ducks

Aims: Warming up, dividing into groups

Numbers: Any

Length: 5 minutes

Materials: Cards with names

Players get cards which have either „frog“ or „duck“ written on. Players then walk back and forth in the room while continually swapping their card with others. When the game leader gives a signal, all players make the noise/movement of their animal.

Goofy & Snoopy

Aims: Warming up, dividing into groups
 Numbers: Any
 Length: 5 minutes
 Materials: Cards with names

Players get cards which have either „Goofy“ or „Snoopy“ written on. Players then walk back and forth in the room with their eyes closed. When they bump into someone, they must ask: „Goofy?“ or „Snoopy?“ depending on their own name. If the answer is no they must say „No, Snoopy/Goofy“; if it is yes, they say nothing. If they get an answer, or are asked first, they can carry on searching; if they get no answer, they must stay where they are. Finally all the members of each of the two groups have found each other and are standing silently together.

Source: from an idea from Baer 1988

Collage

Aims: Putting a theme into pictures
 Numbers: 4 – 20 participants
 Length: 1 – 1,5 hours min.
 Materials: Sheets of paper, scissors, glue, paper with pictures or text (newspapers, magazines, advertisements, photos, etc.)

Collages always give amazing results at little cost. With help from collages, moods and views can be expressed, notions explained, results commented on and much more. For this exercise, form groups of 4 – 6. Each group should produce a collage on a particular theme (e.g. how I would like to live in the future). When they are ready, the collages are presented in an exhibition and explained by

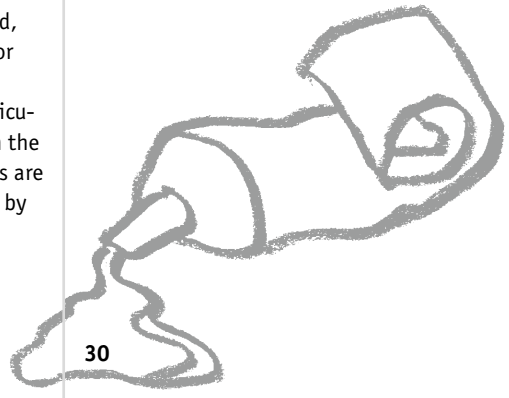
the artists. The collages can be used to spark further discussion.

Remarks: Cultural views and characteristics that emerge should be discussed.
 Source: Gugel 1993

Plus-Minus-Reporting

Aims: Seeing a situation from various sides
 Numbers: From 8 participants
 Length: Several hours
 Materials: Cassette recorder, camera or video camera, placards, pencils, glue, scissors

A situation should be represented in various ways. Divide into two groups. One group should see the theme or problem in, as far as possible, a purely positive (Plus) way, while the other is as negative as possible (Minus). Example: investigate a housing estate as a „child friendly“ or „child unfriendly“ environment. The investigation and representation can be as a picture report (collage, photos, slides, video film) or as a text report (interview, newspaper, information-sheet) or as a combination of both. Neither group should lie, make up facts or put words into peoples' mouths.



Confrontation Exercise

Aims: Finding out similarities and differences, getting to know one another, getting into the work content
 Numbers: 10 – 25 participants
 Length: 1 – 1,5 hours
 Materials: Prepared slogans, „yes“ and „no“ signs, a clock!

Group members are confronted with a provocative statement, suggestion or idea. Everyone must decide, within a few seconds, whether they are in sympathy with it and then go to the appropriate side of the room (one side is „yes“, and the other is „no“). The „confrontation“ goes as follows:

- Participants have two minutes to decide whether they agree or disagree and go to the appropriate side.
- Participants then have six minutes to state the arguments for their choice and convince those on the other side. People can, if swayed by the arguments, change sides as often as they wish.
- Participants then have one minute to make a final decision and go to the appropriate side.

Variations: Appropriate slogans can also be used to reveal conflicts and tensions within the group, e.g. „sightseeing is more important than getting to know people“, „it is no coincidence that some participants have more pocket money than others“ or „the meeting programme is optional“.

Remarks: Careful! This exercise tends to reveal power relationships within the group, which should be handled carefully.

Source: from Taylor 1994

Group Paintings

Aims: Non verbal communication, group integration and development, deciding when and how one wants to join in group activity
 Numbers: 4 – 20 participants
 Length: 1 – 1,5 hours
 Materials: Paper (waste paper, wallpaper or roll of brown paper), colours (coloured pencils, watercolours, fingerpaints, felt pens)

Lay the paper on the floor or a large table and the participants sit round (without talking). Each group member can decide how much they want to contribute to the formation of a group painting. The painting can have a theme e.g. „How I would like to live in the future“.

The paintings can be discussed at the end. Observers could ask questions e.g. Who started? Who hesitated and why? Who started new impulses? Who continued them? Who ended them? How many people were painting at the same time? Were there breaks? How was it decided when it was finished?

Source: Höper and others 1984

Country Sheets

Aims: Exchange information about the places where everyone is from
 Numbers: 5 – 20 participants
 Length: 1 – 1,5 hours
 Materials: Paper, pencils, scissors, newspapers, magazines

Participants fill their sheet with information about the country they have come from (they can also form small groups of people from the same place). Parts of the sheet are allocated to e.g. the capital, currency, population,

language(s), something typical. Participants or groups represent the elements pictorially. The sheets are presented e.g. as an exhibition at the end.

Variations:

- With bi- and trilateral meetings, the country groups can portray the country of their partner group. The pictures should then be evaluated in terms of whether they contain stereotypes and prejudices.
- Participants design a picture board for their meeting (Which are the most important elements of their meeting? What particularly distinguishes it?).

Source: Taylor 1994

Aims of Service Civil International (SCI)

Aims: A more detailed introduction to SCI; an explanation of various aims of SCI
Numbers: 4 – 16 participants (preferably 16)
Length: 30 – 45 minutes

Material: Paper, pencils, copies of „SCI does Workcamps ...“

Each participant gets a copy of „SCI does Workcamps ...“ and tries, in about 3 minutes, to put the listed aims of SCI in order of importance from 1 (most important) to 10 (least important). Shared positions are not allowed. Players then form into pairs, who must do a new list (from 1-10) together (about 5 minutes). Then the two pairs join into groups of four to do a third list together (about 7 minutes), and finally, in groups of eight, the order of at least the first four aims should be agreed (about 10 minutes). At the end, everybody gets together and the two lists are read out and discussed.

Remarks: It is important to go into the differences in points of view in the discussion. Usually numbers 1, 2, 4 and 6 (in varying orders) emerge from the group process as the most important aims of SCI.

Source: European Induction Programme (EIP)

Aims of Service Civil International (SCI)

SCI does Workcamps ...

1. to break down barriers of nationalism and racial conflict
2. to bring together people of all ages, beliefs, abilities and disabilities
3. to promote anti-militarism
4. to promote world peace
5. to facilitate communities with problems to take action themselves
6. to carry out useful and effective voluntary work for organisations and projects with low funding sources
7. because no other organisation does
8. to encourage volunteers for a sustainable lifestyle
9. to give young people a good time
10. to offer the possibility to travel cheaply abroad to young people

Sculpture of violent Situations

Aims: Clarifying personal (and/or collective) conceptions of „power“, „xenophobia“ and „racism“, and possibly to find out how they can really be changed

Numbers: Small groups of four people

Length: 1 – 1,5 hours

Personal conceptions of „violence“, „xenophobia“ and „racism“, are expressed through sculptures or statues. Group members should represent a situation which they have felt to be racist or xenophobic. This could be introduced as follows: „Try to remember an everyday situation you have seen, which struck you as racist or hostile to foreigners. Remember scenes or pictures of „violence“. In your group, represent this situation as a sculpture.“

In groups of four, each person takes turns to form the others into a sculpture, including their postures, gestures and even expressions. The sculptures are then performed for the whole audience. So as not to make it all dark, put something positive in or provide alternative scenarios using one of the following two techniques:

- „Three wishes“: The builder/sculptor can change three things, e.g. a gesture, a position, a facial expression.
- „Reality – ideal world – in between“: Form a second sculpture showing how the situation would be dealt with in an ideal world. The audience can then suggest a half way sculpture to show how they worked their way from the reality to the ideal.

Remarks: In case the exercise generates strong feelings in the participants, the game leaders should be prepared to introduce discussion about emotions and experiences.

Variations:

- Sculptures can also be made to represent the collective perception of „violence“,

„xenophobia“ and „racism“. Postures, gestures and expressions in a sculpture can be altered until everybody agrees that it really represents the „collective perception“. Then collective „ideals“ can be made in the same way.

- The sculpture as public action: In a public place e.g. a shopping mall, the group slowly forms, person by person, a communal sculpture. The sculpture should stand for about 5 – 10 minutes before, one by one, people forming the sculpture break off. Passers by can be asked by participants for their ideas about violence and possibilities for positive intervention. The process can be repeated a few times.

Source: Boal 1979; Bittl-Drempetic 1993; Gugel 1993

Town Tour on ecological, social and political Themes

Aims: Getting to know the ecological, social and political situation in a town
Numbers: From 10 participants
Length: 2 – 4 hours
Materials: Writing paper with tasks, paper with directions, labels, pencils and materials for collage for the wall newspaper (scissors, newspapers, glue)

Participants are divided into small mixed-nationality groups and are sent off for a time to complete various tasks. Questions on particular (study)themes have been prepared in advance, about which they must collect information or make observations.

- On the theme of „ecology“: Go to the named street crossing and count how many cars go past per minute. Describe the condition of the river – how does the water look? How do the banks look? Did you find rubbish? Find out

how rubbish is collected in this town. Is there separated rubbish collection? Recycling?

• *On the situation of foreigners and asylum seekers:* In a particular named street, there is an international centre: what happens there? Who is responsible for the work there? Where is the foreigner office in this town? What tasks does it have?

After returning from the tour, the participants should portray their results visually. Finally, all participants join in an evaluation of the particular tasks (with prepared questions).

Remarks: These examples are based on concerns typical in Germany. You may need to adapt the tasks to suit local issues and conditions! The tasks, presentations and evaluation should all be carried out with the stress on observation and visual representation rather than linguistic skill. The evaluation should respect and address „cultural points of view“!

Variations: The investigation could be carried out with cameras, the results forming a small photographic exhibition.

Island Game

Aims: Consciousness of ones own cultural background, compare ones own and foreign norms
 Numbers: 10 participants min.
 Length: 2 – 2,5 hours

Players divide up into two groups (by nationality in bilateral meetings). Each group (separately) lands on a strange island as shipwrecks. The group members now discuss how to organise their life on the island, i.e. how to live together, how to provide themselves with food, what their long term aims are, what sort of relationships between men and women to have, what sort of power and leadership structures to have, how should everyday life be regulated etc. The group mostly deals with the necessary problems and questions of survival.

In the second phase, the two groups meet. This can be staged as the following story: „One group finds a boat and lands on the second island, which they think is the mainland. The two groups cannot understand the language of the other. Now they must ask new questions: How to succeed in understanding? How to organise living together now? What conflicts emerge? What sort of power structures are there? Do they fit into conscious aims?

Evaluation: How did you feel within your group?; How did you feel in relation to the other group?

Source: Rademacher & Wilhelm 1987

Body Contact & Trust



Improvising

Many camp participants start with difficulties in getting closer, in touching one another, acting in front of other people or improvising with one another spontaneously in games. There will be fears and insecurities – some of these activities may possibly go against an individual’s cultural habits and experiences. Contact and trust games or theatre exercises can be put in to break down these barriers. To avoid negative experiences, the planning should take the following points into account:



- Ensuring participation by free will is more important here than with any other sorts of games. The game leader should encourage participation, while making it clear that there is no obligation.

- Never put in games with body contact at the beginning of the camp. Only when relationships and trust between participants have gradually grown through playing games, can contact and trust games or theatre exercises can be put in.

- Players must have the opportunity to lose their inhibitions slowly and one step at a time. To this end the group can serve as an induction space as a player can take advantage of the anonymity it provides.

- Enough time should be given, above all to loosening up and breathing exercises but also to exercises requiring trust and co-operation, for players to become absorbed in the exercise so they can be able to be aware of their own body and their feelings during the exercise.

- Reflection on the perceptions and experiences should not be foregone e.g. by having a short exchange of experiences between partners.



Loosening up and Breathing Exercises

Aims: Losing muscle tension, stretching the body, breathing

Number: 10 – 30 participants

Length: 3 – 5 minutes per exercise

The three exercises „shaking“, „apple picking“ and „filling the bottle“ can be lead through as follows:

„**Shaking**“: Spread out in the room, stand with legs apart and let your arms hang loosely. Start shaking your hands, at first slowly and then more and more quickly. Now spread the movement up to your arms and shoulders. Shake quickly and then more slowly again. Feel as though your whole body is tingling. Repeat the whole exercise again. Now go through the same process with your feet and legs. And finally with your whole body.

„**Picking apples**“: Find a place to stand in the room and relax. Imagine that you want to pick apples from a tall tree. Using both hands, grab imaginary apples from above you, particularly those that are as high as you can reach, and place them on the ground. (Repeat several times.)

„**Filling the bottle**“: Breathing in means taking on energy and breathing out means taking harmful substances out of the body. Sit comfortably, close your eyes and imagine that your abdomen is the body of a bottle and your mouth is the opening. Now breath out slowly. While breathing in, imagine that your bottle is filling up from the bottom to the top. When the bottle is full, pause a moment to feel how full it is. Then breath slowly out and imagine your bottle emptying. (Repeat.)

Tapping

Aims: Loosening up, muscle relaxation

Number: 5 – 20 participants

Length: 15 minutes

Find a partner and stand next to each other. One of you bows forward. Let your head and arms hang down, your fingertips – if possible – touching the floor. Partners now tap along the spine (not on it!). Start at the head and neck (lightly with fingertips) and then down the spine (a little harder with your forehand). Be careful around the kidneys. The back muscles should be thoroughly tapped, likewise the arms and legs. (Leave enough time!) Finally change carefully to rubbing (through softer tapping). Stand behind your partner and rub powerfully from their shoulders to the base of their spine; also rub the arms and legs (taking your time!). The partner should slowly (!) straighten up. You could help them by – starting at the base of the spine – walking two fingers up their spine, joint by joint, while they slowly straighten up, joint by joint. Swap round after a short pause for breath.

Source: *Bittl-Drempetic 1994*

Stay Standing

Aims: Warming up, loosening up

Number: 10 – 20 participants

Length: 5 – 10 minutes

Find a partner and stand one or two steps apart, facing one another with your feet close together and planted firmly on the floor. Now press the palms of both your hands against those of your partner and try to push him/her off balance. You could push each other back, but don't hold onto your partner! (Take your time.) Change partners once or twice.

Remarks: This exercise is not about strength –

changing the position of your arms or giving way to the pressure from your partner is often the best tactic for disturbing his/her balance.

Balance

Aims: Finding balance, making contact

Number: 10 – 20 participants

Length: 5 minutes

Find a partner and stand opposite each other, toe to toe. Hold hands and slowly lean back. Make sure you don't feel cramped, but hold on, balancing each other's weight. (Take your time!) Try to go down on your knees, as far as you can, and then up again. (Try this two or three times.) Try letting go of one hand and turning to the left or right. Alternate between left and right. (Try two or three times.) Find out what other movements you can do together (allow time).

Standing up Together

Aims: Co-operation, harmonising actions with others

Number: 5 – 20 participants

Length: 5 – 10 minutes

Find a partner in the group, with whom you want to find out how well you can co-operate... Your partner should be about the same body size as you. Spread out in the room in pairs, stand back to back with your partner and press the whole length of your bodies together. Now move together in whichever direction you wish. Be careful that you don't bang into anyone. (Take your time!) Stay back to back and link arms. Now try, as slowly as possible, to sit down on the floor. And now try, still back to back, to stand up again together... (Take your time!) Pause for

breath and repeat the whole thing... (Take your time!)

Stop once again ... Now two pairs join together with linked arms ... You are now in fours and, like before, you should now slowly try to sit down on the floor at the same time. Then all at the same time, as slowly as possible, stand up again. Don't use your hands to support yourself while on the floor. (Take your time!)

Stop and separate from the other pair. Form a new combination with two other pairs so that you are in groups of six. Try the experiment again. Sit down on the floor together slowly and then, as slowly as possible, stand up again. (Take your time!)

Leading the Blind

Aims: Trust, empathy
 Number: 8 – 20 participants
 Length: 10 – 20 minutes

Find a partner and form into pairs. One of the pair close your eyes and let the other lead you round the room. You can lead your partner with words or without e.g. with both hands, one finger, etc. Swap roles.

Remarks: At the beginning, people should approach the task of leading others around fairly seriously, so as not to increase insecurity. This exercise is good preparation for the „snake“.

Source: Höper and others 1984

Snake

Aims: Mutual trust, taking responsibility for one another
 Number: 6 – 14 participants
 Length: 20 – 30 minutes

Form a snake by joining arms or hands and close your eyes. The first person in the snake opens his/her eyes and leads the others. The snake can be lead over available or imaginary obstacles, e.g. up steps, over or under objects or round tight bends. It can move with everybody crouching or on tiptoes. Signals may only be given by touch.

Variations: The snake can be led round the project or the building (although not on the first day!). It could also be led on a voyage of discovery through a field or wood as part of the Study-Part.

Remarks: „Leading the blind“ is an appropriate warm up. With this exercise, time should be allowed for participants to get used to using body signals, but not too long as „blind“ walking is, above all, tiring for people with low blood pressure.

Source: Höper and others 1984

Conveyor Belt

Aims: Warming and loosening up, body contact, co-operation
 Number: 8 – 20 participants
 Length: 5 minutes

All players, except one, lay face down on the floor in a row. You must be quite close together. Now roll all at the same time in one direction, while one person lays across you and gets rolled from one end to the other. The person on top then get back into the row ... and the next player gets rolled. Try to stay as close together as possible!

Weather Massage

Aims: Sensitising, harmonising, relaxation
 Number: Small groups of 4 – 6 participants
 Length: 10 – 30 minutes
 Materials: One blanket per group, relaxing music (if you like)

One person lays face down on the blanket and the others kneel around and begin to massage her/him gently and all together: drizzle (tapping with fingertips), large raindrops (tapping with index and middle fingers), shower (rubbing powerfully with hands), storm (lightly rolling back and forth), snow cover (laying hands flat on), thawing (sliding off). Leave yourselves sufficient time so that everybody who wishes can have a turn.

Car Wash

Aims: Loosening up, contact, co-operation, relaxation
 Number: 10 - 15 participants
 Length: 20 - 30 minutes

Form into two rows facing each other and form a „car wash“. One player stands at the beginning of the „car wash“. S/he says what sort of car s/he is and which „programme“ s/he wants (e.g. „I'm a cross-country vehicle and I need a powerful wash“, or „My car has a delicate finish and I need a gentle wash“, etc.). The other participants then carry out the car wash.

Source: from an idea from Baer 1988

Circle of Trust

Aims: Trust, co-operation
 Number: 8 – 12 participants
 Length: 10 – 20 minutes

Stand in a circle shoulder to shoulder. One person stands in the middle of the circle, closes her/his eyes and swings back and forth. S/he is caught by the other people who reach out from the circle and pass her/him on. Leave yourselves sufficient time so that everybody who wishes can have a turn.

Everybody does what Heidi does

Aims: To develop ideas, inspire the group to do things together
 Number: 10 – 20 participants
 Length: 5 – 10 minutes (not too long!)
 Materials: A cap or hat

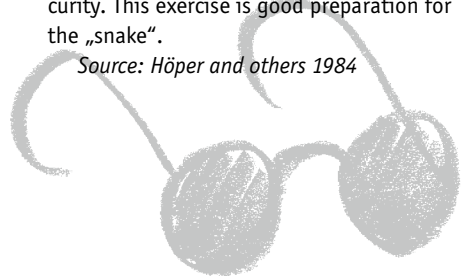
The players move about in the room. One person wears a hat and makes a particular sort of movement. All the others copy this movement until the cap wearer puts the cap on someone else's head, who in turn makes a movement for everybody to do. And so on. If someone doesn't think of a movement, then the others simply copy his/her expression or position.

Source: Geselle and others 1982

Conductor Game

Aims: Loosening up, improvisation, voice practice
 Number: 10 – 20 participants
 Length: 5 – 15 minutes

Form into small groups of 4 to 5 with one person as the „conductor“ for all the groups.



Each group decides on a song, a melody or a rhythm. On the signal from the „Conductor“ (with his baton) each group sings their song together. With help from the four groups the conductor produces a composition. People take turns to be the conductor.

West Side Story

Aims: Developing ideas, copying, improvising, developing rhythm
 Number: 10 – 15 participants
 Length: 5 – 15 minutes

Form into two groups standing opposite each other. One person from the first group demonstrates a rhythmic movement which makes a noise, which is then copied by her/his co-players and repeated several times. Then the leader and group make a step forward and the other group shrinks a step back. Finally the other group responds likewise with a theatrical gesture while moving forwards. Take turns as leader.
Source: Boal 1989

Hypnotising

Aims: Movement, relaxation, co-ordination
 Number: 10 – 20 participants
 Length: 5 – 10 minutes

Divide into pairs standing facing each other. One, the „hypnotiser“ holds his/her hands up, with the palms facing the partner. S/he moves his/her hands slowly – up and down, left and right, vertical, horizontal – while the „hypnotised“ follows the movements with her/his face at a fixed distance. It is important that the hypnotiser moves his/her hands slowly enough to be followed. Then

swap round and at the end briefly compare following with leading.

Variation: The hypnotiser leads two partners, one for each hand. S/he must move both hands at the same time without pausing. S/he can cross arms, in which case, the two hypnotised people must climb over each other without touching. They must keep their balance without using their partner to support themselves.

Source: Boal 1989

Marionette

Aims: Harmonising, ending session, relaxation
 Number: 6 – 16 participants
 Length: About 10 minutes

Players form pairs. One lies face up on the floor. The other pulls imaginary threads attached to the joints of the person lying down, who slowly gets up as if s/he were a marionette slowly coming to life. The person lying down must be passive, so as not to help. S/he must not ignore the rules of gravity and just get up by moving his/her limbs as operated by the strings from above. Swap round when finished.

Remarks: If there are problems, the operator can lie next to the marionette and think about how to get up!

Building a Monument

Aims: Physical contact, trust, fun
 Number: 10 – 20 participants
 Length: 10 minutes

Form pairs. One person is the sculptor and the other is the object being sculpted. The sculptor slowly forms the parts of the body of the object to form a statue. The object must stay

in the chosen position. Swap round when finished. This exercise should be done without talking.

Variations: Several players build a monument together, adding more and more people to the original work. No part of the monument should be isolated. The monument could also be about a particular theme e.g. „How do I feel in the group?“, etc.

Mirror Mime

Aims: Empathy
 Number: 8 – 20 participants
 Length: 15 – 30 minutes

Find a partner. Partners stand opposite each other, leaving enough room to move their arms and legs. Then both people begin to move slowly, so that at any moment the movements mirror each other as exactly as possible. Try it with other partners.

Source: Höper and others 1984

Miming Riddles

Aims: Getting introduced, acting together, loosening up, non-verbal communication
 Number: From 8 participants
 Length: 10 – 15 minutes for groups of eight.
 Materials: Masking tape and pencil

Divide up into groups of eight players. The game leader has prepared name strips out of masking tape, one for each player, each of which has a „famous personality“ written on it e.g. Superman, Cleopatra, Madonna, Hamlet, Gandhi. Players take turns to have a name stuck to their back. The other players must mime the person on the strip (without speaking) for the person whose turn it is to

guess. (It’s a good idea to have extra name strips in reserve, in case people guess very quickly).

Variations: In intercultural groups, it may be hard to find prominent people known by everybody. In that case, particular actions can be played out (e.g. going for a walk, cooking, stealing, searching, etc.). Instead of the whole group playing (together or one after the other) the game can be played in pairs.

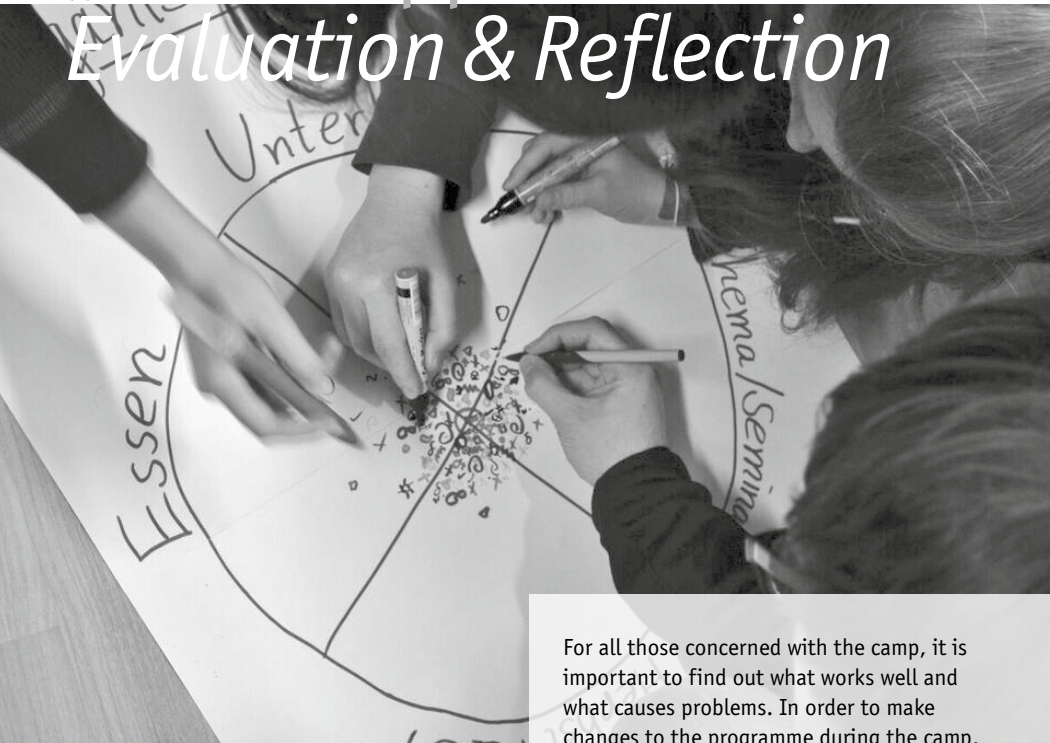


Stop Theatre

Aims: Presenting spontaneous ideas, improvising, co-operating
 Number: 10 – 20 participants
 Length: Min. 30 minutes

Players stand in a circle. Two people act out a scene. The game leader claps her/his hands, (shouting „Stop“!) and they freeze in their positions. One of the audience in the circle swaps with one of the people in the middle, adopting their motionless pose. The new actor starts a new scene from the old position and the other improvises along with it. It is important that each turn is quite short.

„What happened?“ Evaluation & Reflection

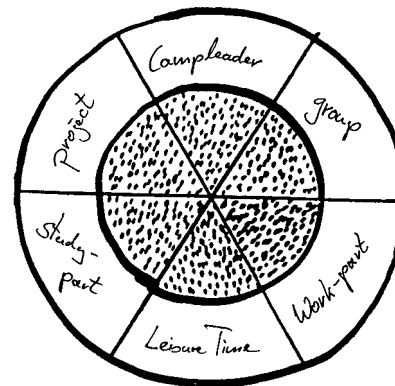


For all those concerned with the camp, it is important to find out what works well and what causes problems. In order to make changes to the programme during the camp, there should be the opportunity, in the form of an interim evaluation, to canvass opinion and discuss the future running of the camp with participants. As a way of calling the camp to an end, there should be a thematic rounding up and evaluation.

Targets, Smileys & Scales

Aims: Evaluation, getting a visual overview of participants' opinions
Numbers: Any
Length: 20 – 30 minutes
Materials: Placards, pencils, drawing pins or sticky dots

- **Targets:** Targets are drawn on a large placard, each referring to a particular aspect of the camp, e.g. accommodation, free time, groups, particular parts of the programme, seminar leaders, „my own contribution“, etc. Participants divide into groups and give their views by putting crosses on the targets - the closer to the centre of the target, the greater their satisfaction with the aspect it refers to. Finally, questions can be asked and „extreme points“, if desired, explained (but no forced justifications!).
- **Smileys & Scales:** Questions about particular aspects of the programme are written on placards. Below each question is a scale for evaluation, using e.g. smiling/frowning faces or a scale from „++“ to „-“; ... Participants get sticky dots with which to give their opinion.



Standpoints

Aims: Expressing views about particular points strongly
Numbers: Up to 25 participants
Length: 10 – 15 minutes

The game leader reads out questions (e.g. How did you like x?). A „centre point“ is marked in the room and the participants spread out according to their opinion: the further away (participants can also crouch down to make themselves smaller), the more critical their view; the nearer the centre point (and standing up straight), the more positive their view.

Weather Report

Aims: To gauge participants' moods
Numbers: 10 – 15 participants
Length: 5 – 10 minutes

The „weather report“ is particularly appropriate as an entry into the day, whereby participants can share their mood with the group. Each person describes their mood to the others as a weather report, e.g. „The sun is shining for me“; „I have dark clouds looming up“, „I am overcast“, etc. No comments!

Remarks: People are not obliged to use this form if they don't want to fit their mood to a weather report.

Flashlight

Aims: To take a snapshot of group activity and form a picture of group opinion. To pause to consider where everybody stands on a subject at a given moment

Numbers: 10 – 20 participants
Length: 3 – 5 minutes

A „flashlight“ gives everybody a chance to put what is happening into words. It is a snapshot and serves as a signpost as to what the group finds good or boring, effective or forced, which possible ways the present activity could be continued and which would be most appropriate. It is particularly appropriate at the beginning or end of a unit, or alternatively when there is a bored or aggressive mood, to explore the feelings, tensions and fears of the moment and find out how to work round them. A flashlight can be carried out as follows: Each person in turn says, in one sentence if possible, what is on their mind at that moment, what they think, feel, would like, etc. Don't make a long speech and avoid criticism, commenting on others and re-examination of issues. The answers should be to questions such as: What is my frame of mind at the moment? How do I feel? What is going through my head at this moment? Etc. After the flashlight, the conclusions that can be drawn from it can be considered.

Source: Cohn 1993

Omnibus

Aims: Making contact, fun, evaluation
Numbers: From 6 participants
Length: 10 – 15 minutes

The idea of this game is based on „Building Machines“. The „omnibus“ serves as a reflection of particular roles in the group

process. Participants take a place in the omnibus e.g. as driver or passenger, or as a component of the bus that has symbolic meaning for them, e.g. steering wheel, spare tyre, rear mirror, etc. The participants can briefly explain why they have chosen their particular position.

Source: from an idea from Baer 1988

Tree Groups

Aims: Daily, intermediate or final evaluation; self appraisal of the participants within the meeting

Numbers: 10 – 15 participants (or small groups of 4 – 8)

Length: About 30 minutes

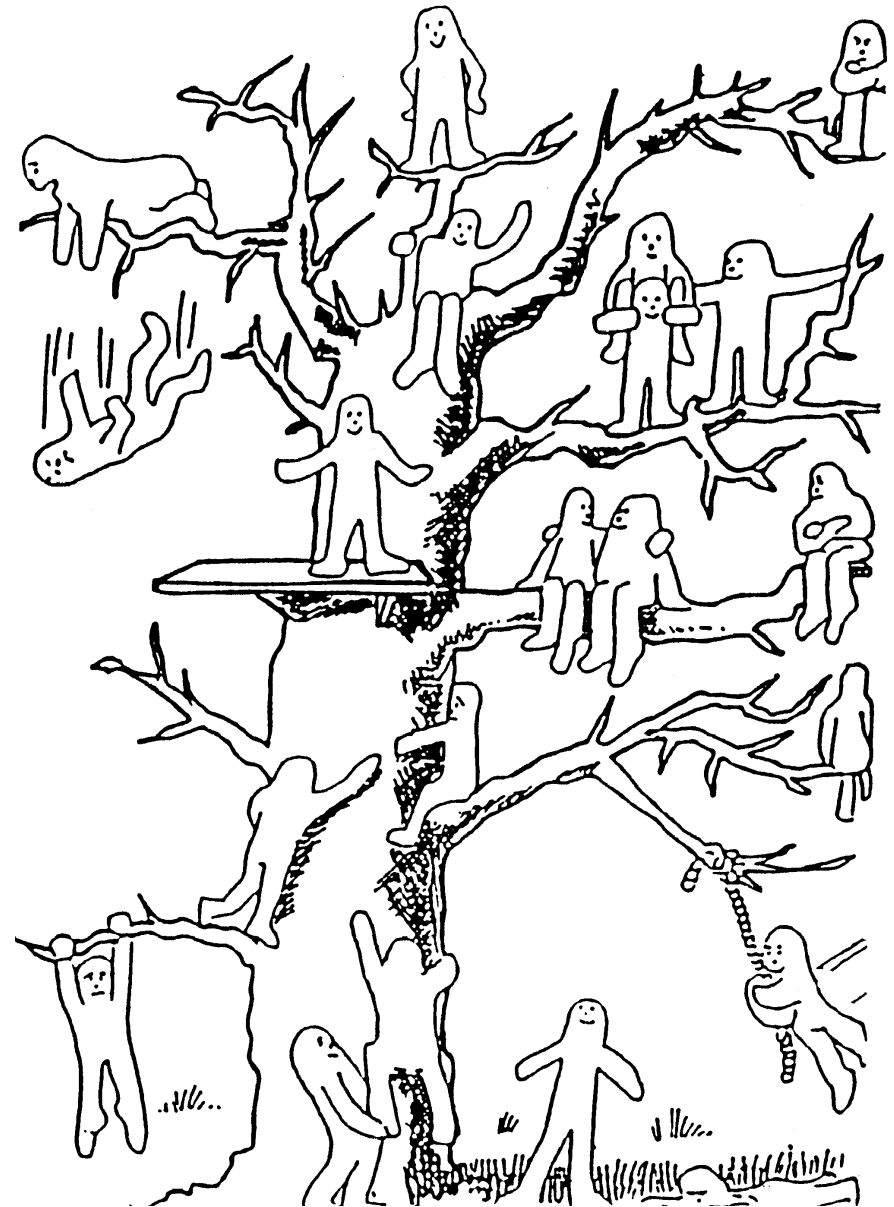
Materials: Copies of the „tree drawing“

The tree drawing represents a meeting. With its help, the participants look back on the days events or the seminar and discuss how they see it/them.

- Each participant receives a tree drawing and has the task to choose a position that represents their present feelings.
- In a round, each person explains where they have put themselves, and why. (They should not be interrupted or commented on, but actively listened to.)
- Finally, there can be a group discussion about the days events, the seminar or the group.

Variations: One could alternatively use e.g. a drawing of a ship, with various rooms (kitchen, dance halls, cabin, etc.) and also objects (anchor, wheel, clouds, etc.)

Source: Taylor 1994



Paper Circular

- Aims: Evaluation, reflection on the workcamp or meeting
- Numbers: 10 – 15 participants (or small groups of 4 - 8)
- Length: 30 – 60 minutes, depending on group size
- Material: Sheets of paper, pencils

The camp leader has prepared various sheets of paper with headings. The headings may be about particular aspects of the programme, the group atmosphere, the camp leadership, the work, free time activities, etc. The sheets are distributed to the participants, who write something and pass them on to the next person so that each sheet goes round the whole group. End with a „Flashlight“ or a „Round“.

Round

- Aims: Participants say something about a theme and pause to consider where everybody stands in relation to it and to each other.
- Numbers: 10 – 20 participants
- Length: 30 – 60 minutes

Participants answer a question on a particular theme in turn (e.g. Are you satisfied with the work in this workcamp?). The round continues when the person has said what they want to say (they don't have to say anything!). Comments and questions from other participants should only be made when the round has ended. If desired, there can be more than one round on a particular question.

Source: Cohn 1993

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