

History and geography of sports and games: workshop



Brief description of the activity

History and geography of different communities can be explored by organizing a workshop about traditional sports and games.

This activity is intended for all those who live in a multi-ethnic community, where many traditions are transported by the people who live there, also through traditional games and sports.

It is a great non formal activity to organize in a youth center or recreational center which hosts and welcomes a multicultural public.

The workshops aim is to enable the population of a given location to share their traditions in sports and games with the purpose of creating moments of learning, dialogue and sharing among the community.

With this activity, we try also to involve the second generations of minors, refugees and migrants in learning their own traditions.

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Topics:

Physical exercise
Traditional sports and games
Intercultural dialogue

Objectives:

The aim of the activity is to know more about sport and traditional games and use them as a tool for intercultural dialogue to:

- increase the knowledge of participants about the sports and traditional games existing in a single community
- facilitate the sharing of experiences and realities about sports and traditional games
- promote cultural diversity and cultural identity

Duration:

Preparation: from 2 weeks to 1 month
Implementation: 1 day / 4h

Location:

Generally, the best option is to have a location that allows people to sit (in case you need to play some table games) and develop sport activities (a football field, for example).

Materials:

- Pictures of the games
- Information about the name, rules and way of playing the game, country of region and whether there is a similar sport / game in other regions/countries
- A world map where the person in charge of explaining the game can show from which part of the world it comes from

Staff needed and eventual specific skills required:

- Coordinator of the events
- Representatives of the games / sports selected to be presented
- Supporting team (volunteers, users of the center, etc.)

Participants:

This activity fits both children and adults.



Steps:

This initiative could be easily integrated into a long cultural program with the purpose of allowing citizens to participate in the creation of a series of workshops dedicated to the traditional sports and games of their countries of origin

Before the activity

1. Define the Goals

Once you come up with an event idea, remember to be flexible. Leave yourself some room for modification and development of the idea accordingly to the material collected.

2. Decide Who Will Attend

Knowing who will attend directly relates to your objective. If your goal is centered on sharing traditions, then you might be happy with a much larger group, which divides into smaller groups for discussion.

A good start can be checking among the users of your youth center, or in foreign communities living in the area, if there are people playing traditional sports or games. Once identified your sport or games “ambassadors”, ask them if they are willing to present it in a public event / workshop, by focusing on what it represents for their culture and history. This will also help your “ambassador” to reflect on their own culture, increasing their cultural awareness.

Then, check together what are the resources needed and plan together how to get them (place, material, players...)

3. Choose the Right Location

If you have 10 attendees, then the conference room down the hall will probably be just fine. But if you have 50 people, you may have to find an outside location that's large enough to host the event

Think about the logistics and practical details of your

workshops when you choose the location. Will everyone be able to see your maps? If you need a certain technology, will the location support it? Will everyone be able to reach the venue? Will you need to organize transportation for people who are coming from far away? And what catering facilities does the venue provide?

4. Create an Agenda

Now that you know your primary objective and who will attend, you can start to develop an outline of how you will achieve the workshop's goal.

5. Promote the event on social media

Make a call to the community to collect traditional games. In this case, it could be useful to create an online application form and / or paper forms to leave at your center.

To collect as many games and transnational sports as possible try to promote the purpose of this collection

campaign in social media and through flyers (for example: after the collection of the games, you will be invited to present the game in the cultural event xxx day xxx).

After the selection of games and traditional sports

- Organize the exposition/workshops of the games (find the location, the date, and the material you will need)
- You might think about creating moments where some of the games are implemented by the people who promoted them, inviting the participants of the workshops to participate.

During the activity

Once you have a solid advance plan, figure out how to bring some excitement into your event (be happy and show your excitement and personal motivation, lift the participants mood up, play some motivational music,

organize group of supporters or create fan chants...)

Try to get everyone involved by starting yourself playing, making examples and then by inviting the public to play the game or try some steps of it.

Creating group exercises is different for each workshop. Keep these tips in mind:

- Many people are nervous about do something in public, or in an unfamiliar group. If you plan group exercises/games, keep the size of each group small, so people are more comfortable talking and interacting.
- Mix up different types of people in each group. For example, being this a cultural exchange event you could mix people from different nationalities when possible.

Remember, spend as much time as you can creating fun and interesting group exercises. These will likely

keep everyone interested and participating.

After

Develop a follow-up plan

The only way to find out if your workshop was a success is to have an effective follow-up plan. Create a questionnaire to give to all participants at the end of the event, and give them plenty of opportunities to share their opinions on how well it went. Although this can be a bit scary, it's the only way to learn – and improve – for the next time.

It's also important to have a plan to communicate the decisions that were reached during the workshop. Will you send out a mass email to everyone with the details? Will you put it on your company's internet website? People need to know that their hard work actually resulted in a decision or action, so keep them informed about what is happening after the workshop has ended.

Do's and don'ts

If your workshop's goal is to address a difficult or sensitive topic (for example: fight against discrimination) it is important to make the group feel comfortable before starting. One way is to tell a story that is loosely related to the topic before you begin discussing the difficult issue.

Innovative aspects for the promotion of interculture

This activity is a good way to promote interculture in your youth center because it uses intercultural games to challenge participant values, while also looking at cultural differences.

Possible follow up of the activity

The most successful games and sports at your workshop can be a starting point to gather together young people and organize a team, training activities or dedicated days; it is an immediate and effective way to involve those, especially the youngest, more reluctant to theoretical activities who may prefer “to practice” interculture rather than talk about it.



