



Games and activities for International Workcamps

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Preface

International Workcamps are Short-Term Volunteering Projects which last (in most cases) between 1-4 weeks and aim for the realisation of a non-beneficiary project with the help of international volunteers.

These kind of projects have always been a unique kind of experience for me and symbolise more than just volunteering. In an international Workcamp, a group of strangers come together in order to live and work with each other and I have witnessed many times the potential of international Workcamps to support and create deep, long-lasting friendships amongst the participants.

In my very personal opinion, a Workcamp should be a place of freedom, creativity, tolerance and solidarity. A place where strangers can meet each other with an open mind and learn about their different backgrounds.

Of course, it is unrealistic to assume that every Workcamp will turn out to be such a magical place,

but I know it is possible and I also know that a good Campleader can support this process a lot. There are many different approaches and techniques a Campleader can use and try to form not only a team, but a dream-team. I won't say aim for perfection, but as Campleaders we should always aim for great rather than for good.

This document is meant to give fellow Campleaders ideas and inspiration for games, activities, evaluation methods and other fun things to do with a Workcamp group. Some of them are meant to just have fun, others can lead to interesting discussions and others are simply meant to create a feeling of comfort and home in a camp.

I believe that a good mix makes a good camp. That is valid for the mix within the group of participants as well as for the balance of work and leisure, for diverse food and also for the activities a campleader plans for and with the group.

International Workcamps are very important to me and they also became a part of me. As I started participating with only 15 years old and leading with 18, I dare say that I partly grew up in Workcamps. And for me, even after 13 Workcamps (and counting) they always made up the best and most important part of my summers.

So, my dear fellow Campleaders, keep your good mood when you are in camp and never stop believing that this camp could turn out to be the best time of your life.

Notice

This document only gives an introduction for games, teamwork-activities, activities for communication and decision making, activities to support discussions, evaluation methods, activities for intercultural learning and understanding and for long-term activities which can be executed throughout the whole term of the camp.

This document does NOT cover any theoretical approaches nor further information about Workcamps, international Volunteering or about Organisations and Associations organising, facilitating or funding international Workcamps.

This document can not, in any case, replace a professional training for Campleaders and is therefore only meant for Campleaders and Trainers with previous experience who at least absolved a professional training about the leading of international Workcamps or other group-based short term projects.

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First of all – some basic hints

- Take care of the different interests and talents of the participants. Not all of them can or want to 'play'
- Its easier to explain games when you know them already and played them yourself. Why don't you try some of them with some friends in before? They are great fun!
- Be sure about how the game or activity is working and what you are aiming at. Do you want to reach a goal with the game? Send a message?
- Explain the rules easy, vivid and descriptive. Show as much as you can and give examples. Also take care to adjust your level of English, so that everybody can really understand the rules.
- Motivate everyone to join, but force no one.
- Stick to the rules, so that the 'sense' of the game/ activity does not get lost, but also give space for variations (if possible)
- Some games have great effects on the atmosphere, the conversation and on the mood. Take care to leave enough space to reconcile and to get to a common point.(especially thematic actions can lead to great discussions)
- Some games do require some time. It is not advisory to interrupt thematic activities → the message you hoped to send would be lost or misunderstood.
- Teamwork activities and other activities with a specific aim **should not be ended without an evaluation.** Talk about the task and about how the group solved it (possible questions to ask your group):
 - How did it go? How did you solve the task we gave you with this activity?
 - Was everyone okay with it? Did everyone contribute to it?
 - Did somebody feel left out or had the feeling that (s)he can not tell his/her opinion?
 - Do you think you worked well as a team?
 - Is there something you want to change in the way you communicate within the group? / Something you would do differently?
 - Do you think we are a team? And if not, how can we become one?

1. Name learning games and Icebreakers

Icebreakers and name learning games are well suited for the first days of Camp, they are easy, do not include much body contact and give everyone the opportunity to get acquainted slowly.

'Beautiful Barbara' or 'that's what I like'

Aim	Learning names
Time	10-30 min. (depending on group size)
Group size	any

The group stands or sits in a circle. The first person says his or her name with a suitable adjective, or naming something that they like which **begins with the same letter**. The next person repeats what has been said and adds their own name and comment. For example: “This is beautiful Barbara and I am frosty Fred” or “This is Patrick who likes pop music and I am Jenny and I like wearing jeans.” Continue round the circle until the last person has to recite all the names.

As a variation you can also add a *movement*. “I am beautiful Barbara” - *saluting*. “This is beautiful Barbara – *saluting*. And I am frosty Fred – *bowing*”

Group Juggling

Aim	Learning the names
Time	10-20 minutes
Group size	any
Material	2-3 small balls

The group is standing in a circle. The leader starts by addressing to a person with his/her name (e.g. John) and throws the ball towards this person. John catches the ball, addresses to Marie and throws the ball over to her, Marie addresses Heinz, and throws the ball over to him.. It is going on and on like this, until everybody had the ball exactly

ONE time. The last person is throwing the ball back to the leader. It is important that the participants remember the order! The next round is simply a repetition, to remember and practice the order (so John always have to throw over the Marie and Marie always to Heinz). In the next round, the leader starts by throwing the ball to the person he got the ball from – so its the same order, in reverse. (Heinz → Marie → John)

When this all is working good, you can take a second ball and either throw this one in later (start with one ball, and when this one reaches the third person for example, throw in the other ball) or you can throw the second ball in the reversed order. It gets really confusing and funny, and in the end, everyone knows at least two names for sure!

Name Battle

Aim	Getting information about the participants, loosening up
Time	10-30 minutes
Group size	any
Material	big sheet, cover, towel or sleeping bag

For this game you need at least one leader who guides through the game. Also make sure that you played another 'name-learning-game' before, so that everyone at least heard all the names.

The group splits up in two teams who will then sit down at the two sides of the sheet. The teams are not supposed to see each other. Then, one person from each team quietly moves to the front, directly behind the sheet. The leader(s) drop (or lift) the sheet and the two people, now facing each other, have to say as quickly as they can, the name of their opponent. The winner can take the other person with him/her to his/her team.

Variations:

- two people can take place at each side of the sheet
- the two players sit back to back to each other so they can not see each other. The team has to describe to its player the other person by describing her/his looks, characteristics etc.

Interviews

Aim	Getting to know each other and remember names
Time	10-30 minutes depending on group size
Group size	any

Each person takes a partner and the two interview each other. Then each one introduces his or her partner to the whole group, passing on the information gained in the interview.

Room Scale

Aim	Getting information about the participants, loosening up
Time	10-30 minutes
Group size	any
Material	(optional!) a long bench / chairs (approx. one per participant)

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 criteria is chosen, the game leader defines the „extreme points“ - on the left side is the smallest shoe size, on the right side the biggest.

You can also let the participants row up on a long bench for example. Then they have to swap places without touching the ground. But be careful, this is not suitable for every group as it includes a lot of touching right at the beginning of the camp.

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?“ “Do you think we should talk about camp rules again?“ etc. (very much / not so much) and participants go to the appropriate point of the scale.

Everyone ...

Aim	Getting information about the participants, loosening up
Time	10-30 minutes
Group size	any

The group sits in a circle, one person is standing in the middle. The person in the middle wants to get a seat. For this, (s)he says things like: 'Everyone with brown hair' Everyone who has brown hair has to get up and find a different seat while the person in the middle also tries to catch one. So the person who is standing in the middle changes.

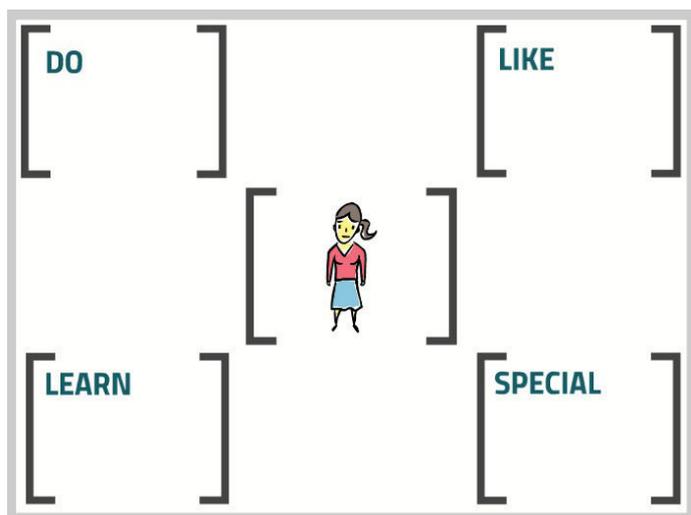
You can also state things like: 'Everyone who has a sister' 'Everyone who has been to France' etc...

So different yet so similar

Aim	Getting to know each other, remembering names
Time	20-40 minutes
Group size	any
Material	Paper and Pens

Explain this activity in steps, the participants do not know everything that is going to happen right away.

First, tell them to take a paper and a pen of the colour of their choice and to separate their paper so that each corner has a square and so that there is one square in the middle (you also tell them to separate it into 9 equal squares, that should have the same outcome) Let them write the captions DO, LIKE, LEARN and SPECIAL into the corner squares as depicted on the picture below.



The first part of this activity now is for each participant to fill in the corners privately with facts about them. (What they do, what they like, what they would like to learn and what makes them special)

When this is done, let the participant draw a self-

portrait of themselves which includes facts and traits from each corner.

In the second part of the activity the participants are supposed to walk around and to get in contact with the others. The aim is to talk to everyone and to find at least one thing they have in common. For this the participants share and compare their papers, when they find that they wrote the same (or similar enough) thing in a corner they may write the name of the partner in the same corner. If they can not find any similarities but realise that they are also interested in something on the partners sheet they may add the activity (e.g. learning how to play guitar) and the name of the partner in the space below the corner. This activity can be very time-consuming, especially with big groups. Therefore it is acceptable to tell the group to move to a new partner once ONE similarity is found or added.

In the end, each participant should have all other names on his/ her paper. The papers can be kept and later be used to talk about common interests.

2. Energisers and party games

Knot Game

Aim:	Contact, waking up the brain (+ easy little team-building activity)
Time:	5-15 minutes
Group size:	min. 6 participants

The 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. (may also be used as small team-building exercise)

Pinky Trap

Aim:	Fun, entertainment
Time:	5-10min
Group size:	min. 6 participants

The pinky is the smallest finger on your hand. For this game you can also use any other finger, but because the pinky is so small, it makes it more difficult.

The group stands in a close circle. Everybody stretches out their left hand - palms flat up, and also their right hands - pinkies pointing down. Now everybody places the right pinky on the left palm of their right neighbour. The leader gives the signal 'hep' now. Then, everyone has to pull away their pinkies, and with the left hand try to catch the pinky of their neighbour. When this is going well, you may change hands; or even, if this is still too easy, you can also play with hands crossed.

Popcorn

Aim:	Waking up, Fun
Time:	5-15 minutes
Group size:	min. 6-8 participants

All participants start as little corns, sitting in a pan. The participants are standing somewhere in the room and when the game starts, they walk round with little steps saying 'hot, hot hot,' over and over again. One Participant starts as a Popcorn. (S)he can cause a chain reaction: every time (s)he touches a little corn, (s)he may say: Pop. The corn then jumps up with a loud 'POP' and is a popcorn two no.

But the Popcorns have an enemy, 1-4 participants (depending on the size of the group) are Ice-cubes. They want to stop the chain reaction. When they touch a popped Popcorn, they become little corns again. When there are no more Popcorns left, the Ice-cubes win, when all little corns are popped, the Popcorns win.

Colour Catch

Aim:	Concentration, fantasy, fun
Time:	5-15 minutes
Group size:	min. 6-8 participants

For this game you need to have a leader who guides through the game.

All participants stand in a close circle and stretch out their right arms and put the left hand behind the back. The game leader starts to tell a story (whatever you like, some random things) and includes, from time to time, some colours (red roses, green grass,

purple butterflies etc.) When a colour is said, the participants have to try to tap with their right hand the hand of their right neighbour. Everyone who got tapped has to leave the circle and the stories goes on until there is only one player left.

As a **variation** you could also say that each player has three 'lives' and has to leave the circle only after the third time (s)he got tapped.

Wolf – Grandma – Hunter

Aim:	Waking up, fun, movement, concentration
Time:	10-20 minutes
Group size:	approx. 10-30 participants

For this game you need to have a leader who guides through the games.

This game is based on the classic 'rock – paper – scissors' game and on the fairytale of 'little red riding hood' (the little girl who wants to bring some things to her grandma into the forest) The group has to split up into two teams. The teams are standing in two rows, face to face, about 5-8 meters away from each other. If possible mark these 'ground lines' with a rope or choose a spot which is easy to remember. Then the whole group has to decide on specific signs for the three possibilities wolf – grandma – Hunter (movement and sound).

Here are some suggestions:

The wolf could growl angrily and raise his hands like claws,

the grandma could hold her back with one hand while leaning on an imaginary stick with the other one and moan,

and the hunter could aim with an imaginary rifle and do a loud 'BANG'

When the group agreed on the signs, the two teams discuss very quietly on one of those signs. When both teams decided they turn around and step forward to the middle of the field. The game leader then has to count to three. On the count of three, the two teams make their signs. Just as in the classical game 'rock – paper – scissors', one of the signs will 'win' (see below) the winning team then has to catch as many members of the other team as possible. The losing team can save themselves by running back to their 'ground line', when they cross it, they can not be caught any more.

So, who wins when?

The wolf tries to catch the **grandma**
grandma tries to catch **the hunter**
and **the hunter** tries to catch the **wolf**

You can also think about your own version of this game and make up matching characters. There are many many versions of this game out there already, so get creative.

Robots

Aim:	Fun, movement
Time:	5-15 minutes
Group size:	approx. 6 -30 participants (you will need pairs of three)

The group has to split up in teams of three people. They have to decide who of them starts as the mechanic/ repairman. The other two are robots. At the beginning of the game, all robots stand back to back to each other. When the game begins, all robots start moving slowly and robot-style (a lot of fun when they also make matching sounds). Robots can only walk straight on, if they come to an obstacle, they just walk on on the spot. The mechanic tries to navigate his robots in a position where both of them stand directly face to face to each other. To navigate them, he can gently tap on the shoulders of his robots. One tap on the left shoulder will make the robot turn 90° to the left, two taps in a row will make the robot turn 180°. Same goes for the right side to of course. When the mechanic managed to bring his robots back together (face to face) the group can change roles and someone else can be the mechanic.

Pillow Race

Aim:	Fun, entertainment
Time:	5-10min
Group size:	min. 10 (you need an even number)
Material:	2 pillows/ scarves or similar

For this game it is best to have an even number of participants. The whole group stands in a circle. Then you make teams by counting 'one, two, one, two...' so that there is

always 'player team one, player team two, player team one...' standing next to each other.

Each team gets a pillow (or a scarf or something similar -soft, easy to pass on). Make sure that the pillow of team two 'starts' more or less on the opposite side of the circle of the pillow of team two. When the game starts, the teams have to pass on the pillows always to the next team-member to their right (or left, it just have to be the same direction) the aim is to be faster than the other team. So each team tries to pass on the pillow as fast as possible to catch up with the pillow from the other team. As soon as one pillow overtakes the other one, the round is over the the faster team scores a point. You can play several rounds (up to 5 or 9 points for example)

Make sure that its fair play: it is not allowed to catch the pillow of the other team or to hinder it. When a pillow falls down, just pick it up quickly.

Rag Run

Aim:	Waking up, Fun, movement, concentration
Time:	10-20min
Group size:	min. 10
Material:	a rag

For this game you need a leader who will guide through the game.

The group is divided into two teams who will stand in two rows, facing the other team with about 6-10 meter distance. This is their ground line, if possible mark those lines with ropes, or choose significant points (e.g. at a specific tree) in the middle of the field, the leader places the rag. Now, every team has to distribute numbers amongst their members (a group of 10 = 2 teams of 5 = players from number 1 to 5 in each team) the leader stands at the side of the field and, when the game starts, calls out numbers. When (s)he calls the number 1 for example, the two Number 1 players (one per team) have to try to catch the rag in the middle and bring it back to their ground lines. But: when a player touches the rag, the player of the other team, may tap him/her. Then, (s)he scores a point without bringing the rag back. A player can only be tapped when (s)he touches the rag, it is allowed to let it fall down again.

It is not allowed to throw the rag or to kick it over the ground line. So, obviously a little bit of tactic is needed. Let's see what the teams come up with.

You can also call more numbers at once, or ask some simple mathematical calculations, ($2+2=4$) or other questions like 'how many moons has planet earth? ' (= 1). It is also possible to call in more numbers later. The players with the number 2 are already in but the situation is stuck, then you might call in the players with the number 5, so that there are four players no, running for the rag.

Count the points and play up to 5, or 9 points. And most groups want to have a revenge, because it is a lot of fun!

Murderer

Aim:	Fun, entertainment
Time:	15 –30 minutes
Group size:	min. 10 participants
Material:	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 paper 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 (you can make it darker if you like).
- The game is played wandering around the room and all have to close their eyes. You need a game-leader who will watch at the game and avoid accidents. For a secure game you need a room where a fixed area is prepared (e.g. by surrounding an area with chairs). The leader starts the game, everybody is walking with closed eyes and the leader chose the murderer by touching him/er. Everybody is slowly walking around like

Zombies and the murderer will kill by touching the shoulder of her/his victims. Killed people may cry dreadfully. It is a very atmospheric game because it's not allowed to speak, so it's totally quiet until a cry. The only other noise is the careful steps of everybody... huu! Dead people sit down beside and can watch the funny movements of all.

- **The game is played over several days.** People may be murdered in any room or any situation. But of course, the murderer (or murderers, to make it a bit more interesting) should take good care not to be caught. "Trials" can take place in the evenings, with judges, accusers, defendants etc. You may prepare a list of death where the victims write (perhaps after a period of 15 minutes) their name, time and place of the murder. The murderer can only kill, if s/he is alone with the victim or with dead persons. You can create different styles of killing (by showing a murderer-card, a special movement etc). People falsely accused at a trial are killed (a person is accused, but the group can only learn about his/her real identity after his/her death, so even if the person turns out to be innocent, (s)he is still dead. → be aware that this version may speed up the game, you can also decide to let innocents live). The game ends when the murderer is caught or everyone is dead.

Pick Up!

Aim:	Fun, entertainment
Time:	20-60min
Group size:	min. 2 participants
Material:	an empty box of cornflakes or similar

The task is quite simple, the outcome highly entertaining and in the end it can get really exciting.

On the floor stands an empty box of cornflakes (or similar), all the players have to do it to pick it up! BUT: they are only allowed to stand on one leg, and they can not use their hands. They are supposed to pick up the box with their teeth.

It gets most exciting when you always rip a little stripe of the box and let everyone try again, and again, and again, and again. Lets see who gets the furthest.

Impulse

Aim:	Fun, entertainment
Time:	10-30min
Group size:	min. 10 (you should have an even number)
Material:	a coin and a dice

For this game you need two game-leaders!

The groups splits into two teams. Each team sits down and forms a line, so that one person is in the front (everyone face the same direction) now. Everyone put their left hand in the back and take with their right hand the hand of the person in front of them. The last person in the row is the only one who is allowed to look at the leader in the back, all the other ones have to look straight forward or even close their eyes.

In the front is the second leader. He puts a coin or another small object on front of him, in the middle of the two front players. The leader in the back starts the game now by throwing the dices. When there is a 6, the two players in the back have to start the signal. For this, they press the hand of the person in front of them. If you receive the signal, you have to give it to the next one. When the signal reaches the front player, he has to try to grab the coin faster than the front player of the other team to score a point. (You can play up to 10, 20 or 30 points, as you like) after each round, the front player has to get up and go to the end of the line, so that everyone can have the pole position at least once.

Mimikry

Aim:	Fun, entertainment
Duration:	20-40min
Group size:	min. 10 (you should be able to make two even numbered groups)
Material:	a torch, a dark path in the forest

This game is a great night-outdoor activity. You need a leader, who will guide through the game and before you play it, we strongly advise you to check out the path in daylight first. The path should be as dark as possible in the night, and it should be possible to hide somewhere in the near forest to both sides of the path, so take care that there are not too many thorns and some possibilities to hide, like bushes, trees etc.

Choose a part of the path about 50-100 meters long and mark, if possible, the beginning and the end. (I doesn't necessarily have to be a path in the forest, the path you choose just has to be dark enough by night and has to offer enough possibilities to hide)

The group splits up in two teams. Team number one has to wait somewhere, where they can not see the path. (for example at the entrance of the forest) Tell them to wait there for you and take team number two into the forest. Bring them to the path and tell them to hide somewhere, in a maximum distance of 4 meters from the path, on both sides of the path. As you have a torch, you can help them find a good spot. They can try to integrate themselves into the nature by hiding next to a tree (not completely behind!) or by pretending to be a rock or similar. It is very important that it is still possible to (theoretically) see the participants from the path, they can not just hide behind a big rock. (of course it will be dark, but check with your torch from the path if it is possible to spot them)

When everybody is hidden, go back to team number one and lead them (without torch!!) to the path. Assuming there are 10 players in each team, each team has 10 free shots of light. The task of team number one is now to search the path (they are not allowed to get off the path) and look for the other players on the sides. When they are convinced that somebody is at a specific spot, they can take one of their shots. You flash with your torch shortly at the spot they want to check out (not more than 2 seconds) when somebody actually is there, this person has to get out and the team scores a point. When nobody is there, the team wasted a shot and has to go on searching until they have no more shots left. Then, the teams switch roles. Who finds more people in the dark??

Rules: The torch is the only light allowed on the path! When somebody has a suspicion, the whole group has to decide whether they want to use a shot or not. To make it a bit more difficult, you could say that they are not allowed to go back, so they can only move forward. And, of course, its more fun when all players wear dark cloth because it gets much more difficult then.

3. Communication, Decision-making and Teamwork

Basically, all Teamwork challenges should be **evaluated and reflected**. Like that the group can talk about how they can improve their cooperation and their way of working together. If you do not evaluate a team-building activity the valuable message the group can learn during these There are many different ways to evaluate, the most easiest one is simply asking: *How did you solve the problem? How did you come to this solution? Did you like the way you came to a decision? What can be done better?*

→ Talk about communication, decision making methods and a respectful social dealing.

Circle of Trust

Aim:	trust, co-operation
Time:	10-20min
Group size:	8-12 participants

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.

Pizza, Shower and Car Wash

Aim:	relaxation, contact
Group size:	10-15 participants
Time:	10min per exercise

Pizza:

You stand in a circle and everybody will bake a pizza on the back of the person in front. The narrator prompt to kneed a dough, to smooth out the dough, to put tomato sauce, mushrooms, salami, onion, cheese... on it. Then the pizza will bake, you will eat... Everybody makes in that way a funny massage for the person in front.

Shower:

Find a partner and form into pairs. One will start to be the shower, you take the shower. The first drops fall down, more, even more... The shower shampoos you, cleans you, you sing, dance, wash... Then you change roles and the other person will get a nice massage by using the shower.

Car Wash:

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”). The other participants carry out the car wash.

On a melting glacier...

Aim:	contact, fun, teamwork
Time:	15-30min
Group size:	10-15 participants
Material:	chairs (one per person)

The whole group is standing on chairs, one chair per person. Imagine that the chairs are one big glacier, which is slowly melting away. Every round, one chair vanishes (is taken away) and the group has to move closer together. Pretty easy in the beginning, but at some point it gets really challenging to get 5, or 10 people on only 4 or 3.. or even on only 1 chair!

It is allowed to get off the glacier to make a plan, but a round is only successfully accomplished when the group can hold together for min. 10 seconds.

Massacre

Aim:	contact, fun, trust
Time:	15-30min
Group size:	10-15 participants
Material:	a rope or something similar to restrict the play field

A fantastic game for fair body contact. With a rope (or something similar) the play field is bounded to a big circle. All players knee in the circle. When the massacre starts, they try to push the others out of the circle. Important: Feet AND Hands, have to stay on the

floor, it is not allowed to get up. Who is touching with any party of the body the floor outside the circle, is out and becomes a referee. Before you start this game, make some rules like: no scratching, kicking, biting etc. and ask all players to take off glasses, jewellery and watches.

Variations:

- play with two teams (e.g. white shirts vs. coloured shirts)
- each team has one queen, when the queen is pushed out of the circle, the whole team loses.
- Instead of a circle, mark to ground lines and make two teams. The teams have to make two rows and link arms with the team mates. The teams stand back to back to each other and when the game starts, they have to try to push the other team, only with their backs, over the ground line.

Flying carpet

Aim:	contact, fun, teamwork
Time:	15-30min
Group size:	10-15 participants
Material:	a carpet/ towel/ cover etc.

The group is standing on a flying carpet when they realise that something is broken, they are losing height. In order to fix the problem, they have to turn the carpet, but because they are in mid air, nobody can get off.

Penguins

Aim:	contact, fun, teamwork
Time:	15-30min
Group size:	10-15 participants
Material:	empty beverage crates OR sheets of paper, space

For this you need to do some small preparation. Mark a goal line and distribute the crates or the papers on the play field. Take care that the papers don't lie too close

together, only two papers should be close enough, that is where the team will have to start. The further you distribute the crates or papers – the bigger the play field is – the more difficult it gets.

When you are done, tell your participants to stand on one paper each. Tell them they are all little penguins now, standing on their ice floes, and they want to go back home (goal line). Rules:

- they are not allowed to get off the floes, because there is water and they can not swim
- the floes are really strong and can hold more than one penguin
- the floes can be moved, but only when there is nobody standing on it
- every penguin has to be brought home

If you want to make it a bit more difficult, you can also say that the floes float away when they are not touched. So, in order to move a floe, the penguins have to get off, but not let go! (one finger is enough body contact to keep the floe)

Plane Crash – Role play

Aim:	Teamwork, Communication, creativity, fun
Time:	20-40min
Group size:	10-15 participants
Material:	little papers with characteristics, some blind folds

Plane Crash is a role play about communication and teamwork. The group has been on a plane which crashed. The task is to bring all players to the black box, so they can be rescued. But not all players withstood the crash unscathed. Some of them have injuries or shocks.

For this game you need to prepare some papers with characteristics (see below) and the players have to stick to this role for the whole game. And, of course, they are not allowed to tell their role to the others.

All participants are distributed on a large area, or just somewhere in the accommodation, if possible blind folded, so they don't exactly know where the others are. The black box is with one of the players, but this player does not know that.

Actually, there is only one important role, what you make of the other players is up to

you.

This role has to be included: 'You are the only one who actually knows that the black box is with _____ but you can not tell the others directly, you have to try to lead them there somehow else.'

Possible Characteristics:

- You are in shock and can not talk
- since the crash you are blind, wait until somebody comes to help you
- you are traumatized and talk nonsense the whole time
- you always say the opposite of what you actually want to say
- You are fine and you try to help the others
- you are find but you don't care about the others, only that your shirt is damaged and that you can't get a signal on your mobile
- you are traumatized and everything you want to say, you have to sing
- you are traumatized and tell everybody that the black box is with _____ important: every time somebody asks you, you tell a different name.
- You are convinced that the black box is with _____
- you know that _____ only thinks (s)he knows where the black box is

Arriba – Abajo

Aim:	Teamwork, Communication
Time:	approx. 30-90 min.
Group size:	min.10 participants
Material:	1-2 ropes , chairs (in no suitable trees or similar available), evtl. More ropes to mark start and end

The people of the two town ARRIBA and ABAJO haven't had a very good relation in a very good time. They always thought they are just too different as the people of ARRIBA like to greet and cheer by jumping up and the people for ABAJO like to do so by going down.

For years, this had let to many misunderstandings and awkward moments. But as fate will, two young people fell in love. One from ARRIBA, one from ABAJO. The

townspeople finally accepted their relationship and they shall be married now. But as the townspeople are still very suspicious about each other they do not dare to enter the others town. They agree to hold the wedding in a little church between the two towns, and as tradition dictates, the lovers have to be carried there. But halfway to the church the townspeople come across an obstacle, a fallen tree is in their way.

Aim

The lovers have to reach the 'church', so that they can get married

Rules

- the lovers can never touch the floor between start- and finish line.
- All inhabitants of ARRIBA have to go OVER the rope
- All inhabitants of ABAJO have to do UNDER the rope
- No one is allowed to talk once the activity begins, (5min. For discussion prior to beginning of activity should be granted)
- No more than 10 'touches' at the same time. 1 body part (e.g. one foot or one hand) counts as 1 touch. Example: 10 touches = 10 feet = 5 people.
- The touch rule applies for both cities combined, not separately. (10 touches TOTAL on the gamefield)
- The rope can not be touched. When someone touches the rope or falls down (= full bodycontact) all participants have to start again from their townlines.

Punishments

- If participants talk, or if more touches are used than allowed, it is up to the instructor to choose an appropriate punishment. That can be for example:
 - more lovers: now more than only one person (the number does not have to be even) will be married → more people to carry
 - less touches: reducing the number of acceptable touches
 - reducing helpers: people who already made it to church are not allowed to go back. Once participants cross the finish line they have to stay there.

Deals

- Depending on the development of the activity, the instructor may offer deals in order to hold up the good spirit and to avoid to severe frustration. For example:
If 3 (or x) more people reach the finish line successfully:
 - everybody behind the line will be safe for the rest of the game
 - everybody behind the finish line can help again
 - the group is allowed more touches

The reduction of lovers is not negotiable!

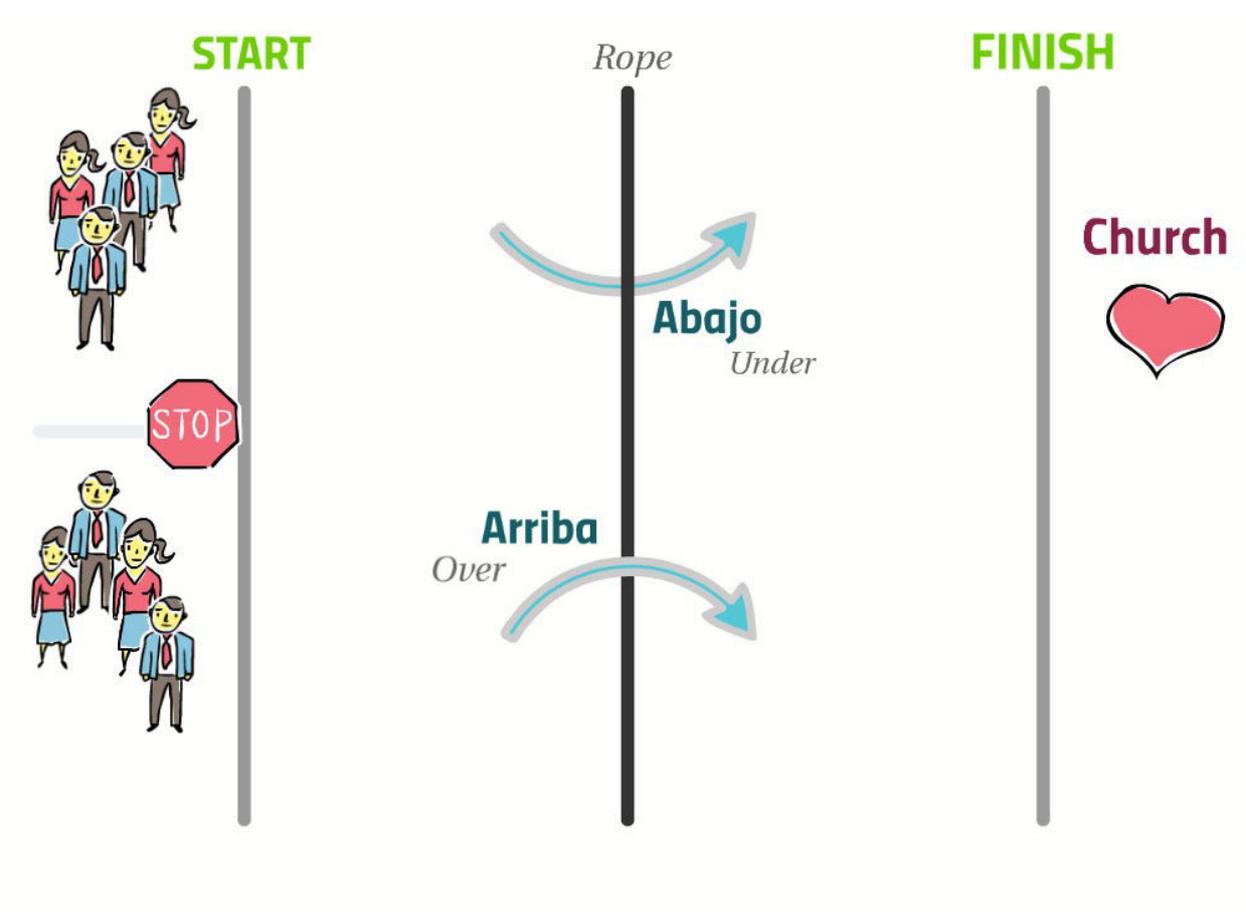


Illustration of the 'Gamefield' and how it is supposed to be set up

4. Intercultural Understanding and Learning

Wherever people with different origins and cultural backgrounds come together, you may encounter inter-cultural learning. What and whether at all is learned, depends on the situation and on the the involved. “Results” of inter-cultural learning are as various as individual. It is NOT about the communication of 'pre-thought' contents, but about the development of a personal attitude, which will be formed through interactions with new things and the reflection of these encounters. This attitude will effect how one is handling oneself and others.

Actually... what is culture??

Culture is man-made, it is shared and historically transmitted consciously or unconsciously by its members. As a system and set of rules, culture is aiming on an orientation for every-day life. National culture is just one aspect: within inter-cultural contact, differences in Age, Sex, Gender and social background can overlay national aspects. Encounters with new, different cultures can start processes of self-reflection when the 'alien' is questioning the 'known'.

Inter-cultural learning means, to learn why the 'alien' is sometimes perceived as threatening, and sometimes as attractive and welcomed.

It helps not to stick to a strict definition of culture, but to see culture as a flexible term. It is more important to talk about themes like religion, education, sexual stereotyping, traditions, family, moral values, interests and life designs – the more concrete it gets, the better it is.

What means 'Culture shock'??

The term 'Culture-shock' describes a **strong reaction on the psychological disorientation**. Many people, who live abroad for a longer time have to face that syndrome.

A culture-shock can be caused by ambiguous situations, by wrong or unfulfilled expectations, unrealistic goals etc.. It occurs when personal values are questioned and

when situations have to be faced, in which it is hard to understand to underlying structures and rules.

Symptoms are enthusiasm and euphoria (everything is great!), Depression and Frustration (Focus on differences), partly adaptation/ regulation, complete adaptation and then, maybe: Bi-culturalism (= the ability to live in two different cultures self-evidently) There is no definite order of these symptoms and one can live them through cyclical.

What is happening during a process of inter-cultural learning?

- Engagement with ones personal and cultural identity and history
- relativisation of attitudes
- Sensitisation for the understanding of other cultures
- Sensitisation for prejudices, ethnocentrism, racism and its mechanics
- The process includes phases of approach and distance
- emotional processes – pleasant and unpleasant feelings
- Conflict-potential
- Workcamp as an ideal place for inter-cultural learning: personal consternation, context with personal biography, cultural differences and similarities come to light in every-day life

About prejudices and international encounters...

“There is no one without prejudices, and when one claims to have none, then this might be the greatest prejudices of all” (J. Dewey)

“Trough an encounter with the alien, I will learn something about myself; with a better understanding of myself I will be more sensitive towards the alien and I will be able to face it accordingly” (H.Rademacher)

Experiences made in international Workcamps, do not necessarily lead to a process of inter-cultural learning. Perceptions and Stereotypes can also be confirmed and solidified. It is important to “step into distance to yourself”. That means, to relativise ones own attitudes, action patterns etc. in consideration of national-socio-cultural norms.

Cultural Treasure Hunt

Aim:	To understand the behaviour and way of life of persons of another culture through learning about the cultural significance of items used by those persons.
Time:	1-2 hours
Material:	lists with local items to be found

1. The leader draws up short lists, each containing different items to be found within the unfamiliar community. These items might be certain kinds of local medicine, items related to religion, food, decoration, literature, music, each of which defines the people's behaviour, values and way of life.
2. Participants should, under most circumstances, carry out their hunt alone or in pairs. They are asked to learn as much as they can about how the item is used, so that they can talk about its use to others when they return home.
3. When the participants are brought together again, they share their discoveries, and explain to each other what kind of cultural importance these items hold. They also compare various experiences involved in carrying out the hunt – amusing incidents, cultural differences, hostile reactions, unexpected discoveries.

Inter-cultural evenings

Aim:	To get to know the other participants and their cultures
Time:	1-2 hours
Material:	pictures, songs, stories and traditional things, like cloth, food, drinks etc.

Inter-cultural evenings are always great fun. But we advise you to ask your participants **before the camp starts** to think about it, so they can actually bring some things for that evening from home. You can also have several evenings like that, for example one country per evening. That can result in a great exchange and end with funny games from the different countries. An inter-cultural evening can include a traditional dish, dance, song, some basic information about the countries history and culture etc.

Discovering Values

Aim:	inter-cultural exchange, getting to know the others
Time:	30-40min
Material:	Pens and paper

Ask the group to write down as many sayings as they can think of from their country/home town. (e.g. Time is money). Then, let them present them to the others and talk about them. 'What values do you see behind them? (effectiveness, optimism etc.) 'What are typical values?' 'Do you like these values?' 'How relevant are they in your culture?'

5. Long-term activities for Workcamps

Human Library

Aim: To get to know the other participants and their cultures, learn something new
Duration: the whole camp
Material: one big poster

The human library is a method to motivate exchange. And its pretty easy, just hang a big poster in the accommodation. On this poster everyone can write what they can do and would like to offer to the others. For example: *I can teach you how to do origami / I can teach you how to dance Salsa / I can teach you some Russian...* From time to time, scan the poster and if many people are interested in one particular thing, the person who wrote it down might want to do a workshop.

Mafia (the one NOT like 'Werewolf')

Aim:	Fun, entertainment
Time:	2h – several days
Group size:	min. 10 participants
Material:	little papers with the names of the participants (one name per paper), little papers with tasks, a big sheet with a list of all participants

This game is a lot of fun, especially because you can play it over several days. But its needs some preparation.

All players are bad ass Mafia members, but the boss has just been killed, and everyone could become the new boss. So the battle begins, and the Mafiosi start to kill their concurrence. In the end, only one can remain: the new big boss. In order to kill the others, they have to full fill specific tasks.

Therefore, the leader (who can play of course to, but it won't be so funny for him/her because (s)he knows all the tasks then) has to prepare two things: First, little papers with all the names (one name per paper), folded together. And second; little papers with tasks. The tasks should always start with: 'make this person... ' you need to have some creativity to think about many tasks and take care not to pick anything too personal or tasks that might make participants feel uncomfortable. Here are some suggestions:

- make this person swap shoes with you
- make this person write a love poem for you
- make this person do the cooking/ laundry/ cleaning for you
- make this person swap sleeping bags with someone else (not you!)

Then, every player picks first a name and then a task. John for example picked: *Marie* and *make this person sing a love song for somebody else (not you!)* so, now John has to persuade Marie somehow to sing a love song to someone (not for himself!), he actually manages and Marie sings a love song to Heinz. Then John can, joyfully tell Marie: *'Haha, your dead!'* Marie has to give John her name and her task now. Marie is dead now and has to cross herself off the big list, John has a new target... but there is of course also someone after John...

Task Force

Aim:	Organisation of group-life, supporting participants responsibilities, active inclusion in camp-life
Time:	all camp
Material:	Task cards (see description below)

'Task Force' is a fun way to divide important.. and not so important.. organisational tasks among the participants of the camp. It is a good way to actively include all volunteers in the camp-life. The Campleader does not have to be the only one in a Workcamp organising stuff! The division of tasks gives responsibilities to participants and thus supports a feeling of inclusion and usefulness.

The tasks you want to share might differ from camp to camp, depending on the specifics and the rules you decide on with your group.

Some tasks might be more responsible or time-consuming than others, you should switch them from time to time so that participants do not feel unfairly treated.

You don't have to make the tasks by yourself but you can agree on the tasks with the whole group, after or while you make camp-rules for example. It is also always good to have some fun tasks in the mix which simply serve the purpose to lighten the mood and to have some fun.

Here are some examples for possible tasks:

Alarm Clock: making sure that everybody gets up in time / is in time for work etc (you can make different alarm clocks for different occasions (Wake-up Alarm; Lunch clock; Dinner Clock; Chocolate Break etc.) Alarm Clocks are also responsible for keeping an eye on the clock to see if it is time to go, time to start, etc. (example: the group spends a free day at the lake but decided to have dinner at home. So the dinner clock has to keep an eye on the clock to make sure the group leaves in time to get dinner ready)

Megafon: making sure a message is heard and received by the whole group. (Other participants can profit from this task by 'using the megafon' for example to announce important messages or to call for lunch and dinner.

Cheer-up: Every participant can ask for a cheer-up (if the task is.. 'over-used' you can restrict the numbers of cheer-up's to one per participant per day) and the person holding the task then has to do something to cheer this person up. Tell a joke, pull a face or whatever.

Witch of the House: The old witch of the House hates it when people do not take off their shoes indoors or when they leave a big mess after them and sees that the accommodation is in order (when everyone tries to keep it clean, it is less work for the cleaning team)

TV Team: 2 or 3 participant can share this task. The TV team is mainly responsible to plan / organise and inform about the evening activities. “*What's on tonight on Channel Camp?*” Maybe they have a nice idea what to do in the evening or they find someone else who has an idea. If the TV team present the activities in a nice 'News report' style at Dinner it is even better. If you want you can also offer different programs during the collective TV-watching-session. For example, you can include a '*Tops and Flops of the day*' resuming the best and worst stories of the day (this could also be used as a fun evaluation method) or how about a little '*Celebrity Show*' in which the TV team can pick a Queen or King of the day? You could even add a 'Weather forecast' where you can talk about the actual weather for the next days and let the TV team make suggestions for future activities like weekend activities so that the audience can vote for their favourite. Almost everything is possible in TV, let your imagination run free!

The Queen of Ants: The Queen of Ants has the right to use her special powers once in her period of reign (or however often you want – once per day, thrice per day.... whatever the group decides) When the Queen of Ants (and ONLY the Queen of Ants) calls out to her people and shouts 'QUEEN OF ANTS' the whole people (the rest of the group) has to go down to the ground, lie on their backs and wiggle arms and legs as long as the Queen of Ants wishes. When the Queen of Ants has enough of her show she may say 'DISMISSED' and the people can resume to whatever they were doing before. It might be wise to agree NOT to use the command during working time (safety first) but besides this.. any time and any place is allowed.

Boom Box: The Boom Box is responsible for playing a good mix of music throughout the day. If you, and the Boom Box, is up for it, you can even let him/ her choose a good wake-up song for the morning.

6. Evaluation and Feedback methods

To help the group orientating itself, becoming more independent and to enable them to speak freely about problems and sorrows, it is useful to have weekly evaluations. There you can discuss any kinds of problems concerning work, community life, leisure time activities, food etc.. Like this the participants will feel to be taken serious and appreciated. During these meetings, new ideas might come up and the participants engage themselves actively in the group-life.

Here are some suggestions for different evaluation methods:

1. Expectations

At the beginning of the Camp, it is nice to find out why the participants decided to take part in the Workcamp, what wishes, expectations and fears (s)he has, and how (s)he could imagine to contribute to the camp.

Therefore, prepare 3 poster:

- What should happen?
- What should not happen?
- What can I do?

Everyone takes a post-it (at least one for each poster) and writes down his/her thoughts about it. Let them pin it on the right poster and then, when everyone finished, read them out (it does not matter who wrote what!) Hang the posters up somewhere you'll probably pass by regularly. At the end of the camp you can come back to that and check what points have been accomplished and which

ones haven't

– is that positive or negative?

2. Suggestion Box/ Wish-list/ Toilet (news-) paper

A postbox can be opened at the very first day. This postbox is for suggestions, remarks, critics, problems, wishes, compliments etc.. basically for everything. You can empty the postbox once every week and talk with the group about the notes (for example, you can hand the box around, everyone takes one note and reads it out loud. Talk about it, then the next one takes a paper.. until there are no more papers left). Write down the most important points and see whether the group want to change something.

A wish-list is something similar. It is a poster, where everyone can write down what (s)he would like to change/ would like to happen/ would like to do etc.

The Toilet (news-)paper is basically the same as the wish-list, with the difference that the poster is hanged up on the toilet (make sure you hang up a pen to). A participant in one of my Workcamps in France once said: *“The best ideas I have, come to me when I am on the toilet, that's why I love our Toilet paper, I can just write it down immediately and won't forget them”* another advantage is that the Toilet paper is more anonymous than the wish-list because nobody sees you writing hopefully.

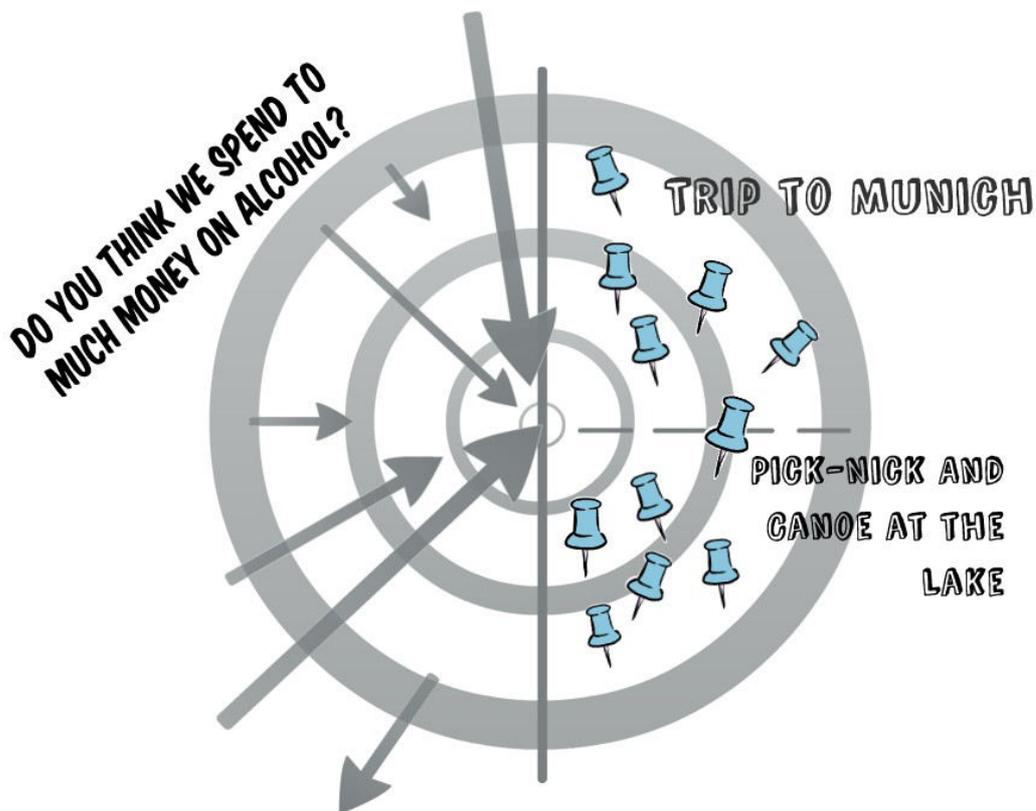
3. Smiles and Frowns

Prepare two big posters: one with a smiling, one with a frowning face. Then, ask each participant to write down, or name, one positive (smiling face) and one negative (frowning face) thing.

Negative points must be taken seriously, but can be treated creatively – how can we avoid something like this the next time? What can we do about it? Etc..

4. Dart Board

Draw a big circle and divide it into different sections (just like a dart-board) In the outer circle, you write the topics you want to discuss. The participants can show their opinions on whether they find this topic important to discuss, by drawing arrows. An arrow pointing right to the middle = strong urge to discuss topic / a very short arrow, or an arrow even pointing outside of the circle = no desire at all to discuss this topic. You can also use this method in group-decision making processes to get a first impression. Therefore: write all the possibilities in different sections and let the participants make dots in the section they favour the most.



5. Treasure chest and Bin

In Treasure chest and Bin, each participant is asked to think about a specific timespan (last week in general, the last weekend, last week – only at work, last week – only community life etc.) everyone shall pick a situation, or an event that is very precious to them, and one situation they really didn't like. The good ones are collected in the treasure chest, the bad ones in the bin. (normally by just saying: *"I put in my treasure chest, the moment we were sitting together during*

lunch break and told jokes” - but you could also make real treasure chests and bin. (Similar to the postbox.))

This method is a nice way because you don't only talk about the bad things, but also about the good things. But do not forget to talk a bit more about the 'Bin' of course... so that it will get smaller and smaller...

6. Awards!

Awards! Is not a traditional evaluation method, but can be done after a productive evaluation. Especially when you have been talking about some important things, and the good mood is gone for the moment, this a great way to get it back up!

The group is sitting comfortably in a circle, then ask everyone to look to their left neighbours. Now, everyone has a few minutes to think about the following question: **The person next to you won an award, and you are the one who is going to present the award to him/her. For what did this person gain it??**

Let the first one start like this: I proudly present you (name) with this award. You gained it for...

(and do not forget the applause.. it is an award ceremony)

7. Sugar Cubes

'Sugar Cubes' can not really be categorized as an evaluation method, but might bear some traits of reflection.

But it is, first of all, a beautiful thing to do with your Workcamp because it helps you remember the good times even years later.

The principle of Sugar Cubes is very easy. When the end of the Workcamp comes closer, introduce this activity to your group. Each participant is invited to write a little letter to the other participants. Everyone can choose for themselves if and to who they want to write something. No pressure. The whole activity stands under the motto: If you have nothing good to say, say nothing at all, thus the contents of the letter should be something nice and good, a little sugar cube for the soul.

As leader, you have to prepare envelopes for each participant. One envelope per participant with his name on top. The participants should have enough time to

write letters to everyone, so you should start this activity a few days before the camp is over. Once a letter has been finished, it is put in the right envelope.

At the last evening of the camp, when everybody finished writing, you will close the envelopes (like.. really close them) and give everyone the ones with their names. Tell you participants that they are not allowed to open the envelopes and to read their letters until they are back at home and start to miss the camp (if it was a good camp, they will get pretty camp-sick back home).

It might be hard to imagine if you never made this activity before, or if it is your first Workcamp, but reading those sugar cubes all alone at home is something very emotional and can even make the toughest cry.

For me, Sugar Cubes is one of my most favourite Workcamp traditions and I never let a camp end without it.