

ERASMUS+ SPORT4CD PROJECT

TRAINING COURSE

My experiences of Community....

Objective	It is an exercise conducted through autobiographical methods, to reflect, in a personal way, on the theme of community, and to promote awareness of the importance of these experiences in one's life.
Participants (number and profile)	A group of maximum 20-30 participants from 14 and plus.
Estimated Time	About 1 h. (including presentation and experiential work), or less depending if you do the entire exercise or part of it.
Material	<ul style="list-style-type: none"> • The didactic sheets of the exercise • Music
Method or technic	Dance Movement Therapy

Description

Ice-breakings

It will be useful to make an autobiographical ice breaking game: the participants are standing in the room free of chairs; in pairs, the participants exchange brief memories of their lives, letting these memories emerge spontaneously (memories of 2 or 3 minutes maximum); when the two participants have finished telling, thanking each other, the couple breaks up, and the participants look for other companions with whom to exchange the memories; the exercise will last about 20 minutes.

Share purposes and methods of the exercise

The facilitator briefly explains what we are going to do and why, and explains that given the particular methodology we are using, some conditions are necessary:

- experientialness - the course we do is not theoretical but we propose to everyone to get involved personally;
- confidentiality - given that we will share personal experiences, we propose that these experiences are not disseminated to third parties, unless the author authorizes it;
- no judgment - we will create a space free of judgments;
- avoid talking during the writing phases;
- disconnect mobile phones (except in exceptional cases) and avoid chatting, checking the internet, etc.

The facilitator will explain that these last two conditions are necessary and important not only to avoid disturbing the other classmates, but above all to allow ourselves to concentrate on our inner world, and this is only possible if we reduce external stimuli.

Stages of the exercise

1 - To bring out my experiences of Community

- **The facilitator explains the first exercise; then distributes the card n. 1 and gives a time to write (about 30 min):**

Try to list learning experiences related to experiences of Community. They can be:

- *aspects related to your professional or private life;*
- *individual episodes where you have learned things related to these issues;*
- *people you learned from about community;*
- *phases of your life where you have had the opportunity to learn;*
- *etc.*

- A non-disturbing music can help participants to write.

2 - First sharing of memories

- A moment of sharing follows, in which the facilitator proposes to everyone to read one of the memories listed for each competence; the memories should be read as they are, even if they are in synthetic form, without further explanation; the facilitator will kindly invite everyone to follow this sharing rule.
- Memories will be read following the eight skills; that is, everyone will first read the memories related to the first competence, one participant following the other, following the circle, without pauses; then we will share in the same way those of the second competence, etc.
- At the end the facilitator thanks everyone, and without any comment, we move on to the next phase.

3 - Explore a learning experience related to community.

- **The facilitator explains the second exercise; then distributes the card n. 2 and from 'a time to write (about 30 min):**

Choose from one to three of the experiences you have listed in the previous exercise, and let's talk about it: how did it begin? what happened? What was its outcome?

....

And after you have narrated each experience, let's try to reflect on it, asking yourself:

What have I learned from this experience?

Why this learning is still important for me?

How can it be important for others as well?

4 - Second sharing of the scriptures

- A moment of sharing follows, in which the facilitator proposes to everyone to read the recollections narrated; the memories should be read as they are, without further explanation; the facilitator will kindly invite everyone to follow this sharing rule.
 - In the case of a large group (from 14 up), it might be useful to split into two groups to share.

The project SPORT FOR COMMUNITY DEVELOPMENT

Erasmus+ Programme, Sport 2016

Small Collaborative partnerships

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THE SPORT FOR COMMUNITY DEVELOPMENT PROJECT

The Sport for Community Development is a project founded by the Erasmus Sport Programme; the coordinator of this project is the People University of Sport, Rome, Italy, and the partners are Dacorum Council For Voluntary Service, United Kingdom, Associação Recreativa Cultural E Social De Silveirinhos, Portugal, Association Of Citizen Work In Progress – Radovi U Toku, Serbia.

The project intends to develop the theme of community development through sports. Sport and sports-related activities are, in fact, an element that can help with community development, when:

they focus on the entertainment in playing and in meeting others instead of simple, pure competition;

there's a choice of multiple sport disciplines and motor activities that can involve the largest possible number of people, intercepting different interests, generations and social classes; sports might become community development when they provide opportunities to facilitate processes of change and elaboration that are real and effective.

Our project aims to create an original methodology that combines sports and an approach to community development, in order to allow operators and volunteers to become development facilitators in communities, throughout sports.

THE TRAINING COURSE

Within the Sport CD project we have paid attention to the training of operators and volunteers, as a key aspect to achieve effective activities for community development through sport. In this Output you will find the description of the course and some of the main educational paths that compose the module. Aim of this project output is to allow other organizations and groups to use the training model we've created, adapting it to the specific aim and context.

Disclaimer

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