

Workshop: „Sit & Stroll. What’s that? A new town? Let’s play it!”

Date, Time: Wednesday, 28.09.2011, 9:45 – 12:45 and 14:15 – 17:15

Trainer: Hermine Steinbach-Buchinger, agentursteinbach.at

Workshop content/theme

Games, methods and activities as inspiring resource for exploring new cities.

Aims

- Playful discovery of a new town
- Methodical approach where language is a minor issue
- Shared experiences make reflection easier

Method(s)/Approach

- 1) **Name and movement** – name game: pax stand in a big circle. Everybody says his/her name and makes a typical movement for him/her. All pax repeat the name and movement. It starts with the first person at the right hand side of the facilitator and goes around the whole circle.
- 2) **Lead and be led** - pax build groups of 3, one person is being blindfolded and is being led to the next meeting point in the city by the other 2 in the group
- 3) **Reflexion**: impressions, smells, feelings, experiences
- 4) **Blind picture** - Same group of 3 pax, another person is being blindfolded and is taking photos while being led to the next meeting point by the other two
- 5) Regarding the pictures
- 6) **Theatre in the streets** – theatre improvisation exercise
Pax play scenes (in groups of three) derived from clown’s work on an improvised stage in town. Every group receives a piece of paper which is worth 50€/100KM. The story of the scenes: one persons sees the money lying on the floor and tries to pick it up without the others noticing. (one play lasts 3 minutes)
- 7) **Facing the City** - every group receives ‘eyes’ and ‘lips’ out of paper to decorate surrounding objects
- 8) **Bubbles on the Bridge** - blowing soap bubbles on a nice spot
- 9) **Walk the Thought & Story Telling** – pax go for a walk in groups of three in a park, they share their impressions of Sarajevo. They have the task to find a symbol for Sarajevo which brings together their impressions of the city. After the walk all pax meet at a meeting point and share their stories of the symbols
- 10) **Picknick** in green surrounding with shared stories about this city and other cities

11) Games on a meadow:

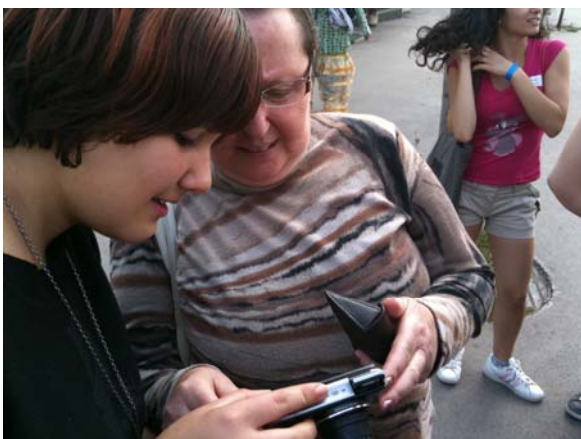
- **Royal Garden:** pax build groups of 2, one plays a royal and the other one a camping chair. They walk around on the meadow, when 2 royals meet they sit down for a chat on their chairs. Afterwards they continue their walk. After 3 minutes there is a revolution and therefore a change of roles.
- **Yin & Yang:** pax sit in a circle on the floor. They want to be accepted in a ZEN monastery and therefore they have to proof their ability of concentration. Only three movements/words are allowed: 1. YIN – hand palm on head; 2. YAN – hand under chin; 3. (silent) – pointing at another person. These 3 movements shall now be done by three different people. Following the position of the fingertips, 3 persons do the ritual:
 1. YIN – hand on head (fingertips point to neighbour right/left.....) → next person
 2. YANG – hand under chin (fingertips point to neighbour right/left.....) → next person
 3. Silent pointing to another person in the circle – whos tarts from the beginning!

Who makes a mistake will be sent out of the circle in the 'noisy outer world' and shall disturb the circle's concentration by making noise and nonsense. Only rule: do not touch players in the circle or cover their eyes. The inner circle gets smaller and smaller, the outer world louder and louder. Stop the game with applause when there are only 5 – 7 players left.

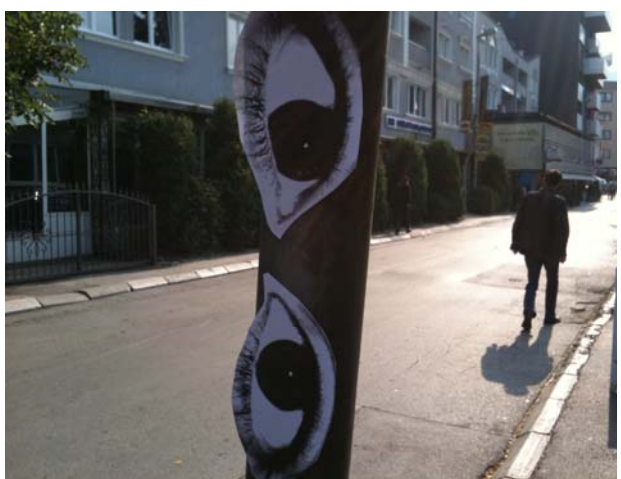
- 12) **“Sarajevo Pattern”** – pax receive oil pastels and a piece of paper, they are supposed to “copy”/trace patterns/structures they find (see the picture on the next page)

Impressions:

Blind Picture – Regarding the Pictures



Facing the City



Bubbles on the Bridge



Picknick



Sarajevo Pattern

