

**Research on leisure activities
(Sport and Culture) in refugee
camp for UNV Brazil**



Name Hyojeong Kang

University of Vienna

Volunteer for Free-time pedagogic program *Tobias Projekt* for young
refugees in refugee camp

Organization Don Bosco Flüchtlingswerk Austria

Supervisors & Proof Readers MMag.Margit Pollheimer, Lisa Michor



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Researcher: Hyojeong Kang

First of all, my name is Hyojeong Kang and I am in charge for this research paper for UNV Brazil. I am master student of university of Vienna and since September 2010 I work as volunteer in refugee camp once a week in Austria. The organization I work for is Don Bosco Flüchtlingswerk Austria (NGO for young refugees: <http://www.fluechtlingswerk.at/1-0-Home.html>) and the project calls *Projekt Tobias*. This research paper is about Projekt Tobias. I would like to indicate that my supervisor, head of Don Bosco Flüchtlingswerk Austria Margit Pollheimer (margit.pollheimer@donbosco.at) gave me big support for this research paper. Besides Lisa Michor, (tobias@donbosco.at) the manager of Projekt Tobias (She is my boss as well) added for additional activities in refugee camp. Since Ms. Michor is manager of the project majority of activity ideas are from her.

*** Country where the initiative takes places**

The projekt Tobias started in 2003 in Austria. From 2003 to 2008 one person with volunteers went to Burgenland, Austria every week. The character of project was to spend time with kids and children with refugee families and help them to integrate in a new society. From June 2009 until now the team enters to refugee camp in lower Austria once a week. The target group is young boy refugees between 14-24 years old and the character is to spend time with boy refugees with free time pedagogic games and activities. The projekt Tobias participated for a price from bank Austria calls ' Best start 2010 ' and won 2nd price.

*** Volunteer Character (where exactly comes the volunteering into play? Is the key person organizing the activity a volunteer, does she or he mobilize additional volunteers maybe among the refugees?)**

Between 2003 and 2011 around hundred volunteers were engaged with the projekt Tobias. Most of the time volunteers are student but not always. The backgrounds are various. Volunteers are not always fixed and there are always new people and new applicants. For new volunteers Don Bosco put a post for applicants in university, usually in faculty of educational science but volunteers have different study back grounds. Such as International Development, Social and cultural anthropology, psychology, Political science and history. The nationalities of volunteers are also various. Last years civil servants from Italy worked for Projekt Tobias. The volunteers are not only from Austria but also from Germany, United States and South Korea.

There are refugees in Projekt Tobias. Last years there was one refugee from Nigeria and from August 2010 we have one refugee from Afghanistan. They

develop a program together and their roles in the project are very important because they are not only translators for languages but also cultural translators.

In projekt Tobias there is always one key person who is manager. The volunteers are not obligated to go in to refugee camp every week and it depends on their time. But the key person, the manager goes to refugee camp every week and manages overall about the project. The manager contacts with volunteers and develops the project and organizes regular meeting as well. Lisa Michor, the manager of projekt Tobias since September 2010, provides volunteers several activities or conferences information (for example pedagogic activities development workshops) in Vienna regularly as well, which can be useful for volunteers for the project.

According to number of female and male of volunteers, there is not significant regularity. Last years there were always more female volunteers but this year there are more male volunteers.

*** Regular Activities for Volunteers**

Once a week the team members of Tobias Project enters to refugee camp but there are also regular activities for volunteers. For example for new volunteers there are legal frameworks to provide general legal knowledge about asylum in Austria. The legal experts visit, explain about general legal processes and answer the questions for volunteers.

There is regular meeting with supervisor and the head of the organization, Margit Pollheimer. Volunteers have chance to talk with her, about minor difficulties, such as how to treat refugee boys, how to develop the project in better way and additional general legal questions as well. It is very important for volunteers in a sense that the supervisor provides volunteers practical and professional advices since she has many experiences in this field, also with her educational background of psychology study.

There is monthly team meeting and the manager organizes this meeting. In this meeting volunteers and the manager talk about new activity ideas, new plans and feedbacks.

Another regular meeting for volunteer is movie night. The manager and volunteers search for movies about refugees or human rights. Team members watch the movies together and discuss about it. Also Lisa Michor developed an idea to share team members the literatures (books) related to asylum or human rights topic, to broaden the academic knowledge about the topic we are dealing with.

After each week team members spend a time at refugee camp, volunteers or manager should write a protocol and share with everyone in project. We select one person in charge for protocol each week and person in charge should write the sports and activities we played in refugee camp, write a reflection and general feedback of a day. All team members and the supervisor share this protocol.

*** Abstract of Activities**

I would like to write about activities divided in two groups: outside activities and inside activities. During the spring or summer time the team member usually played outside with refugee boys but in Winter or when it rains team members plan for the inside activities. First I would like to describe the activities and our feedback after we played with young refugees inside the refugee camp.

A. Outside Activities

1. Name game with a ball

Need: A small ball

All people should make a circle. First person throw the ball to another person and say ' What is your name? '. And the person who got a ball should say his/her name. Next try with question ' Where are you from? ', The other should answer the city and Country where they are from.

1a. Name game – memorizing game

Need: nothing

Memorize the names. Make a circle. First person should say his/her name. Next one should repeat the name of the person before and say his/her name.

Feedback: Name games are very important because it is very good game to get to know each other. Not only name, by talking to each other name of the city and the country of origin, it is good chance to know each other's background as well.

1b. Name game: Zipp(right neighbour) – Zapp(left neighbour)

All the people sit or stand in a circle. One person is the "catcher" and stands in the middle of the circle. The person in the middle holds one paper. On one side of the paper Zipp is written and on the other side Zapp. Now the "catcher" goes directly to one person in the circle and shows her or him one Comando(Zipp or Zapp). Zipp means that the Person has to say the name of her or his right neighbour and Zapp means that the person has to say the left name of his or her neighbour.

If the person says the name of the wrong person for example the commando is Zipp and the person says the name of the left neighbour he or she is out of the game.

Feedback: This name game we play very often at the beginning and it is a lot of fun. It is also a very good concentration game.

3. Blind game

Need: text tile to hide the eyes (so they can not see anything), 15-20 people

At first all people make a big circle, holding hands to each other. They decide one person, who should hide his/hers eyes with textile. Inside the circle there are five people (one who hides his/her eyes with textile and another four). The one who hid his/her eyes should catch somebody inside the circle and the one who got caught should hide their eyes as well. And they should catch next one... The one who survived until the end is the winner. The rule: They (the five person – one who hides his/her eyes with textile and the other four) should not come out of the circle.

Feedback: From the first, it should be very clear that circle should stay strong otherwise it can be little bit chaotic at the end.

4. Ice bear and Penguin

Need: Nothing. 15-20 people.

There are two people in a one group and link arms each other. If there are around 20 people the groups are 9 or 10. There is one Ice bear and one Penguin. There is one catcher (Ice bear) and one runner (Penguin). The Penguin can be saved from Ice bear if he/she links his/her arms with another team. And the other one who were in team leaves and becomes next catcher.

Feedback: It is always very successful game for young refugees. There are a lot of fun and tensions. It is very active game as well since the catcher (Ice bear) should run very fast to catch the other.

4a. catch the clothes pin

Need: about 10 clothes pins

For this variation of the game its important that you always have one more person than pins. So when you have 10 pins you need 11 persons. You choose two persons who put 5 pins each on their clothes. These two persons should try to catch the other people. If they could catch one person they give her or him one pin and this person has to go out of the game. At the end there should be one person left who is the winner. For this game you need to define a certain space because otherwise its too difficult for the two catchers to get someone.

Feedback: It's a good sportive game because you have to run around a lot and its exciting because there is one person who is left at the end.

5. Völkerball

Need: nothing, minimal 20 people

Divide in two groups (A/B) with the same number of people. The field is one square divided into two fields in the middle. One group begins and tries to hit the People from the other group with the (soft) ball. When someone got hit, she/he has to go outside from the square on the opposite side of her or his group. If one person outside gets the ball she/he can also try to catch someone with the ball and when she/he caught someone she/he is allowed to go inside and join her/his group again. The group hit all the people from the other group wins.

Feedback: This is very good team game but to play this game it needs many people minimal 20 because they need to make two big groups.

5a. Parteiball

Need: one ball and marks to divide people in two groups for example some rag which you can put on the arm.

It is necessary to make two groups with the same number of people. The goal is to pass the ball within the own group 10 times with the hands not with food. The other team tries to avoid this. If group A can pass the ball 10 times they get one point and group B gets the ball.

Feedback: It's a good game especially if there are many people.

5b. " Wo ist das Kuckucksei"

Need: one soft ball

All the people make a circle and squat on the floor. In the middle of the circle there is a shoe or something else where the people have to look at. One person takes the soft ball and goes around the circle. The goal is that the person outside puts the ball like an egg behind one person who squats on the floor but this person should not recognize this. After this the person outside runs as fast as he or she can and tries to revolve the circle one time. If the person who has the "egg" recognizes it, he or she should try to catch the runner with the ball, before the runner can revolve the circle. If he or she is not able to catch the runner he or she has to take the ball and try to put one "egg".

Feedback: This game is also very good to play with children but also adult people have a lot of fun with it. It is important that the ball is soft because otherwise it hurts!

6. Elephant game

Need: one object (anything people can catch), 10-15 people

Divide people in two groups first. Per group there are 5-6 people. Two people from each group come out, they have to bend their back, and spin 5-7 times. Then they have to run as soon as possible to take the object located far from where they start to run. The one who catches the object faster is winner. Then the winner gets one point, this one point goes to the group he/she belongs to. The group got more points wins.

Feedback: It can be chaotic because it was impossible to control boys to follow the rule. The rule was to spin five times but majority of boys spun just two or three times and started to run to catch the object. But it was very competitive and good group game.

7. Chicken Fight

Need: nothing, 10-15 people

Make two groups, per group 5-10 people. One person comes out from each group. Then it's two persons. They stand up and hold their left leg with left hands. And two of them compete each other to make the other fall down first. If somebody falls down first he/she loses and the other wins. Then one point goes to winner and to group which he/she belongs to. And the group wins which has more points.

Feedback: Very nice group game, competitive but one needs to take care a little bit that they don't try too harsh to make the other to fall down.

8. Mirror game

Need: Music player, 10-15 people

Make two groups, per group 5-10 people. Two people stand each other faces to faces. One group starts to dance with the music and people in the other group should start to dance exactly the same way.

Feedback: When the nationalities of people are various it is very good chance to learn traditional dance from many countries. There are always fun as well.

9. Bodyguard

Need: a soft ball, 10-15 people

First all people make a circle and choose two people go inside the circle. These two people should decide who is bodyguard. The person who is bodyguard stand

Research on leisure activities in refugee camp for UNV Brazil Hyojeong Kang

in front and the other should hide behind the bodyguard. Then people outside standing in the circle have a ball try to hit a person behind bodyguard. Bodyguard should protect his/her partner as much as they can. If people stands in the circle hits the right one the game finishes.

Feedback: It is very competitive and fun game to play outside. One needs to take care not to hit too strong.

10. Mini Bowling

Need: Bowling stick, a tennis ball, 10-15 people

Stand two bowling sticks in certain point. Divide people in two groups. Per groups 5-10 people. One from each group comes out and stands in certain point. The distance between two bowling sticks and the point where two people stands, should be around 3-5m. But it depends. When it is too difficult make distance less, when it is too easy make distance more. Two people from each group should use tennis ball and try to make fall the bowling sticks. Each points goes to the each group and the group with more point wins.

Feedback: It is very good team game. The important thing is to moderate proper distance for two bowling sticks.

11. Throw a beer coaster

Need: 100-200 of beer coasters or hard papers. One rope. 10-20 people.



(Paper beer coaster, image from google)

Divide 100 beer coasters (or hard papers) in two groups. One group use red markers and mark it with red color and the other group use blue markers and mark it with blue color. Then divide people in two groups. Per group 5-10 people. Next is the put a rope to certain point. Two people from each group come out and stand in certain point. The distance between where two people stand and where the rope locates should be 2-3m. Two people stand should hold 3-5 beer coasters each and try to throw them over the rope. Each team has different color. For example Group A has only red marked beer coasters and the other only blue. At the end count the beer coasters over the rope. Count which color's beer coasters are more over the rope and the team of the color with more coasters wins.

Research on leisure activities in refugee camp for UNV Brazil Hyojeong Kang

Feedback: Except one needs to prepare 100 beer coasters it is very good team game. It is important to moderate the distance as well.

12. Don't loose the rope!

Needs: a big circle rope. 10-15 people

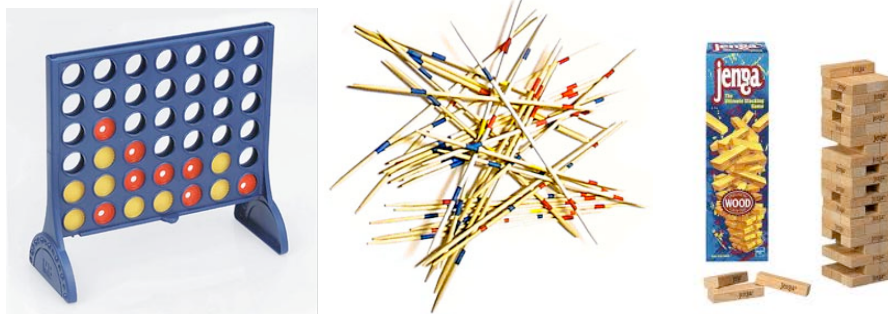
First decide one person for catcher and the others are holders. The holders should be 5-7 people and hold the rope with two hands outside of the circle, height of chest. The aim of the catcher is to make a rope to fall down to the floor. And the aim of the holders is to try to keep this rope in the air. The basic rule is if the catcher touches the hand of the one holder, this holder has to leave the rope and go out. Therefore the holders should try not to get touched their hands by catcher removing their hands from the rope temporarily. The catcher should be very fast to touch hands in order to make rope to fall down.

Feedback: This is a very good team game with speed and tension.

B. Inside Activities

1. Mikado, Jenga, connected-four, puzzles, Domino game, Yoyo

These games are very good for inside activities because we don't need the languages too much to understand the rule of the games. Usually when we stay inside of the buildings after name games we divide people in several groups and play these together. Usually these games we bring to the refugee camps are from the toy donation of people. For just in case, I attach the images of the games I found at google image. (From the left: Connected-four, Mikado and Jenga)



2. Pantomime

Needs: picture cards with various nouns or verbs (vocabulary). 10-15 people.

First they decide the order who to start. First person picks the one card and don't tell to anybody what this card is about. This person should just act without saying a word with hand or face. The other should guess what this word is. The person who guessed right answer gets the card. At the end a person got the most card is the winner.

Research on leisure activities in refugee camp for UNV Brazil Hyojeong Kang

Feedback: It can be little bit difficult because of a language in case there is no translator. But it was always very fun because it is very nice to see how they describe a vocabulary without saying anything.

2a. Pantomime in group

Needs: about 6 people and more

2-4 people separate from the group and think about one term which they would like to explain without words just with mimic and gesture to the group. For example the term can be concert, zoo or mountain climbing. After this the people try to act together and explain the term to the group. The group has to guess which term it is.

Feedback: It's a very nice experience to act together and it brings a kind of connection within the group. This game is also good to play with children and adults together. It can give a possibility to pick out for example some political or social issues and try to deal with it somehow. You can play it inside or outside.

2b. Gordischer Knoten:

Need: about 10 people

All people stand in a circle. They close their eyes and stretch their arms to the middle of the circle. After this everyone tries to find one Partner for each of her or his hand. Everyone should find another hand. Now all the people are in charge to free themselves from the developed knot but without loosing the hands! At the end the people should stand in a circle like at the beginning.

Feedback: This game needs social abilities and it is also a good thinking game. You get quiet close to the other game members so you should think about it if its ok for all the people in the game to get so close to each other.

3. Origami

Needs: Papers

Origami is traditional Japanese folk art. It makes several objects by folding papers.

Feedback: It is meaningful in a sense that it is kind of cultural activity. The one who teaches should take care that everybody can follow well.

4. Painting

Needs: several tools for painting

Painting is very nice activity to show their interest and share cultural stuff. What we tried was to draw each countries traditional cloth and talk about it. We discussed what are the similarity and difference. Another painting activity was that we prepared one very big white sketchbook and every body painted about the happiest moment in their life. They were very creative and enjoyed a lot. It can lead very nice conversation as well after it.

5. Music

Needs: Depends.

Music is not only very good method for cultural exchange but also very good way to communicate each other. The boys in the refugee camp often introduce or sing us their country's music. In our project we often bring guitar and flute and play the music together. Some of them are very enthusiastic to learn how to play instruments. When some boys start to think with their creativity and sometimes they show what they feel in Austria, something hard to talk about.

*** Further outside excursion last years**

Last years there were several outside excursions for young refugees such as swimming or walking.

At September 2009, The Don bosco organization invited people from the refugee camp and played football, dancing party and cooked barbeque all together.

At 20th November 2009, there was a party in refugee camp, the day of children's right. There was a special game for this day. They made a small group and the young refugees had to explain one specific right with their body language.

Between 2003 and 2008 when Tobias Project team members still went to Burgenland, there were several activities like movie evening and disco nights.

*** Additional comments**

Most of the time we bring foods when we enter refugee camp every week. They are from food donation and we eat together with young refugee boys while playing activities. Usually they are chocolates or snacks.

According to my supervisor Margit Pollheimer and she is in charge for this project for several years, it is very important not to loose contact with ex-volunteers. Because these ex volunteers can participate when there are new projects or parties and can give new volunteers the good advices as well.