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## ARC: Accept, Respect and Collaborate

Thu, 10/05/2018 - 08:56 -- Rayan Rawda

### **Type of tool:**

Activity

### **Duration:**

30-60 min

### **Topics addressed:**

Intercultural learning

Peer Education

Social inclusion

In this activity, using any sport that can be played by two teams and one ball (Basketball, Football, volleyball, etc.), participants will experience how stereotypes, and pre-judgement can affect our relationships in life.

### **Aim:**

The aim of this tool is to stimulate and provoke participants to share their real thoughts about how prejudgements and stereotyping affect their choices in life. In addition, sport is a tool for creating bridges where boundaries usually exist, by giving participants the sense of teamwork, collaboration and to highlight the difficulties that refugees may be facing. Moreover, this tool is aimed to trigger the awareness of appreciating diversity, and overcoming prejudices and exclusion based on religion, nationality, culture and gender.

### **Methodology:**

- Sport activity
- Individual reflection
- Group discussion

### **Step by step process:**

Variation A (youth aged between 18 and 25):

- 1- A fast name game to introduce participants to each other's.
- 2- A group will be divided into 2 teams randomly by the facilitator.
- 3- The teams will be given 5-10 minutes to play the selected sport game.
- 4- After the first 5-10 minutes, the facilitator will end the first round of the game.
- 5- The facilitator will start round two and will allow participants to select their teams freely and to play for 10 more minutes.
- 6- The facilitator will stop the activity, and will ask the team to sit in a circle.
- 7- Small papers and pens will be distributed to the participants
- 8- The facilitator will ask the participants to write down anonymously one honest reason for choosing their team. (Refer to the second round).
- 9- The participants will fold their answers and will put them in a box.

- 10- The facilitator will start picking up answers randomly to discuss the reasons with the participants.
- 11- Then, He/She will give them his/her feedback and will finalize the rest of the answers with them.
- 12- After discussing all the reasons mentioned, the participants will be requested to select a new team and to play for 15 more minutes.
- 13- After 15 minutes, the whole group will be sitting in a circle to compare the new selection to the second one, and discuss the changes.
- 14- Debriefing.

Variation B (younger age group 15-17):

- 1- A fast name game to introduce participants to each other's.
- 2- Group is divided into 2 teams based on the certain criteria (s) selected by the facilitator.
- 3- The teams are given 5-10 minutes to play and try to score as many goals as possible.
- 4- After the first 5-10 minutes, the facilitator will end the first part of the game and asks the participants to select their group freely, and play for 10 minutes.
- 5- After the first 5-10 minutes, the facilitator will end the second part of the game and asks the participants to select their group freely again, and play for 10 minutes.
- 6- The facilitator stops the activity, and asks the team the sit in a circle.
- 7- The discussion starts on evaluating how they felt when they got selected for the first time by the facilitator and if it was fair.
- 8- Then the discussion will go on which reasons they decided to select their teammates in each phase and compare it all together.
- 9- Debriefing.

### **Materials and resources:**

This tool needs a big empty physical space (indoor or outdoor).

Materials:

- Goals or baskets or cones or net (depending on the sport used)
- One ball
- Flip chart
- Small papers
- Pens
- box

### **Rating:**

No votes yet

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