

Activity: “The third meeting”

Addresses: Teamwork; Leadership; Communication

Aims/Intended Learning Outcomes: The main objective of the activity was to make a group out of the five students. Some of them know each other from before, but not all of them. At the same time, in order for them to be able to work together before and during the Brussels meeting, they need to get to know each other as members of this particular group. Therefore we arranged a workshop where they learned more about themselves in this context, and got to know each other better. We also wanted this meeting to be quite the contrary to the previous meetings where we sat at a table talking. Therefore we used a room without tables and arranged activities with physical movement.

Time required: 2 hours

Group size: Five students and two trainers

Context/setting: Rehearsal room at Musicum at Uppsala University

Description:

Step 1 First the trainers held a brief introduction;

- Ella and Anna Liv talked very briefly about the project
- The students presented themselves. This was the first time all five students met in this constellation.

Step 2 Exercise 1: Movement exercise.

- One person held a ball, with which s/he tried to touch the other participants. When another participant got touched, s/he had to make a certain movement and repeat it, until another participant came and made the same movement three times in order to set the person free. If the person with the ball succeeded in touching all participants s/he won.

Step 3 Exercise 2: Impulse training

- The participants stood on a line facing the wall. One person, the leader, is out on the floor with a ball. When the leader says “Now!” the participants turn around, ready to take the ball. The person who gets the ball becomes the leader, and the former leader switch places with him/her, and the exercise continues.

Step 4 Exercise 3: Lead – follow

- The participants were divided into pairs. One person in each pair kept his/her eyes closed and walked around in the room. The other person lead the blind person through some kind of physical contact, for instance hands on the blind persons shoulders or a hand on his/her back. All the pairs did the exercise at the same time. After a while the leader and the blind switched places. Thereafter we tried a variation where the pairs avoided physical contact until the blind person reached an obstacle of some kind, a chair or another pair.

Step 5 Exercise 4: The hot chair

- The group sat on chairs in a semi-circle facing one participant who sat in the “hot chair”. That person chose a person from the group without telling the other, and s/he “was” that particular person. The other group members asked the person question and the person answered as being that other person, even if s/he didn’t know all the answers. In that case the person answered “I don’t know” or “I don’t want to answer that” or something else. The group member who guessed who the person was impersonating then took place in the hot chair.

Materials needed: Rehearsal room, chairs, a ball.

Behind the activity/inspired by: We used a drama school book with exercises and chose four of them (Leka, berätta och improvisera by Anders Järleby). As mentioned above we wanted the group to connect on a non-intellectual level. The last exercise was more mind concentrated, which worked well after the more physical one. Especially exercise three was focused on trust, something that is really important to gain in a group.

Any other comments: This workshop was really successful, we think. The students were a bit surprised by it, which was one of our ideas.