

EXERCISE: ACQUAINTANCE

Estimated time: 15 minutes

Purpose:

- ♦ To give participants an opportunity to introduce themselves and become acquainted with each other in a non-threatening manner.
- ♦ To increase participants' comfort level.
- ♦ To establish an unconstrained atmosphere for discussion and group cohesion.

Group Circle Activity

Task:

Let's introduce ourselves. Let us all say our names and a few words about what we do. We need a volunteer to begin, and then everyone follows in turn.

Brief discussion:

Why did we introduce ourselves in this manner? What do you think was the purpose?

Variation:

Facilitator divides the group into pairs and assigns each pair to interview one another. Then each individual introduces her/his counterpart. One pair volunteers to begin, and the others follow.
Possible questions for the interview:

- ♦ Introduce yourself and talk about your successes and challenges.
- ♦ In an ideal situation, where money and training were not a problem, what would you be doing?
- ♦ Three words I would like to be remembered by are...

Discuss in the group:

- ♦ What did you feel when your counterpart introduced you?
- ♦ What is easier: to talk about yourself or to hear it from others?
- ♦ Was it an easy task to talk about your successes/positive characteristics?

Facilitator's commentary:

Each of us has introduced her/himself. Perhaps this was an unusual introduction, however this training activity gave us an opportunity to get acquainted with one another in a non-threatening, informal way, and it established a more comfortable atmosphere for the initial communication in the group. This activity is called an "ice-breaker" because it figuratively breaks the ice or releases the initial tension which is often present in situations when people first meet one another. It will help to set a tone for the time we will spend working as a team that has come together to tackle some complex issues.

Adapted from, Prevention of Domestic Violence and Trafficking in Human Beings, Training Manual, Winrock International, Kyiv, Ukraine, 2001, available at http://www.winrock.org/leadership/files/Dos_manual.pdf