

Exercise Topic 1.3: The Group Map

Practice the following ice-breaker activity: The Group Map

This ice-breaker can be useful for any group session where participants are coming from different geographical regions, either within a certain country or internationally.

Make sure to have a big enough room for this activity, depending on the group size and the geographical diversity of the group.

1. Explain that the area available for the exercise will serve as an imaginary map, representing a certain region / country / continent / the world - depending on your group. Show where is north on the map. (a real map can be provided on a slide for additional help)
2. Ask participants to move to the point on the map where they grew up. Give the group about 30 seconds to move around, talk with each other and place themselves where they think they belong.
3. Ask participants to shortly present themselves and ask a reflective question. For example: Present yourself by telling your name, where you grew up and think about what is valuable for you that you got from growing up there. Something that you took with yourself. Not an object, but a value or characteristic feature. Explain briefly why this is important to you (e.g. love of nature, lovely family atmosphere).