

SOCH Workshop

After setting up the projector, slowly the girls arrived. They were between 7 and 16 years old and about 15 young people participating. Together with Nikita and the other leading supervisor of this workshop, we started an introduction round. Every person had to tell their name and afterwards one special fact about herself. Then Zip-Zap was played, followed by a short overview of the following program for the day. Then they made a short briefing about “how to present yourself correctly”. Then some role plays took place. The children received story lines and they had to act out the worst and best case scenario of this particular given situation. All together the outputs were discussed. After lunch time the all children received the same story line and with different materials, plays and actions the children worked on a solution for the problem of the story line. In the end the girls and also the supervisors had little concentration left and the children got overexcited and it was very hard for them to concentrate. So the supervisors let loose of the program and the girls started to dance and sing all together. In the end there was a group hug and the girls gave each other the promises to look out for one and other. The workshop was from 9: 15 in the morning to 15:30 in the afternoon.

My impression was that most of the younger girls had difficulties understanding the aim of this workshop. Nevertheless, all the girls participated with a lot of joy and seemed to enjoy the possibility to just be together in a group and play. One could definitely feel the enthusiasm about the happening event. It was also very beautiful to see the girls/ children interact with each other and all together I think it was a full success for everyone. However, the topic addressed to this workshop, might have not been adequate for such young girls. From my point of view, I think that the “presenting oneself correctly” needs to be intensively continued so that they can really profit from it later on. Due to the fact that this training is really important for them but was just briefly discussed in this workshop. Personally, I got the impression that some girls don’t know how to stand up for themselves and need more training for this, which helps them also to express their thoughts and opinions in any situation.



small breaks to regain energy



different activities for entertaining the children

