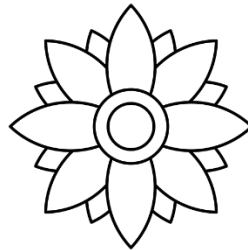


## **Intercultural Communicative Competence Training Programme\_Module 1**

### **Exercises to Improve Intercultural Communication Skills**

#### **EXERCISE 10 - NATURAL MANDALA**



Purpose: to cooperate, to get in touch with nature around

Time: 1 h

Needed: nature

Description: In small groups, the participants have to create one natural mandala. Each group will decide by their own which is their contribution to the mandala. They have 15 minutes to discuss what and how they will fulfill the task. Then they have 45 minutes to collect and create. There is space defined where the mandala will be made. As soon as they enter the mandala space they cannot talk anymore. So the different groups will create the mandala together with nonverbal communication. It provides the experience that different groups bring different things into a common creation.

**STRECH IT!** Waking up the body through stretching together. One after the other will introduce a stretching exercise which everybody will join.

**JAMES BOND** Group meets in a circle. One person goes in the middle, who points suddenly to somebody in the circle and demands one figure like James Bond, Spiderman, dog etc. Then this person and his two neighbors have to create that figure. Anyone who makes an error has to come to the middle.

