

## EXERCISE: ACQUAINTANCE

Estimated time: 15 minutes

### **Purpose:**

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- ♦ 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.
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### **Group Circle Activity**

<i>Task:</i>	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.
<i>Brief discussion:</i>	Why did we introduce ourselves in this manner? What do you think was the purpose?
<i>Variation:</i>	<p>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.</p> <p>Possible questions for the interview:</p> <ul style="list-style-type: none"><li>♦ Introduce yourself and talk about your successes and challenges.</li><li>♦ In an ideal situation, where money and training were not a problem, what would you be doing?</li><li>♦ Three words I would like to be remembered by are...</li></ul> <p>Discuss in the group:</p> <ul style="list-style-type: none"><li>♦ What did you feel when your counterpart introduced you?</li><li>♦ What is easier: to talk about yourself or to hear it from others?</li><li>♦ Was it an easy task to talk about your successes/positive characteristics?</li></ul>
<i>Facilitator's commentary:</i>	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/GENERAL/Publications/Dos\\_manual.pdf](http://www.winrock.org/GENERAL/Publications/Dos_manual.pdf)*