

# Sport in Post-Disaster Intervention

## First International Seminar

4-9 November 2007  
Rheinsberg, Germany

This event is held under the leadership of the International Council of Sport Science and Physical Education in co-operation with Kennesaw State University and the German Ministry of the Interior.



When relief arrives after a natural or man-made disaster, sport and physical activity can have an important function in assisting victims to cope with physical and emotional trauma - it relieves the affected local community and supports the aid teams. Physical activity is part of rehabilitation, as it assists with recovery of personal balance and supports team building in a situation where joint efforts are needed.

ICSSPE, in cooperation with other partners, will demonstrate how physical activity and sport can become an integral part of post-disaster intervention.

Physical activity and sport are acknowledged as contributing to improved quality of life. Both are internationally recognised as part of development aid. Public and private organisations world-wide support populations in need through many sporting initiatives.



### Who should attend?

Anyone who already has experience in disaster relief teams or is planning to work in disaster management and relief.

### What can you expect?

The seminar will show how to use sport and physical activity in emergency and disaster relief efforts to rebuild fractured communities. It will include expert presentations and discussions as well as practical applications. Participants will gain practical experience in preparing for an assignment in a disaster region.

### How will participants benefit?

The seminar has been developed in close collaboration with international disaster management organisations, which will give participants an extremely relevant and up to date experience.

The seminar will be held in English.

# Programme

## Sunday Nov 4

Opening  
Teambuilding  
Dinner

## Monday Nov 5

Disasters, emergency relief and reconstruction  
Anatomy and types of disaster  
Impact on people, emergency relief & development / reconstruction sector  
Working as disaster relief responders

Definition of sport and setting the context  
Key working areas of physical activity: Physical aspects (sports medicine, health-enhancing physical activities), psychological and social aspects  
Icebreaker games, team sports

Sport for persons with a disability  
Rehabilitation through sport eg. goal ball, sitting volleyball, wheelchair basketball

## Tuesday Nov 6

Psychology as part of emergency relief  
Survivors' response to disasters, behavioural impact and reactions  
Stress in disaster relief responders  
Impact of stress and strategies to minimise  
Trauma, sport and physical activity  
Intervention methods  
Team debriefing  
Psycho-motor therapy

## Wednesday Nov 7

Introduction to Yoga  
Sport and adapted physical activity programmes in disaster relief areas  
Suitable sports and physical education  
Strategies for implementation of programmes

Didactics  
Safety  
Sport and Reconstruction - examples of good practice

Social work  
From survivors to surviving communities  
Case management  
Integration  
Teambuilding

Activities  
Games focussing on restoration of community activities

## Thursday Nov 8

Inclusive approach: Physical activities, games, disabilities and individual challenges

Cultural dimensions and their impact on sports  
Self-reflection  
Team-reflection  
Sensitisation for differences  
Sports and cultural awareness

Developing activities without equipment  
Exercises / games to strengthen well-being

## Friday Nov 9

Team presentation  
Long-term reconstruction  
Restoration of sport infrastructure  
Coaching community coaches  
Information on contact data

Summary, Discussion, Evaluation  
Closing  
Distribution of Certificates  
Departure

## Participation

For further information and for registration, please visit the ICSSPE website [www.icsspe.org](http://www.icsspe.org) or contact us at

### ICSSPE Executive Office

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[www.icsspe.org](http://www.icsspe.org)

### Venue

Haus Rheinsberg  
Hotel am See  
Donnersmarckweg 1  
16831 Rheinsberg  
Germany  
[www.hausrheinsberg.de](http://www.hausrheinsberg.de)

Cost of participation, including the seminar fee, accommodation and meals, will be 400,- EUR. A reduced rate of 350,- EUR is offered to students.

There will be a shuttle bus on Sunday from Berlin to Rheinsberg, returning to Berlin on Friday.



Bundesministerium  
des Innern



## Sport in Post-Disaster Intervention

First International Seminar – 4 - 9 November 2007 - Rheinsberg/Berlin

Ms.  Mr.

Title:

Surname

Occupation

Organisation / Institution

Street/P.O. Box

Zip-Code

City

Country

Phone

Fax

Email

Internet

Cost of participation including transfer Berlin - Rheinsberg - Berlin, accommodation and meals.

full price : EURO 400,-

reduced rate (students): EURO 350,-

### bank transfer only in EUR

account no: 2466880001  
bank code: 100 200 00  
IBAN: DE41 1002 0000 2466880001  
SWIFT-Code (BIC): BEBEDEBB  
Bank: Berliner Bank AG, Schlosstr. 114, 12163 Berlin, Germany

### credit card only in EUR

Visa  MasterCard Expiry Date \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Security No. \_\_\_\_\_  
(last 3 or 4 digits on the signature level)

Name of Credit Card Holder \_\_\_\_\_

Signature \_\_\_\_\_ Amount \_\_\_\_\_ EUR

Registration Deadline is September 14, 2007.

I hereby confirm my registration for the above mentioned symposium.

\_\_\_\_\_  
Date/Signature

Please return by fax to: +49 30 805 63 86