Sport in Post-Disaster Intervention
An International Training Seminar
1-7 November 2008
The Project

• One week of intensive training in Rheinsberg, Germany (north of Berlin)
• Use of sport and physical activity in post-traumatic disaster scenarios
• Theoretical base plus hands-on practical training
Building Resilience

- Provides a safe, structured environment
- Builds social cohesion and community interaction
- Focuses attention away from loss
- Provides a “return to normalcy”
The Topics

- Psychology in emergency relief
- Cultural dimensions
- Developing activities without equipment
- Adapted physical activity
- Activities for stress release
- Teaching & learning in crisis areas
- Examples of good practice
The Partners

FÜRST DONNERSMARCK-STIFTUNG

Bundesministerium des Innern

Deutsches Rotes Kreuz

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