

Sport in Post-Disaster Intervention

An International Training Seminar

1-7 November 2008



International Council of Sport Science and Physical Education
Consejo Internacional para la Ciencia del Deporte y la Educación Física
Conseil International pour l'Éducation Physique et la Science du Sport
Welttrat für Sportwissenschaft und Leibes/Körpererziehung





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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





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Building Resilience

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





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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



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2008

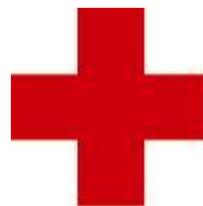
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The Partners



Bundesministerium des Innern



Deutsches Rotes Kreuz





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