

“Let’s cooperate”

Building Cooperation and Teamwork in Challenging Situations

Complexity:

Medium

Duration:

90 minutes

Target Group:

Youth workers, aged 18-30

Number of Participants:

20-30 participants

Context:

This workshop is part of a broader project aimed at building resilient and stronger communities. It should be conducted after an initial session on community building and resilience.

Objectives:

- To enhance participants' cooperation skills.
- To promote teamwork and mutual support.
- To simulate a challenging situation that requires collective problem-solving.

Needed Material:

- Tape (to create a boundary at neck height)
- Markers
- Flip charts
- Stopwatch or timer
- Whistle (optional)
- First aid kit (for safety precautions)

Description of the Activity:

Introduction (10 minutes):

- Briefly explain the objective of the workshop: boosting cooperation and teamwork.
- Describe the scenario: participants are on a sinking boat and must escape by crossing a taped boundary set at neck height, without leaving anyone behind.
- Mention that the activity involves physical touch and ensure everyone is comfortable with this aspect.

Setting Up the Activity (10 minutes):

- Use tape to create a boundary at neck height in a delimited area. Ensure the boundary is secure and safe.
- Explain that all participants need to work together as a single group to escape the boat.

Activity Instructions (10 minutes):

- Explain the rules: the entire group must help all its members cross the tape without touching it.
- Emphasize the importance of teamwork and ensuring no one is left behind.
- Set a time limit for the task (e.g., 30 minutes).

Execution of the Activity (30 minutes):

- The group begins the activity, working together to find ways to cross the tape.

- Facilitators observe, ensuring safety and providing minimal guidance to encourage problem-solving.

Debriefing and Discussion (20 minutes):

- Gather all participants and facilitate a discussion on the activity.
- Ask debriefing questions:
- How did you feel during the activity?
- What strategies did your group use to cross the tape?
- How did you ensure everyone was included and no one was left behind?
- What challenges did you encounter and how did you overcome them?
- How can these teamwork skills be applied in building stronger communities?

Summary and Wrap-Up (10 minutes):

- Summarize the key lessons learned from the activity.
- Highlight the importance of cooperation and teamwork in community building.
- Encourage participants to reflect on how they can apply these skills in their own communities.

Recommendations:

- Ensure the tape boundary is securely fastened and at a safe height.
- Mention at the start that the activity involves physical touch and ensure all participants are comfortable with it.
- Be prepared to intervene if any safety issues arise.
- Encourage creativity and support among participants.
- Have a first aid kit available for any minor injuries.

Annexes:

- Handouts with key points on teamwork and cooperation.

Handout: Key Points on Teamwork and Cooperation

Importance of Teamwork and Cooperation

- Enhances Problem-Solving: Working together brings diverse perspectives and ideas.
- Builds Trust: Relying on each other fosters mutual respect and trust.
- Increases Efficiency: Tasks are completed faster and more effectively.
- Promotes Learning: Team members learn from each other's strengths and experiences.

Key Elements of Effective Teamwork

1. Clear Communication:
 - Ensure everyone understands the task.
 - Listen actively and share ideas openly.
2. Defined Roles:
 - Assign specific roles based on strengths and skills.
 - Rotate roles to ensure everyone's involvement.
3. Shared Goals:
 - Focus on a common objective.
 - Align individual efforts with the group's goal.
4. Mutual Support:
 - Help each other and share resources.
 - Encourage and motivate teammates.
5. Conflict Resolution:
 - Address disagreements promptly and respectfully.
 - Find solutions that benefit the team as a whole.

10 WAYS TO BUILD TEAM RELATIONSHIPS



Trust yourself and your teammates. When issues or mistakes happen stand by one another



Show up, own your work, and do it to the best of your abilities. This helps to build trust



Recognize and respect the efforts and ideas of others



Know what you are responsible for accomplishing and realize what your colleagues need to do. Collaborate where tasks overlap



Share the goals of the team and work toward them. If you complete what you need to do, offer to help a colleague with a different task



Be able to offer and accept constructive criticism. Remember this is helpful feedback to help you improve what you've done



Communicate! Never presume a colleague or customer understands what you're planning or the work you've done



Recognize the skills and talents of your teammates and use them to further your project. That way the whole team will look like superstars!



Support and respect one another. Remember that petty jealousy, prejudice, gossip, or begrudgery will undermine the team

Divide the tasks proportionately among team members. Understand where there is overlap and plan ahead to work together on those points

