

Ramba Zamba Intercultural learning and self development through creative methods



Final Report
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RAMBA ZAMBA - Intercultural learning and self-development through creative methods

19 participants in the age between **25-63 with and without disability** from **18 (!) different EU-countries** had the possibility to try different creative methods and gain an intercultural learning experience through working together.

We worked 8 days with intercultural simulation games, Yoga, theatre, painting therapy, photography and comics to give the participants the possibility to express themselves and to become aware of their own abilities. In working in an intercultural context alternative ways of expression and communication have been used to get a better understanding among each other. After each method the trainers reflected together with the participants on how to integrate the learned tool in the own personal and life reality.

Key Outcomes

- **Intercultural learning**

“Through you we could meet a great group and feel and live EUROPE”

(Feedback of one of the participants)

Through the possibility to get to know to other cultures participants became more aware of their own culture and got an insight view in other European cultures. In such a setting also friendship between people can develop which would not be possible within their own cultural context because their countries are in political conflict situations.

- **The topic “Disability”**

“It is my first time after my car accident 10 years ago that I go by bus”

(Feedback of one of the participants)

The intercultural and creative part was the main topic but through having 1/3 of the participants with a disability and visiting a theatre group where all actors have a mental disability all participants benefited and feed backed that they lost the fear of getting in touch with each other. Through interactive work in mixed groups the participants had to fulfil some tasks and could feel the challenges while different kind of disabilities f.i. how to travel by public transport.

- **Strengthen self-esteem**

“My lifetime is now divided in before Ramba Zamba and afterwards”

(Feedback of one of the participants)

- **Further outcomes were to develop new creative skills, fresh spirit, new language skills on a very basic level, teamwork etc.**