



**Tampere University, Finland**

**Build community spirit in face-to-face meetings**

## **Two exercises to build community spirit**

### **Exercise 1: Introduction in pairs**

For the beginning of the seminar, a good way to get the participants to know each other is to divide them into pairs and ask them to introduce their pair to others. This way, the participants will have contact with another participant, and also introducing the pair instead of introducing oneself is an easier and more relaxed approach.

### **Exercise 2: Icebreaker 'questions and answers'**

Icebreakers at the beginning of the seminars are important for enabling the participants to mingle and create a relaxed atmosphere.

The participants stand up and walk around in the room. They are given a question that they will ask the first person they meet. The questions could be, for example:

- If you were the president of your country, what would be the first thing you would try to fix?
- What is the best invention ever made?
- What would you take with you to a desert island?

Both people ask and answer these questions in their turn. After the first round, the participants are given the next question; they continue walking and ask the question of another participant. There can be, in all, two or three rounds/questions.