
www.hujambo.info

HUJAMBO

is an informative game which challenges you to think and talk with others about **values in life**.

HUJAMBO

hands you a lot of material, so you can give a thought to **values** in a playful, creative and yet serious way. Values that are important or that might become important in each person's life.

HUJAMBO

is Swahili and it means: "Who are you?"
A question which the game wants to help young people find an answer to.

HUJAMBO

is a publication of Don Bosco Youth-Net ivzw, which is produced with the financial support of the European Youth Foundation.



HUJAMBO

Value Card

HUJAMBO

Action Card

HUJAMBO

Action Card

Through play and different experiences, young people are urged to explore possibilities and to broaden their horizons. In this way you experience the Don Bosco tradition of "action".

A tradition of "action"

Discussion

The person who leads this session, presents the following "lecture" on learning how to cycle your bike.

Lecture

Learning how to cycle a bike is not that difficult - certainly not when you keep the following in mind: A bicycle has got 2 wheels that contribute to the balance of the cyclist. The tangent plane with the earth is not very big, so that the laws of gravity do immediately apply when the cyclist does not keep his balance well. You will succeed in keeping your balance when you manage to use all the muscles of your body. The stretching of the dorsal muscles, as well as the curving of the muscles of your hands as the silencing of the corner of your mouth, makes you able to balance your bicycle. Once cycling, it is of course very important that you know how to stop in time. Volume depends on the resistance caused by the wind and by your body.-You have to multiply those and divide the result by the distance you covered since your last stop to get the braking volume. You need to know this before you start using your brakes, in order to be sure that you will use to correct power to handle them correctly and to prevent them from flying away from your bike. You certainly need to get enough energy, enough "sugar", enough "fat" to burn. If you are planning a brief explosion of power, a "sugar-diet" is recommended for at least 5 days. Long distance performances ask for a "fat diet". Sugar and fat are chemical energy, enabling us to perform a certain amount of labour. Labour is directly connected with the power presented and the road covered. You will get further by working more and using less power! So, you know now what to do... You better start practising, because tomorrow someone will design the perpetual mobile and you will miss this event absolutely.

Guiding questions

1. Who among you learned to ride a bicycle this way?
2. Which things did you learn "by just doing it"?
3. Which do you find the easiest: learning theoretically or learning by doing it? In what sort of situations would your opinion change.

Expression

Wooden spoon dance

One participant (or the leader) stands in front of the group with a big wooden spoon and dances to some music moving the spoon about. The others dance as well, moving their body the way the spoon does. (body = wooden spoon)

Dancing blindfolded

All participants are blindfolded. Different fragments of music are played. Everyone can dance or move freely to the music. They can move freely because everyone is blindfolded. Nobody can see them, so they do not have to beware of other people looking at them.

Guiding questions

1. Did you think this was a difficult game?
2. What went on in your mind when you heard you had to dance?
3. What did you learn by doing this?

Material: CD's or iPods with different sorts of music, CD or iPod-player, blindfolds, a big wooden spoon