

## COMMUNITY ACTIVITIES FROM AROUND THE WORLD



**TABLE OF CONTENTS**

**INTRODUCTION.....3**

**I. SPORTS & FITNESS.....4**

CREATIVE MOVEMENT FOR KIDS.....5

CRICKET .....6

TAI CHI .....7

TAKRAW .....8

TABLE TENNIS.....9

TENNIS.....10

PILATES .....11

YOGA .....12

ZUMBA®.....13

**II. CULTURE.....14**

CANADIAN CITIZENSHIP CEREMONY .....15

BEADING .....16

LANGUAGE CIRCLE .....18

**III. RECREATION .....19**

AROUND THE WORLD IN 8 WEEKS.....20

COMMUNITY GARDENS .....21

BOARD GAMES .....22

MOVIE OR BOOK CLUB .....23

STORIES & GAMES WORLDWIDE.....25

**IV. RESOURCES.....26**

WEBSITES.....27

**V. COMMUNITY ASSOCIATION TIPS.....28**



# INTRODUCTION

Saskatchewan's population is diverse. First Nations and Métis peoples and immigrants from many lands shape our history and current cultural landscape. **Community Activities from Around the World** is a multicultural toolkit that offers ideas and strategies for building inclusive sports, culture and recreation programs at the community level in Saskatoon.

Sport and recreational activities build camaraderie and team spirit and can bridge cultures and bring people together. This handbook offers helpful tips and resources to agencies that serve New Canadians, sports and recreation professionals, and community association volunteers so they can build programs in their communities.

Within these pages you will find new ideas and fresh perspectives on traditional activities. For instance, if you're not familiar with Takraw, the popular Southeast Asian sport, we offer tips on how to start a Takraw program in your community. Or, for those engaged in neighbourhood safety patrol, we introduce the perspective of expanding your program to incorporate a social and cross-cultural component. Many concepts from around the globe are adapted within this handbook to inspire people to connect with one another. Each activity offers a unique perspective on how we might be physically or intellectually active while learning from each other. International neighbours bring many exciting ways to see and play in the world. Although this handbook is just a starting tool, your imagination and commitment can transform a new activity into a vibrant contribution to your community.

We would like to thank our funders—Citizenship and Immigration Canada and the Saskatchewan Ministry of Advanced Education, Employment and Immigration—who made this publication possible. We would also like to thank the 24 Saskatoon Community Association volunteers who offered feedback that shaped this publication. Many commented that they would find this resource helpful as they planned affordable and accessible activities in their communities. We hope you do, too.

## **Immigration Community Resource Coordinator**

Community Development Branch, City of Saskatoon

Phone: (306) 975-3378 or (306) 975-8459

# I. SPORTS & FITNESS



A neighbourhood team plays cricket at the Saskatoon Forestry Farm and Zoo.

# Creative Movement for Kids



<p><b>Description</b></p> <p>Toddlers love to move and dance, and this program helps guide that energy and creativity. Offer the class before 7:00 pm so young children can go to bed early. Half hour to 45-minute sessions work best for this age group.</p> <p>This class can incorporate games such as Tag, Monkey in the Middle, Duck Duck Goose, and others. Please see section IV Resources at the end of this handbook for instructions and suggestions about multicultural children’s games and activities.</p> <p>Trained dance instructors, or even keen parents, can facilitate this class. Mature teens with dance training make good leaders for this program.</p> <p><b>Equipment</b></p> <p>The facilitator will need to bring music (CD, MP3 or iPod) and a portable player.</p>	<p><b>Who for?</b></p> <p>Children (2-4 and 5–6 years)</p> <p><b>How many?</b></p> <p>Up to 10 toddlers for one instructor Parents must stay during the lesson to assist if necessary.</p> <p><b>Where?</b></p> <p>Gym or outside area with a flat surface</p> <p><b>How much?</b></p> <p>Free to \$20 depending on instructor costs.</p> <p><b>Country/Area of Origin</b></p> <p>Various</p>
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## Did you know?

Dance can help young children develop coordination, balance and physical fitness.

## Resources

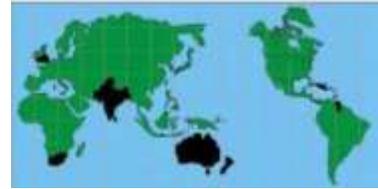
- [Topics Mag - games](#)
- [Thinkquest Games from Around the World](#)



## Who can help

- **Saskatoon Sports Council (SSC)**  
Tel: 975-0830; [Email](#)  
SSC offers a free **Sports ABC: A FUNdamental Skills Development Program for Children** manual. Detailed lesson plans/resource guide facilitators or volunteers.
- The **City of Saskatoon Community Development Branch** can help you try to find instructors for your community. We can also provide information about multicultural children’s games and activities. Tel: 975-3378
- To recruit instructors, you may want to post an ad on [Kijiji Saskatoon](#)
- For music from different world cultures, check out the Putumayo CD collection available at **Ten Thousand Villages** or at the [Saskatoon Public Library](#).

# Cricket



## Description

Cricket can be practiced and played year round—in a gym in winter and outside in summer. Cricket is becoming popular for children, youth and adults in Saskatoon. Participants learn basic rules and facts about the game as well as batting, bowling and fielding techniques.

## Rules

One team *bats*, trying to score as many runs as possible, while the other team *bowls* (i.e., throws the ball towards the wicket, which is defended by the batter).

The team that bowls also *fields* (i.e., collects the ball after it has been hit by the batter) and tries to dismiss the batsmen and limit the runs scored by the batting team.

A run is scored when the striking batsman hits the ball with his bat, runs to the opposite end of the pitch and touches the crease without being dismissed. The teams switch between batting and fielding at the end of an inning.

## Equipment

Connect with the Saskatoon Cricket Association (see below). They are willing to supply you with equipment and trained instructors.

## Who for?

Children (8 years & older)  
Adults

## How many?

Maximum: 11 players per team

## Where?

Gym or park/school field

## How much?

The two agencies that support cricket in Saskatoon (see below) will set the fee.

## Country/Area of Origin

England, in the 16<sup>th</sup> century.  
Popular in Commonwealth countries..

## Did you know?

Played in more than 130 countries around the globe, cricket is the second most popular game played in the world, after soccer.

## Who can help

- [Saskatoon Cricket Association](#), Iftekhar Kalyar, Tel: 955-5736; [Email](#)
- Denzil Dixon, Tel: 370-2320



# Tai Chi



## Description

Tai Chi is a meditative form of exercise and gentle stretching that follows a series of moving stances. When the slow and graceful movements are practiced, they reduce stress and promote flexibility, balance and concentration. Tai Chi practise also integrates the mind and body. Although Tai Chi began as a martial art, practitioners in North America today teach the form mainly for its health benefits.

## Equipment

No equipment is needed. Participants should wear loose, comfortable clothing and flat-soled shoes.

A trained, experienced instructor is required.

## Who for?

Teens and Adults

## How many?

1 to as many as can comfortably move within the space.

## Where?

A gym or large room; participants need enough room to extend their arms and legs.

## How much?

Qualified instructors charge \$30-\$50/hour. The charge to participants is often \$25-\$40 for a ten-week session.

## Country/Area of Origin

China

## Did you know?

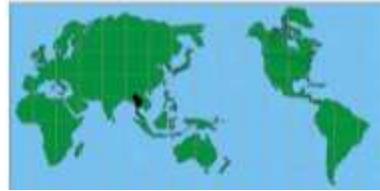
With a history dating back more than 2000 years, Tai Chi has been described as a “moving meditation.”

## Who can help

Contact the City of Saskatoon Community Development Branch, and we will attempt to find you a qualified instructor. Tel: 975-3378



# Takraw



## Description

Sepak Takraw is a Southeast Asian sport that mixes volleyball, martial arts and hackey-sack. It is played between two teams with three players on each team, either inside in a gym or outside using a volleyball net.

Each team is allowed to touch the ball up to three times before they send it over the net to the other team. Players are *not* allowed to touch the ball with their hand(s) or arms—they must use their feet, legs or torso only.

The ball cannot touch the ground. It also must stay within the boundaries of the court. Basic rules and scoring are similar to volleyball.

## Equipment

A small, soft woven ball made out of reeds or plastic.

A volleyball net and posts.

Comfortable athletic clothes.

## Who for?

Children (over age 6)

Teens and adults

## How many?

3 players per team, 6 on the court at one time

## Where?

Gym with a volleyball net. The court is about the same size as a volleyball court (20 by 44 feet), and the net is 1.52 metres high.

## How much?

Instructors charge at least \$13/hour.

You may want to charge participants \$15-\$25 for a ten-week session.

## Country/Area of Origin

Thailand

## Did you know?

Schools and clubs can receive up to \$250 from Sepak Takraw Saskatchewan (STS) to help develop the game in schools and the community. The money goes towards hosting a Sepak Takraw Clinic, purchasing instructional resources, and creating teams to play in tournaments.



## Resources

### [Takraw video](#)

## Who can help

- Sepak Takraw Saskatchewan, Regina Tel/Fax: 584-8778; [Email](#)
- City of Saskatoon Community Development Branch; Tel: 975-3378 to get help finding instructors and equipment.

# Table Tennis



## Description

Table tennis (also known as ping-pong) is a sport that demands fast moves and quick reactions. Two or four players hit a lightweight hollow ball, back and forth over a net on a hard table, using table-tennis rackets. Table tennis has been an Olympic sport since 1988.

This sport is becoming increasingly popular in Saskatoon due to the support of the Saskatchewan Table Tennis Association (SKTTA). SKTTA offers training clinics and access to tables and grant money to purchase equipment.

Schools in Saskatoon, such as the Ecole canadienne-francaise, have table tennis tables available in the daytime for students and in the evenings for volunteer groups. Games are also played on Monday or Wednesday evenings in downtown Saskatoon at the gym in Zion Lutheran Church. Contact SKTTA for more information.

## Equipment

Table tennis table, ping-pong paddles, ping-pong balls

## Who for?

People of all ages

## How many?

2 (singles) or 4 (doubles) per table

## Where?

Large room or gym where a table tennis table can be set up. Space around the table is required for players to move freely.

## How much?

Saskatchewan Table Tennis Association memberships cost \$150 each. Grants are available to offset this fee.

## Country/Area of Origin

England

Popular in China

## Did you know?

Table tennis originated as a sport in Britain during the 1880s. It was played by the upper class as an after-dinner parlour game known as "wiff-waff."

## Who can help

- [Saskatchewan Table Tennis Association](#) Tel: 975-0835; [Email](#)



# Tennis



## Description

Young and old can play tennis, especially when modified equipment is used, such as softer balls, smaller courts, and racquets with larger heads. More than 100 children have already learned to play tennis in Saskatoon neighbourhoods. If you partner with Tennis Canada (see below), instructors will teach beginning players basic skills to help them learn to rally the ball over the net and play games.

## Equipment

To introduce the game to children, you'll need 3-4 mini tennis nets, 12-16 racquets and 24 soft tennis balls. You can purchase equipment through Tennis Saskatchewan at lower-than-retail prices.

Many communities partner with schools to purchase equipment. More than 25 Saskatoon schools have a full tennis school kit (i.e. 30 racquets, 30 balls and 3 nets.) School teachers often encourage students to play tennis during physical education classes.

## Who for?

Children (ages 7-9 and 10-12)  
Teens and Adults/Seniors

## How many?

Minimum: 6 players  
Maximum: 12-16 players

## Where?

School gyms, basketball courts, or any flat indoor or outdoor surface with a net.

## How much?

\$20-\$35 for an 8-week program

## Country/Area of Origin

England  
Popular worldwide

## Did you know?

Approximately 300 million tennis balls are produced each year.

## Resources

Tennis Saskatchewan and Tennis Canada provide a 6-hour coaching course for communities, offering all the necessary tools to deliver a tennis program. Tennis Saskatchewan can also provide certified Tennis Canada instructors to deliver the program.

## Who can help

- Tennis Canada, Prairie Tennis Alliance, Tel: 241-5565; [Email](#)
- [Tennis Saskatchewan](#)



# Pilates



<p><b>Description</b></p> <p>Pilates is a body conditioning routine that builds flexibility, strength, endurance and coordination. Awareness of one’s breathing and focusing the mind to control muscles are key elements. Joseph Pilates developed the practice in the early 20<sup>th</sup> century.</p> <p><b>Equipment</b></p> <p>Supplies vary among instructors, but many use a mat and a large exercise ball. Participants should wear comfortable (stretchy) clothing.</p> <p><b>Instructor Recruitment/Training</b></p> <p>Trained Pilates instructors are necessary for this program.</p>	<p><b>Who for?</b></p> <p>Teens and Adults</p> <p><b>How many?</b></p> <p>Pilates can be offered to groups of 5 to 25.</p> <p><b>Where?</b></p> <p>A gym or large room. Participants should have enough room to extend their arms and legs.</p> <p><b>How much?</b></p> <p>Currently Saskatoon Community Associations offer this program for \$45-\$75. They pay instructors between \$35 and \$60/hour.</p> <p><b>Country/Area of Origin</b></p> <p>Germany</p>
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## Did you know?

Joseph Pilates developed this method during World War I when he was held as an “enemy alien” in England. The concepts were developed for fellow detainees and subsequently for injured soldiers who were confined to their beds.

## Who can help

- [Saskatoon Pilates Training Centre](#)  
Tel: 955-2965; [Email](#)



# Yoga



## Description

Yoga consists of slow stretches, breathing exercises, strengthening and relaxation techniques, and meditation. Originating in ancient India, Yoga typically means “union” among mind, body and spirit. It involves the practice of physical postures and poses, sometimes referred to as “asana” in Sanskrit. The ultimate aim of Yoga practice is to balance the body and mind to attain greater self-awareness or enlightenment. As a result, Yoga is associated with a healthy and balanced approach to life.

## Equipment

Participants should bring their own yoga mats and wear comfortable clothing.

## Who for?

Teens and Adults

## How many?

As many as the room will comfortably hold or a maximum suggested by the instructor.

## Where?

A gym or large room. Participants should have enough room to extend their arms and legs.

## How much?

Participants pay between \$35 and \$60 for a 10-week session. Instructor rates depend on experience and range from \$25 to \$60/hour.

## Country/Area of Origin

India

## Did you know?

The word *yoga* is derived from the Sanskrit root *yuj* (to connect, join or balance) and originated more than 5000 years ago.

Almost everyone can do yoga. *Asanas* (poses) can be modified to accommodate physical abilities and limitations.

## Who can help

City of Saskatoon Community Development Branch can help you find instructors. Tel: 975-3378



# Zumba®



<p><b>Description</b></p> <p>Zumba® is a dance fitness program that uses Latin and international dance music to energize the body. Zumba® is a high-paced aerobic exercise.</p> <p><b>Equipment</b></p> <p>Latino dance music is a requirement for this class. Additional equipment may depend on the instructor. Participants should wear comfortable fitness clothing and running shoes and bring a water bottle to class.</p> <p><b>Instructor Recruitment/Training</b></p> <p>A trained instructor is required for Zumba® classes.</p>	<p><b>Who for?</b></p> <p>Teens and Adults</p> <p>Zumba® can also be adapted for young children, but it would be best to hire an instructor who has previously lead children’s fitness classes.</p> <p><b>How many?</b></p> <p>As many as the space will allow, or a maximum suggested by the instructor.</p> <p><b>Where?</b></p> <p>A gym or large room. Participants should have enough room to extend their arms and legs and move from side to side.</p> <p><b>How much?</b></p> <p>Qualified Zumba® instructors charge \$35 to \$60/hour. In Saskatoon, classes range from \$25 to \$60 for a 10-week session to a \$15-per-class drop-in charge in private gyms.</p> <p><b>Country/Area of Origin</b></p> <p>Colombia</p>
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## Did you know?

Since it started in 2001, the Zumba® program has grown so that over 12 million people of all shapes, sizes and ages that take weekly Zumba® classes in more than 125 countries.

## Resources

[Go online](#) for information and online videos of classes.

## Who can help

- [Search for Zumba® instructors](#) online. Type in your location for a list of available and trained instructors.



## II. CULTURE



Neighbours from diverse cultural backgrounds have much to share and learn.

# Canadian Citizenship Ceremony



## Description

A citizenship ceremony is the final step in the process of becoming a Canadian citizen. During the ceremony, new citizens take the Oath of Citizenship and each receives a Certificate of Canadian Citizenship. For many individuals and families, the citizenship ceremony is the realization of a dream and sometimes marks the beginning of a new life. It is a formalized rite of passage that pinpoints a specific time of entry into Canadian culture. The citizenship ceremony confers rights and acknowledges responsibilities.

Your community association may be interested in creating a welcoming neighbourhood by hosting a citizenship ceremony. Since 1947, community groups, service clubs and private companies have worked with federal Citizenship staff to host or sponsor citizenship ceremonies. You are encouraged to partner with elementary and secondary schools, art galleries, museums and a variety of multicultural organizations.

Hosting a citizenship ceremony in your community is rewarding and a tangible way to contribute to the changing tapestry that is the Canadian family. When we work together to weave the disparate strands in our society, it serves to strengthen and preserve the fabric of our diverse cultures.

## Who for?

Families and individuals

## First Step

To host a Citizenship Ceremony, the first step is to partner with Citizenship and Immigration Canada – CIC (see below).

## Where?

Consult with Citizenship staff before confirming the location of the ceremony. CIC has guidelines for selecting a site. Possible locations include but are not limited to schools, libraries, service clubs, the Royal Canadian Legion Hall, ethnic associations and multicultural centres, museums and art galleries, community centres and recreation centres, civic centres, private companies, theatres, hotels, etc.

## How much?

Costs depend on the organizers and association and whether celebration elements (i.e., food, beverages) are purchased, supplied by the community, or contributed by individuals.

## Did you know?

Each year, about 170,000 people become new citizens of Canada. New Canadians aged 18 to 54 must first take a citizenship test.

## Who can help

- Citizenship and Immigration Canada (CIC) encourages partnerships with many groups to make citizenship ceremonies accessible to the public. These include but are not limited to schools, ethno-cultural groups, and immigrant serving agencies.
- Useful websites: [Citizenship & Immigration Canada](#), [Institute for Canadian Citizenship](#)
- For [information on hosting a citizenship ceremony](#) and to connect with a CIC officer to help you plan the ceremony, call **1-888-242-2100**.



# Beading



## Description

Create unique and beautiful beaded jewellery while learning about Aboriginal traditions.

Instructors should be skilled in the art of beading, and experienced with teaching the age group they are working with. Class length will be determined by the difficulty of the project.

## Equipment

**Beads:** You will need various sizes for various age groups. Young children need larger beads. To avoid frustration try not to start with anything smaller than an 11/0 for adults.

**Needles:** The size of the needles corresponds to the size of the beads (e.g., a size 11 needle will work with 11/0 beads).

**Thread:** Avoid sewing thread, dental floss, monofilament thread and embroidery thread (even silk) as these fibres are not made for beading and have a tendency to break, fray and eventually rot.

**Patterns:** Choose something simple and fast. Keep color choices simple and fairly far apart on the color wheel. This will make it easier for students to complete the pattern.

## Clasps

**Scissors:** Use child-safe scissors if necessary.

*Note:* Some instructors will supply equipment and beads as part of their fee.

## Who for?

Children ages 6-11

Youth and adults

## How many?

**Adults:** 1 Instructor for every 10-12 participants.

## Youth/children:

One instructor for every 6-8 participants.

## Where?

Good lighting is essential, and space with natural light is best. Arrange comfortable seating and tables to lay out supplies.

## How much?

Some instructors charge \$13 to \$20/hour. A fee of \$15 to \$20 per person should cover instructor and bead costs.

## Country/Area of Origin

Various

## Who can help

- City of Saskatoon Aboriginal Recreation Programmer, Tel: 975-8486
- Wanuskewin Cultural Advisor ,Tel: 931-6767
- Saskatoon Indian & Metis Friendship Centre Recreation Programmer, Tel:244-0174
- White Buffalo Youth Lodge Recreation Programmer, Tel: 653-7676



# Cooking and Culture



## Description

Travel the world and learn to cook at the same time. Master the basics of cooking while exploring various flavours, types of food, spices and baking techniques.

This program can be adapted for children, youth, adults or families. Adults learn where to find the best foods suited to their cultural preferences and explore many varieties of foods readily available in Saskatoon. Children benefit by learning the basics of cooking independently and using common household appliances. One local Community Association offers Chef-Boy-Ardee and Chef-Girl-Ardee classes in which children learn to make healthy snacks and meals.

The class can run for just one session or for ten weeks, becoming progressively more complex.

All ingredients are provided by the instructor and paid for through participants' fees.

## Equipment

A kitchen space with two stoves is ideal.

Cooking implements should be provided by the venue.

Ask each participant to bring containers to take home leftover food at the end of the class.

## Who for?

Children 6 years and older  
Youth or adults

## How many?

Minimum: 4  
Maximum: 10

## Where?

A large kitchen in a school (i.e., home economics lab), a church, or a community centre

## How much?

Cooking classes can range from \$20 to \$35 per session

## Country/Area of Origin

Various  
Many countries can be explored through this class.

## Did you know?

"Food is our common ground, a universal experience." – James Beard, professional chef

In Canada, wherever immigrants settled, so did their foods and recipes: think pizza, perogies, samosas and sushi.

## Who can help

- Post an ad for instructors on [Kijiji Saskatoon](#)
- Connect with parents in your neighbourhood school.
- City of Saskatoon Community Development Branch (for help finding instructors)  
Tel: 975-3378
- Connect with Immigrant Serving Agencies and/or Ethno-cultural groups – see list in the Resources section of this document.





# Language Circle

<p><b>Description</b></p> <p>A language circle is a great way to learn new words and expressions and make new friends. Held in an informal setting, language circles are an opportunity to get to know each other and gain confidence in speaking a particular language.</p> <p>This program can offer newcomers a chance to improve their English in a friendly and encouraging setting. Or, circles can be designed to communicate in a language other than English. A facilitator could lead or assist, or in a less formal group, participants could decide on themes and learn from one another.</p> <p>Topics might range from getting to know each other to talking about a neighborhood, culture and customs. It is important to remember that the purpose of these circles is to get to know one another through conversation, and hence, it is vital to create a safe space, free of assumptions and judgment, for the success and fun of the program.</p>	<p><b>Who for?</b></p> <p>Children 6 years and older Youth or adults</p> <p><b>How many?</b></p> <p>Minimum: 4 Maximum: 10</p> <p><b>Where?</b></p> <p>Comfortable chairs in a room or protected area outside</p> <p><b>How much?</b></p> <p>Free to \$20 per season to cover fees for a facilitator or snacks.</p> <p><b>Country/Area of Origin</b></p> <p>Various</p>
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### Did you know?

There are 6,909 known living languages in the world. In Saskatoon, there are 23 heritage language schools.

### Who can help

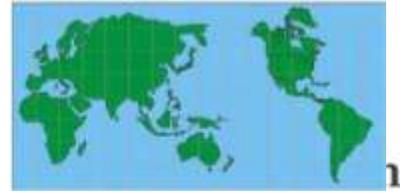
- [Saskatchewan Intercultural Association](#) (for language facilitators through their Saskatoon Multilingual School). Tel: 978-1818; [Email](#)
- Contact the City of Saskatoon Community Development Branch for assistance or to find language facilitators for your community. Tel: 975-8459



### III. RECREATION



Community gardens are a good way to grow food and make friends.



## Around the World in 8 Weeks

<p><b>Description</b></p> <p>This program is designed to increase understanding of, and appreciation for, other cultures. Over a period of eight weeks, participants learn about music, films, games, social issues, environment, or customs and traditions from countries they choose to learn about. The group participants guide what they will focus on. Perhaps adults or teens will share photos from trips or from their home country.</p> <p>Participants learn from each other or are guided by a facilitator (paid or volunteer) who researches and prepares materials and activities.</p> <p>The first meeting might include activities to help connect people. The group then decides what countries they want to “visit”. Participants’ countries of origin should be considered. As each country is introduced, participants can share what they already know about that particular country.</p> <p><b>Equipment options</b></p> <p>Access to a laptop with internet access (for photos, YouTube videos, maps, etc.)</p> <p>DVD player and TV (for films)</p> <p>Assorted materials for crafts</p>	<p><b>Who for?</b></p> <p>Ages 6-12 Older children Adults and Seniors</p> <p><b>How many?</b></p> <p>Minimum: 5 Maximum: 15</p> <p><b>Where?</b></p> <p>A library, classroom or gym (with access to a computer, if possible)</p> <p><b>How much?</b></p> <p>Free to \$20.00 (to pay for a facilitator, purchase snacks, rent movies, etc.)</p> <p><b>Country/Area of Origin</b></p> <p>Various</p>
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### Resources

- Cultures from Other Lands Teen Fiction, Young Adult Services, and Children of the World booklist; Frances Morrison Library Tel: 975-7568
- [International Games Database](#)
- [Games Kids Play: International Games](#)
- [TOPICS Online Magazine: Games](#)
- [Thinkquest: Games](#)
- National Film Board of Canada (NFB) Films About Cultural Diversity
- Check out section IV RESOURCES for a list of links to various relevant websites.



# Community Gardens



## Description

A community garden can be an excellent place to meet neighbours and make friends. People gather to plant seeds or seedlings and to water, weed and grow food and flowers in their garden plots. Community gardens are free or cost little, and those who grow their own food can eat their own food. Community gardens are especially good for people who live in apartments or who don't have access to sunny yards to grow gardens.

The garden group decides what their garden will look like and who gets which plot. Gardeners learn from each other and about what can grow in Canada, and they share tools. Garden groups may charge a fee each season to help purchase tools to share, compost or manure to improve the soil, or plants for a communal plot.

## Getting Started

To start a new community garden in Saskatoon or secure a plot in an existing community garden, or to find some good advice, call CHEP or the City of Saskatoon, Community Development Branch (see below).

## Equipment

A shovel or hoe and garden hose. Tools are usually shared by participants and stored at the garden.

## Who for?

Individuals and families

## How many?

10-200 gardeners (per garden area)

## Where?

City parkland, an abandoned lot, a private backyard, or grounds of a school or institution (e.g., hospital or nursing home).

## How much?

Free to \$25 per season

## Country/Area of Origin

Most countries have a strong gardening heritage. Community gardens are becoming very popular in Saskatoon.

## Did you know?

Community gardens are one of few urban spaces where people of all ages, cultures, income levels, abilities, and gardening experience can learn together and do a healthy activity for free or very little cost.

## Who can help

- CHEP , Community Garden Coordinator  
Tel: 655-4575; [website](#)
- City of Saskatoon, Community Development Branch  
Tel: 975-3378





# Board Games

## Description

Board games such as chess, dominoes and mahjong, are popular in many countries.

A Board Games night might take place in your community one evening per week for eight to ten weeks. This program offers a chance for people of all ages, and from a variety of different cultures, to enjoy each other's company while playing games.

Participants bring their favorite board game and teach one another how to play. They may choose to share where the game originated, the rules, strategy tips, why they enjoy it and stories about when and where they have played it in the past.

On the final day, you might want to hold a tournament with snacks or a potluck dinner and celebrate the new friendships that have developed over the eight weeks.

## Equipment

Tables and chairs to accommodate groups of players.

## Who for?

All ages

## How many?

Minimum: 2

Maximum: 30

## Where?

A library, classroom, gym or community centre.

## How much?

Free to \$20.00 (to pay a coordinator an honorarium to facilitate and provide snacks.)

## Country/Area of Origin

India (Chess)

Egypt (Dominoes)

China (Mahjong)

## Did you know?

The oldest known Dominoes set was found in Tutankhamen's tomb, among the ruins of Thebes. Tutankhamen was King of Ancient Egypt in the 18th dynasty, 1355 BC. Dominoes pieces were historically carved from ivory or animal bone with small, round pips of inset ebony.

Called the "Game of Kings," chess was played primarily by members of the nobility and the upper classes for many centuries.



The name Mahjong is a combination of two words: *mah* and *jong*, meaning "chattering sparrow."

## Who can help

- Immigrant Serving agencies and ethno-cultural groups. See contact information in section IV.

RESOURCES.



## Movie or Book Club

### Description

A movie club or book club offers neighbours an opportunity to explore diverse social issues and learn about other countries and people. After each movie or book, participants might share their thoughts and feelings or what they've learned.

A movie or book club program may be held with participants of any age, as long as everyone in a group is similar in age. Adapt the movies or books and discussion questions to fit the appropriate age group.

You may want to hire a facilitator to guide discussion, rent the videos, and provide a snack.

### Who for?

All ages

### How many?

Minimum: 5  
Maximum: 25

### Where?

A school library or classroom or a participant's home.

### How much?

\$20.00 (to cover the cost of movie rental and/or refreshments)

### Country/Area of Origin

Various

### Resources

- [National Film Board of Canada](#) (NFB)
- [More NFB](#)
- [Broadway Theatre](#) (Saskatoon)
- [Saskatoon Public Library](#)
- [Intercultural Film Glossary](#) (film search)
- [Turning the Tide bookstore](#) (Saskatoon)



# Walking with Neighbours



## Description

Walking is affordable and great for the body. Here are three ways to start walking with neighbours in your community.

### 1. Walking Clubs

Groups agree to meet at a local school at a specified time and walk together in parks or on sidewalks. This can be a pleasant social outing, and there is no cost. Some walking clubs take turns supplying refreshments in a participant's home after the walk. No equipment is needed for a walking club and all ages can participate.

### 2. Nordic Pole Walking or Urban Poling

Nordic Pole Walking is a cross between power walking and cross-country skiing. Participants swing light poles, similar to ski poles, while walking briskly. Nordic walking exercises the upper body and offers a full body workout. The poles increase stability and balance while decreasing knee and hip joint stress. This is ideal for all ages.

### 3. Citizen Patrol

Get exercise, meet your neighbours and fight crime while you walk. Volunteers work in teams, wear reflective vests (so they are visible and safe), and carry a flashlight and a cell phone. Citizen patrol volunteers provide a visible presence and serve as a deterrent to criminal activity in communities. They discourage crimes and vandalism by sending a message that the community is watching and cares about safety. If requested, the Saskatoon Police Service will provide brief training (see below).

## Who for?

All Ages

## How many?

2 to 25 (or more)

## Where?

A school gym or hallways, neighbourhood parks, sidewalks or school fields

## How much?

Free. You may wish to purchase light poles for Nordic Pole Walking or borrow them (see below). A reflective safety vest and flashlight for the Citizen Patrol is important.

## Country/Area of Origin

Various

## Who can help

- Call the City of Saskatoon, Community Development Branch. Tel: 975-1429 They have a set of ten Nordic Walking poles they will lend to community associations at no charge.
- Saskatoon Police Service, Community Liaison Officer responsible for Neighbourhood Watch Program Tel: 975-2265
- Organize a [Jane's Walk](#) in your neighbourhood.





## Stories & Games Worldwide

### Description

A group of parents/grandparents/guardians and their pre-school children meet weekly to share stories about other countries or cultures and make crafts or play games. Young children also like having stories read to them, and many like to do crafts or play with paper, crayons and glue.

Children can listen or ask and answer questions. Adults can share insights into their own or their ancestral cultures. Adults might take turns choosing books or activities. A small, healthy snack for the children is a nice addition.

The Children's Services Department of the Saskatoon Public Library is an excellent resource for books and ideas. The Saskatchewan Literacy Network (SLN), based in Saskatoon, strongly promotes family literacy. The SLN has story sacks—kits with group sets of books and craft materials to share with groups that facilitate family literacy.

### Equipment

One or more copies of a colourful, clearly written and playful children's book that tells a tale of life outside Canada.

Craft materials: child-safe scissors, coloured construction paper, glue sticks, sparkles, yarn, paper plates for making masks, etc.

A storage box/bin for materials.

### Who for?

Children 0-5 years of age with their parent(s), grandparent(s), or guardian(s).

### How many?

2 to 10

### Where?

Room with mats on the floor to sit on, or a circle of chairs (or both). A table to serve healthy, finger-food snacks (optional).

### How much?

Free, or up to \$10 (if including a snack).

### Country/Area of Origin

Members of the group choose the country or countries to focus on.

### Did you know?

Small children who are read to regularly tend to be better prepared for success at school.

### Who can help

- Children of the World booklist; [Saskatoon Public Library](#), Children's Services Department, Tel: 975-7572
- [Saskatchewan Literacy Network](#), Tel: 651-7288
- [READ Saskatoon](#), Tel: 652-5448
- [International Games Database](#)
- [Games Kids Play: International Games](#)
- [TOPICS Online Magazine: Games](#)
- [Thinkquest: Games](#)



## IV. RESOURCES

The resources offered in this section are just a starting point. Once you begin searching for your own resources online, you'll find a wealth of materials about international games, crafts, activities and languages.

Agencies to connect you with cultural groups, performing arts groups, or multilingual schools:

**Central Urban Métis Federation Inc (CUMFI)** 975-9999

[email](#) [website](#)

**Folkfest** 931-0100

[email](#) [website](#)

**Gabriel Dumont Institute (GDI)** 242-6070

[email](#) [website](#)

**Global Gathering Place Inc. (GGP)** 665-0268

[email](#) [website](#)

**International Women of Saskatoon (IWS)** 978-6611

[email](#) [website](#)

**Mennonite Central Committee Saskatchewan (MCC)** 665-2555

[email](#) [website](#)

**Newcomer Information Centre (NIC)** 343-8303

[email](#) [website](#)

**Saskatchewan Intercultural Association Inc. (SIA)** 978-1818

[email](#) [website](#)

**Saskatoon Indian and Métis Friendship Centre (SIMFC)** 244-0174

[email](#) [website](#)

**Saskatoon Open Door Society (SODS)** 653-4464

[email](#) [website](#)

**Saskatoon Tribal Council (STC)** 956-6100

[website](#)

**Wanuskewin Heritage Park** 931-6767

[email](#) [website](#)

**City of Saskatoon Community Development Branch**, 975-3378

[email](#) [website](#) (search for Community Development)

# WEBSITES

## Games

Activity Village UK: Kids' Games and Activities  
Activity Village UK: Kids' Puzzles  
California Academy of Sciences  
Games Kids Play: International Games  
International Games Database  
Math Central: games in English, French & Spanish  
Motherland Nigeria: Nigerian Games  
Storytime Africa  
Thinkquest: Interesting and Fun Games from Around the World  
Time for Kids  
TOPICS Online Magazine: Traditional Children's Games from Around the World  
Tour Egypt: Kids' Games & Activities  
Wilderdom: Nature and Indigenous games & activities

## Crafts

Activity Village UK: Kids' Crafts  
Adopt Vietnam: Vietnamese Crafts  
BellaOnline: International Crafts  
DLTK's Crafts for Kids: Countries & Cultures Activities  
Enchanted Learning: Crafts for Kids  
Saskatoon Folkfest: international coloring pages  
Teachers First (search for "crafts")

## Languages

E-Languages School  
Enchanted Learning (language dictionaries for kids)  
Introduce yourself in Japanese (video)  
Learn Arabic  
Learn Chinese  
Learn Chinese (video)  
Masai Mara: Swahili  
Songs for Teaching (includes French, German, Latin, Spanish, Chinese songs)  
Study Spanish  
What is my name in Japanese?  
Wilderdom: Hello in Different Languages  
Wilderdom: The Story of Your Name  
Writing Arabic

# V. COMMUNITY ASSOCIATION TIPS

**“The world in which you were born is just one model of reality. Other cultures are not failed attempts at being you: they are unique manifestations of the human spirit.” – Wade Davis**

This document contains many examples of cross-cultural community building. Additional ideas include organizing classes or performances from specific cultures or dances from around the world, holding a block or neighborhood party or potluck, cooking together, starting a buddy program (with individuals or families), creating volunteer appreciation certificates, translating posters, and so on.

Here are a few tips to help your Community Association or neighbourhood group build bridges among the diverse cultures within our community.

- Connect with neighbourhood schools and school community councils, including
  - Settlement Support Workers in Schools (SSWIS) Tel: 653-4464
  - Introduce yourself to newcomers in your community
  - Partner with the agencies listed in the IV.RESOURCES section of this guide
- Use your Community Association newsletter as a messenger:
  - What can your Association offer newcomers?
  - What can newcomers offer your Association?
- Advertise volunteer opportunities and programs through:
  - Going where the immigrants are (Immigrant-serving agencies, language classes)
  - Newsletters, Family Fun Days in the park, registration nights, etc.
- Apply for community grants (annual Sask Lottery grant, due at the start of January) Tel: 975-3383
  - Be creative (apply to hold a Cultural Fair or International Bazaar)
  - Be culturally sensitive when you’re planning an event (for a community BBQ, have vegetarian and/or non-pork options)
- Build relationships with ethno-cultural groups
  - Invite leaders to an event or to present at your meeting
  - Learn how your community work can be strengthened by the participation of other cultures
- Build relationships with religious groups in your neighbourhood
  - Learn about or celebrate diverse festivals
  - Build allies, share perspectives and find common ground (community cleanups, community safety walks, recycling programs)

- Attend cultural events and workshops, and network
- Provide volunteer mentoring and shadowing opportunities with your board – connect with Saskatoon Open Door Society’s Volunteer Connections Program. Tel: 653-4464
- Think of innovative programming
  - Make it relevant to a broad community (soccer is more popular internationally than football)
  - Try something new (cricket, takraw) Tel: 975-3380 for more information
  - Collaborate and partner with individuals and groups from other cultures
- Remember that actions speak louder than words
  - Demonstrate that your association understands and welcomes diversity

For more information contact the Immigration Community Resource Coordinator at 975-8459.

Good luck, and have fun building community together!

In this first edition of COMMUNITY ACTIVITIES FROM AROUND THE WORLD,  
we have included activities that are currently possible to plan for in Saskatoon.

We hope you find this resource helpful and inspiring.

We envision that this will be a living toolkit and resource, one which will develop naturally as we collectively expand our knowledge of international sports, culture and recreation programs.

If you have comments, ideas or suggestions, please contact the [Community Consultant](#) or [Immigration Community Resource Coordinator](#) at the Community Development Branch

Or, visit our website:

[www.saskatoon.ca](http://www.saskatoon.ca): search for “Community Association” or “Immigration”

Tel. 975-3378 or 975-8459

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