**Group activity**

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| --- | --- |
| **Type/title of activity** | Power walk |
| **Total duration** | 1 hour |
| **Venue(s) requirements** | Spacious area, preferable outside or in a large hall |
| **Equipment needed** | No equipment |
| **Other support** | No additional support |

**Introduction**

This exercise is a simulation of a community or society and its development. Everyone starts off equal, but ends up very differently. The debriefing that follows the exercise allows participants to reflect on the disparities that exist between persons with and without disabilities and between persons with different impairments. The characters and questions should be adapted to the context where the exercise is being done so as to make it as relevant as possible.

Ideally, one hour should be allowed for this exercise so that there is sufficient time for a thorough discussion and debriefing. The issues that emerge will help during the computer slide presentation later when quite complicated concepts around discrimination and equality are discussed.

Take everyone outside (if there is not enough space inside) and give each participant a piece of paper with a character from a typical community written on it. Adapt the characters to the number of participants taking part in the exercise so that there is an appropriate gender and impairment spread.

**Suggested characters**

*The characters should be adapted to the country or region where the training course is taking place.* The facilitator might wish to discuss briefly the national situation with the group prior to the activity so all participants have a similar understanding of the development level and some of the issues facing persons with disabilities. If the workshop is an international meeting (with participants from several regions), the facilitator should decide on a particular region so as to give the activity context.

Some of the questions might have to be adapted to age: for example, the statement “I can vote without assistance” should be “I will be able to vote without assistance”.

1. Male community leader, aged 62
2. Man who is blind, aged 65, with independent income
3. Businesswoman, aged 32
4. Man, aged 72, in a wheelchair, who receives support
5. Woman, aged 30, who is deaf, and has no support and no income
6. Man, aged 25, with a psychosocial disability living in an institution
7. Woman, unemployed, aged 40, looking after her son in a wheelchair
8. Man, aged 25, unemployed, with Down’s syndrome who has HIV
9. Girl with autism living in a poor village
10. Unemployed man, aged 30
11. Male Minister of Social Affairs, aged 45
12. Boy, aged 12, whose parents have a steady income
13. Female, aged 40, head of an international NGO
14. Girl, beggar, aged 12, with a physical and psychosocial disability
15. Male, aged 25, university graduate
16. Female, aged 30, university graduate, with a physical disability
17. Male, aged 45, parliamentarian who is blind
18. Male teenager who is HIV positive
19. Woman running a small business, aged 45
20. Widow, aged 65 with a psychosocial disability and no independent income

**Statements**

Step forward if you believe the following statements relate to you. Step back if you believe the statement does not affect you.

1. I can move freely in the community
2. I can buy and sell property on my own
3. I have access to mainstream education
4. I can vote without assistance
5. I have access to microcredit
6. I do not live in fear of violence or sexual abuse
7. I have access to affordable medical treatments of my choice
8. I can work anywhere I am qualified
9. I am consulted on policy issues of concern to the community
10. I have access to vocational and continuing training, including attending seminars
11. My rights are recognized in laws
12. I do not fear verbal abuse
13. I can choose freely whether I want to have children and how many
14. I can leave my home on my own
15. I own a business
16. I am paid a minimum wage or more
17. I can support myself in times of unemployment
18. I have access to or can afford a lawyer if needed
19. I have access to information in formats I can easily read and understand
20. The media generally present positive images of me
21. I do not worry about social support in old age.