








FACILITATION GUIDE: INTRODUCTION TO SPHERE MINIMUM HUMANITARIAN STANDARDS

2 & 3 February 2023, Slovakia
Training in English on 02/02, in English with Slovakian interpretation on 03/02
Trainers: Felicity Fallon and Daria Pistriak

Time	Activity	Description	Resources
09:00 - 9.10	Welcome	Facilitators introduce themselves. Run through Agenda and Ground Rules	PowerPoint
9.10-9.30	Warm-up activity	<p>“What has been most important to you in the last year?”</p> <p>Ask participants to sit next to someone they don’t know so well. Each person has 7 minutes to talk about what has been most important to them.</p> <p>The other person should not speak, but practise active listening.</p> <p>Swap after 7 minutes.</p> <p>Debrief: How did it feel to share that with your partner?</p> <p>Key message: We start with this exercise, focussing on each other as people first, as Sphere is all about a people-centred approach to humanitarian response.</p>	
9.30-9-50	You and Sphere	<p>“How close are you to those in need?”</p> <p>“How close are you to Sphere?”</p> <p>Place an item in the middle of the room to indicate people in need.</p> <p>Ask people to place themselves in the room according to how close they are to people in need in their daily work.</p> <p>Replace the item with a Sphere Handbook</p>	A photo of an affected person, or object (e.g. one shoe or teddy bear)

		<p>Ask people to place themselves again according to how close they are to Sphere.</p> <p>Debrief: Why did you stand where you stood?</p> <p>Key message: Today's training session aims for everyone to move closer to people in need, and become more familiar with the Sphere Handbook.</p>	
10:00 - 10:30	Sphere Ukraine and Eastern Europe	<p>Daria to explain Sphere Ukraine programme.</p> <p>Put participants into groups of three and then ask them to discuss these questions.</p> <p>What was most important in your work last year? What do you think will be most important in the coming year?</p> <p>Debrief: List answers on flip chart</p> <p>Key message: The Sphere Handbook represents the collective knowledge of humanitarians, gathered over the last 25 years. It can help you with your work challenges.</p>	<p>PowerPoint</p> <p>Flip chart</p>
10:30 – 10:45	Coffee/Tea break – fresh air		
10:45 – 11:30	Technical Chapters: WASH, Health, Food Security, Shelter	<p>Group work debriefed by discussion</p> <p>Split the participants into groups. Try to mix up staff and volunteers.</p> <p>Your team has been asked to work on converting an old school into a reception centre. You are asked for advice on the following issues:</p> <ul style="list-style-type: none"> ● Organising the living space in the shelter ● Providing household items for people ● Making sure that mental health needs of staff and residents are being looked after ● Promoting good hygiene practices in the shelter ● Protecting the shelter's most vulnerable residents ● Ensuring residents can participate in decisions that affect them and give feedback 	<p>PowerPoint</p> <p>Flipcharts/whiteboard</p> <p>Alternatively A3 paper and coloured pens.</p>

		<p>Ask each group to find 10 references in the Sphere Handbook that will help them.</p> <p>List the references on your whiteboard, including which section of the Sphere Handbook you found them in.</p> <p>5 minutes to explain, 20 minutes to find, 20 minutes to debrief.</p> <p>Debrief what each group found. What did you find most useful? Was there anything missing? Show how their answers came from all different parts of the Sphere Handbook. No one chapter exists in isolation. Technical chapters and cross-cutting themes. Explain the difference between standards and indicators.</p>	
11.30-12.00	<p>Structure of the Sphere Handbook</p> <p>(optional, if time)</p>	<p>Puzzle exercise.</p> <p>Divide participants into 2 groups. Give each group a set of printed “elements” from the Handbook, a bit different for each group (chapter symbols, photos of affected people, cards Key objectives, Key actions, Key indicators; cards with concrete indicators, e.g. 15 l per day, printed title pages of HSP handbooks, etc.) and ask them to try to build a “structure”, allow using the HB. Check on the groups’ approach. Debrief</p>	<p>Printed elements from Handbook</p>
12.00 – 12.30	<p>Foundation Chapters:</p> <p>The Humanitarian Charter</p>	<p>The Charter is written from the perspective of humanitarian organisations as a collective.</p> <p>It is the ‘why’ of offering humanitarian assistance and applying humanitarian minimum standards.</p> <p>Ask everyone to take 5 minutes to read the Humanitarian Charter.</p> <p>Split room into 3 groups. Give each group 2 cartoons to analyse.</p> <p>Give each group 5 minutes to reply to the following questions</p> <ul style="list-style-type: none"> • What is happening in the cartoon? • Which part of the Humanitarian Charter does it relate to? • Do you agree with the Charter and can you and your organisation subscribe to it? 	 

		<p>Conclusion</p> <p>All people affected by disaster or conflict have a right to receive protection and assistance to ensure the basic conditions for life with dignity.</p> <ul style="list-style-type: none"> ● The right to protection and security ● The right to receive humanitarian assistance ● The right to life with dignity <p>Focus on dignity in humanitarian aid: Ask everyone what the right to a dignified life means to them. What exactly is dignity?</p> <p>Give some examples of dignified humanitarian assistance.</p> <p>Ask participants about situations of dignified assistance in their own interventions.</p> <p>Distribute pink bunny card and discuss.</p>	    
<p>12:30 – 13.00</p>	<p>Foundation Chapters: The Protection Principles (Optional: if time)</p>	<p>Protection Principles</p> <p>The Protection Principles describes broadly what humanitarians aim to do in terms of protecting people.</p> <p>Each group picks a Protection Principle at random and a method of interpretation (drawing, mime, play, dance/song)</p>	<p>Prepare Protection Principles (use Sphere Handbook Activity Cards).</p>

		<p>Each group has 10 minutes to prepare their interpretation and 5 minutes to demonstrate it to the group.</p> <p>Discuss:</p> <p>Principle1: No harm</p> <p>Principle2: Impartial assistance</p> <p>Principle3: Assist people in need/ recover from.</p> <p>Principle4: Claim their rights</p> <p>Conclusion: Protection principles can seem quite theoretical. But actually they can be useful. When designing a program, you can ask yourself 'Does this programme fit with the protection principles?.'</p>	<p>Prepare 4 methods of interpreting the Principles on 4 sheets of A4.</p>
13:00 - 14:00	Lunch break – fresh air		
	Energiser		
14:00 – 15:30	Applying the Sphere Approach to a Case Study	<p>Distribute the Case Study and read it all together.</p> <p>Explain the task. Split participants into groups and give them 20 minutes to prepare.</p> <p>At the end of 20 minutes, explain that it is now the next day and choose one group to role play the meeting.</p> <p>The facilitators will play the role of the local authority and the large national charity (can be supported by participants if any have relevant experience). One group will role play the local charity operating the shelter. The other participants will observe.</p> <p>Role play.</p> <p>Debrief on flipchart:</p>	<p>Print-out of case study</p>

		<ul style="list-style-type: none"> • How did the participants use Sphere standards and indicators to support their arguments? • Which Technical Standards or parts of the Handbook did they refer to? • How useful overall was it for participants to be able to use the Sphere Handbook to prepare for the meeting? 	
15.30-15.45	Coffee/Tea break – fresh air		
15:45 – 16:15	Foundation Chapters: The Core Humanitarian Standard (Optional: If time)	<p>Core Humanitarian Standard</p> <p>The Sphere Handbook can guide us as individuals in our work. Many humanitarians in the field call it their ‘constant companion’ or, if Christians, their Bible. They consult when they need it,- with regard to specific challenges or problems.</p> <p>The Core Humanitarian Standard describes how organisations must behave in order to successfully apply minimum standards.</p> <p>Watch video</p> <p>Welcome participants to the Core Humanitarian Standard. Today participants are very lucky because these items are for sale, and everyone can afford up to three.</p> <p>Participants will have precisely 10 minutes to tour the gallery and stick up to 3 Post-Its on the items they wish to purchase today. They should select the ones which are currently LEAST applied by their organisation, and which would have MOST positive impact by making improvements in this area.</p> <p>Debrief</p> <p>Lead a group discussion by gathering round the most sought-after item. Ask:</p> <ul style="list-style-type: none"> ○ Why do you think this standard is least applied by organisations represented here? 	<p>https://www.youtube.com/watch?v=dAkxy3o9vDY</p> <p>Print out each CHS commitment</p> <p>CHS poster</p>

		<ul style="list-style-type: none"> ○ What are the difficulties in meeting the commitment / achieving the standard? - If time, gather round the least sought-after item and ask for some positive examples of how participants' organisations are achieving the standard/commitment. 	
16:15 – 16:45	Welcome to the Sphere Community	Final words of welcome to the Sphere community: Now you have done this training you are part of the Sphere community. Photos on PowerPoint of community from around the world.	Quiz (to prepare) HSP video?
16:45 - 17:00	Certificates and evaluation		Survey (to administer with QR code before people leave the room)

