

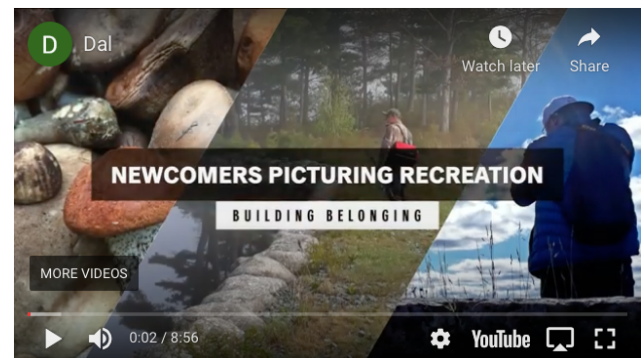
## About the 'Picturing Recreation' Video: What is this video about?

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This video (9 mins) [https://www.dal.ca/faculty/health/occupational-therapy/research/Empowering Newcomers for Recreation Leadership Project.html](https://www.dal.ca/faculty/health/occupational-therapy/research/Empowering_Newcomers_for_Recreation_Leadership_Project.html)) is a digital summary of the results of the “Picture Recreation” project, a photovoice research project conducted in partnership with Dalhousie University (Drs. Lauckner, Gallant & Hutchinson) and community partners who work with newcomers (see the list of our community partners on page 2). Photovoice is a research method that invites people to take photos and discuss them to provide a deep understanding of an issue. In this project, we aimed to explore what “recreation” means to newcomers and what helps or gets in the way of doing these activities. About 40 newcomers participated in this project. They were aged 14-66 years, originally from 13 different countries, and had lived between 4 months and 5 years in Halifax or the South Shore, Nova Scotia.

In the video we share 5 key themes from the project. We also divided the video into shorter 2-minute-long sections based on these five themes, so, viewers can focus on a specific theme. These videos summarize the collective themes of two separate photo exhibitions that were shared in Halifax (2019) and the South Shore (2021).

Not all photos and quotes are included in this video, so we encourage people to also visit one of the photo exhibitions at Immigrant Services Association of Nova Scotia (ISANS).



*A nine-minute video and theme-based short video series (1-2 mins each) were created to showcase the themes of photos representing the recreation experiences of newcomers.*

## What is the aim of these videos?

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We hope these videos can promote awareness and positive change based on the experiences and perspectives of newcomers. The photos and ideas shared by people in this project help to expand ideas about recreation and the different meanings and benefits associated with recreation. In addition to recreation involving organized activities, the video illustrates the importance of informal enjoyable activities that can be woven in our everyday lives.

## **Who might be interested in viewing this video?**

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We think newcomers, recreation service providers, community organizations, post-secondary students and the general public might be interested in viewing this video. For example...

- Newcomers and the general public can learn about some of the common experiences of newcomers – it can be helpful to know our experiences are shared with others, and we can all learn or be reminded of ways to include meaningful, enjoyable activities in our daily lives.
- Recreation service providers, community agencies and students in various programs (e.g., occupational therapy, therapeutic recreation, recreation management, occupational science, social work, to name a few) can identify different ways of making projects, programs and resources in the community more welcoming to newcomers by learning more about the experience of newcomers – this video is just a glimpse and hopefully will highlight the importance of reaching out and involving newcomers and other diverse groups in planning and evaluation processes.

## **Where/ how can I use this video?**

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Some suggestions about where and how this video might be used include:

- At conversation groups to spur discussion about recreation and/or newcomers' experiences
- At cultural competency workshops
- At English language classes
- Sharing it on monitors in organizations' waiting rooms or common areas
- In training or professional development for staff working with newcomers or in recreation settings
- Any other occasions, you might find it relevant and beneficial.

If you are going to use the video to prompt discussion, here are some possible questions to consider:

1. What images or quotes from the video were personally relatable to you? Were there activities you enjoy doing or activities you would like to try?
2. Was there anything new or different you learned from the photos and quotes?
3. What recreational activities are most important for you and what is meaningful for you about those activities?

4. What supports you or gets in the way of doing those enjoyable activities?
5. Have you encountered any of the barriers mentioned in the video? What other barriers do you think could get in the way of engaging in recreation for you, newcomers or others?
6. What are ways to collectively address some of the barriers identified in the video? What could recreation services providers, community organizations and/or individuals do to support participation in recreation?
7. What are the benefits of engaging in recreation for individuals, families, and communities? How might a program, organization, or community benefit from diverse participation in recreational activities?
8. Where are places to engage in enjoyable activities in your community?
9. How might you weave enjoyable activities, however brief, into your daily activities?

## **Who are our community partners?**

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Below are links to our community partners where you can find more information about their programs and activities:

*Immigration Service Association of Nova Scotia (ISANS):* <https://www.isans.ca/>

*Halifax Immigration Partnership:* <https://www.halifax.ca/about-halifax/newcomers/halifax-local-immigration-partnership>

*YMCA Centre for Immigrant Programs:* <https://ymcafx.ca/ymca-programs/programs/locations-2/ymca-immigrant-centre/>

*Halifax Public Libraries:* <https://www.halifaxpubliclibraries.ca/>

*South Shore Multicultural Association:* <https://www.facebook.com/South-Shore-Multicultural-Association-220459471463085/>

*Halifax Recreation:* <https://www.halifax.ca/recreation>

## **Where can I find more information about the project?**

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You can find more information about this project by visiting out the [project webpage](#). Or write to us at [en4r@dal.ca](mailto:en4r@dal.ca)/[heidi.lauckner@dal.ca](mailto:heidi.lauckner@dal.ca) to know more about the project or to let us know how you used the video or to provide any other feedback. **THANK YOU!**