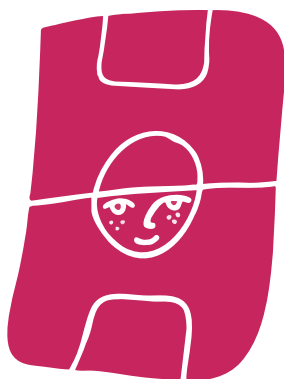




Guide to Best Practices

Regarding the inclusion of refugee
women through sport



REWINS

REFUGEE WOMEN
INCLUSION THROUGH SPORTS

REFugee WomeN Inclusion

Project Description

The project “REWINS 2.0: REFugee WomeN Inclusion through individual and team Sports” is focused on fostering the inclusion of refugee women in different team and individual sports by creating sport teams for refugee women and locals, and mentoring coaches. REWINS 2.0 is in line with the call’s objective of direct engagement of refugees and host communities within the EU and promoting a Europe-wide approach, increasing the potential for European host communities to successfully engage and integrate. The focus groups of the project are refugee women and coaches/ trainers who are working with or interested in working with refugee women. The project follows the footsteps of REWINS (REFugee Women Inclusion through Sport) implemented in 2019 and 2020, is led by Fare network (NL) in cooperation with four partners Organisation Earth (GR), Girl Power Organisation (DK), Unione Italiana Sport de Tutti -UISP (IT) and AE Ramassa (ES).

Guide to Best Practices

Under the framework of REWINS 2.0, partners identified ten good practices regarding the inclusion of refugee women through sport, applied at EU and worldwide level, that can be transferred and be adapted in the partners’ countries.

Disclaimer: The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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Free to Run

DESCRIPTION

Empowerment through running, using outdoor sports to develop girls' and young women's leadership in areas of conflict.

COUNTRY

Iraq and Afghanistan.

ORGANISATION BACKGROUND

Free to Run operates in some of the most challenging regions in the world, where decades of conflict and instability have resulted in extreme social isolation for women and girls as well as harassment, constrained mobility, and unequal access to education. Currently, they are working in several internal displacement camps in Erbil, within the Kurdistan Region of Iraq.

TARGET GROUP

Free to Run works to support women and girls in areas of conflict.

STAKEHOLDERS AND PARTNERS

Free to Run is composed of a diverse team committed to human rights and physical fitness. Through sports, they work every day as volunteers to create a positive impact in the lives of women and girls from conflict-affected communities. In Hong Kong the R.U.N. team delivers a combination of sports, mental health, fitness, and educational programs to over 80 refugee women, men, and children. In the past, they have collaborated with DRC, Ngo Aidprofen, 261 Fearless, etc.

OBJECTIVES

Free to Run supports women and girls through adventure sports to build physical, emotional, and social well-being. They provide them with the tools to become leaders who exercise self-determination, challenge negative norms, and boldly reclaim public spaces. Free to Run members are community leaders, advocates, and role models in their societies, bringing people together across cultural, ethnic, and religious lines. They change views about the roles that women can, and should, play in society. Their mission is to use running, physical fitness, and outdoor adventure to empower and educate women and girls who have been affected by conflict.

IMPACT

Since 2014, they have worked to create positive change in the lives of over 4,000 women and girls living in regions of conflict.

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METHODOLOGY

The project is related to important human rights and fundamental freedoms, including the right to health and freedom of movement. Especially in areas affected by conflict, sports opportunities are extremely limited or even nonexistent due to a lack of resources and insecurity. Women and girls are especially restricted as a result of widespread discrimination and traditional beliefs about female roles. Free to Run's Iraq program is designed to provide sports and life skills training to women and girls, ages 15-25, who come from a wide variety of backgrounds. They support those living within conflict areas as well as those who have been forced to flee and live as refugees outside of their home countries. They do this through providing deep, progressive leadership and well-being programs in conjunction with running experiences - typically to refugees, internally displaced people, and girls and women who identify as ethnic minorities. While they work closely with communities and individuals, they are working towards a systematic shift in gender equality with a specific focus on the expansion of access to public space and leadership opportunities for girls and women.

ACTIVITIES

Free to Run programs include a combination of adventure sports, life skills development, and community service. All participants participate in public, outdoor sports within their community several times per week. They also volunteer in their community and even lead local projects which further strengthens their leadership capabilities as well as community support. Whether through running, biking, hiking, camping, skiing, or engaging in LSS sessions and volunteering, Free to Run members are pushing themselves and redefining what it means to be a female athlete and leader in their communities.

OUTPUTS

Free to Run's programme is an inspirational example of how sport activities are used to empower and educate women and girls who have been affected by conflict. Through running, physical fitness and outdoor adventure, they support those living within conflict areas as well as those who have been forced to flee and live as refugees outside of their home countries. This project helps to transform the lives of women and girls, developing opportunities for women and girls to become involved in sport and physical education.

BEST PRACTICES

This good example shows how to: support women and girls, both in conflict areas and other areas, focus on the right to health and freedom of movement, give to women and girls the opportunity to convene around a common interest, build their social networks, and develop their independence. Use sport programs can help to develop emotional and physical well-being and personal power, on community, regional or national level as a tool to promote gender equity.



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Annual Report



Hestia FC (Greece)

DESCRIPTION

Hestia FC, founded in March 2019, is the first refugee and migrant women football team in Southeastern Europe. The overall aim of the project is the protection, empowerment, social integration and psychological well-being of refugee and migrant women, as well as the promotion of the Olympic values and the United Nations Sustainable Development Goals (SDGs) through sport.

COUNTRY

Greece.

NAME

Hestia FC - IOTC
(International Olympic
Truce Centre)

ORGANISATION BACKGROUND

The International Olympic Truce Centre was established in July 2000 as a joint initiative of Greece and the International Olympic Committee, turning the commitment of the Olympic Movement to promote the principle of Peace into concrete action. The mission of the IOTC is to promote the Olympic Ideals, to serve peace and friendship and to cultivate international understanding. More specifically, the IOTC aims to uphold the observance of Olympic Truce, calling for all hostilities to cease during the Olympic Games and beyond. Adherence to the Olympic Truce requires the awakening of consciences, the encouragement of leaders for action, the mobilisation for the promotion of the Olympic Ideal, and the education of young people according to the principles of Olympism.

TARGET GROUP

Refugee and
migrant women.



STAKEHOLDERS AND PARTNERS

- ▶ **The Municipality of Athens** – its support has been crucial since they provided us with the necessary football pitch.
- ▶ **Eir Soccer and the GGWCup** – the team's manager has been selected as a European Ambassador and trained on how to deliver workshops about the UN SDGs, while the coach has been supported regarding the football trainings (specific football exercises and fun games for the players to get introduced to different values). Additionally, the team participated in the GGWCup tournament in Copenhagen and as the team was the Champion of this tournament, it also participated at the GGWCup Finals at NYC. Lastly, a short documentary has been produced with the support of Eir Soccer- it has been crucial for the promotion of the project.
- ▶ **Equal Playing Field** – with its support, a documentary has been produced, an event for refugee/migrant girls has been organised in Athens and Hestia participated in a football tournament in Lyon, where a World Guinness Record has been achieved.
- ▶ **Discover Football** – a player of the team has been selected as a mentor for a European programme.
- ▶ **Local sport clubs and academies** – the team's players have been able to develop their sports skills and interact with the local community during friendly matches. Additionally, during co-organised football events for Greek and refugee children, the players had the experience to take the role of assistant football coaches. Lastly, Hestia's members had the opportunity to get introduced to different sports such as rugby, judo, cricket, and volleyball- something that they enjoyed a lot!
- ▶ **Educational institutions** – some of our players that have developed leadership opportunities, expressed their experience with Greek and international students. This way, they got even more empowered and managed to raise their voices for refugee/migrant women.

METHODOLOGY

The coach has used material provided by Eir Soccer; through specific exercises and fun games, the players have been able to get introduced to different values such as respect, teamwork, friendship, fair play. The manager has included representatives of the refugee community and the team's players in all stages – from design to implementation and evaluation. The players have been always part of the decision-making.

ACTIVITIES

- ▶ Two training sessions per week.
- ▶ Additional, non-athletic activities such as: training/discussions regarding the UN Sustainable Development Goals and the Olympic Values, motivational speeches from professional football players and Olympians, workshops about nutrition, sports photography, screenings of films relevant to sports themes, etc.
- ▶ Friendly matches with local football teams (semi-professional ones, universities and colleges' teams etc).
- ▶ Introduction to other sports such as volleyball, basketball, rugby, etc. in collaboration with local sport clubs, Olympians and Paralympians.
- ▶ Events/actions that the team organises in order to promote the SDGs focusing on the SDG16- Peace, Justice, and Strong Institutions.
- ▶ Presentations in Universities, local sport entities, as well as events for the private sector or the general public to promote gender equity and raise awareness about how this can be achieved through sport.



Champions ohne Grenzen e.V (Germany)

DESCRIPTION

ChoG - FLINTA Sport sessions (Football, Yoga, Box), Social counselling, Learning group, Empowerment activities.

COUNTRY

Germany.

NAME

ChoG – Champions
ohne Grenzen e.V.

3

ORGANISATION BACKGROUND

ChoG – Champions ohne Grenzen e.V. is a non-profit dedicated to providing support to refugees, using sports as its main tool of empowerment. Our endeavour derives from the shared desire to contribute to the creation of a strong and lasting “Welcome culture” for refugees in Germany.

TARGET GROUP

Refugees and migrant
women and girls



STAKEHOLDERS AND PARTNERS

- Mädchen und Sport ZentrumKreafithaus: Girl center which focuses on sport // Funding and provision of premises
- ABC Sport Zentrum: Sport club // provision of premises
- LandesSportBund Berlin: Berlin Sport federation // Funding and network
- DOESB: Deutsch Olympic Sport Bund: German Olympic sports federation // Funding
- Project Breaking Barriers - Adidas: Funding // Women Win, Common Goal: Main Partners
- Project INSPIRES: EU: Funding coordinated by FARE



OUTPUTS

- 65 women from 14 countries have registered.
- 56 football trainings.
- 32 workshops.
- 11 friendly matches.
- 15 events in collaboration with Sport Clubs, NGOs, Universities, Representatives of the Olympic Movement (Hellenic Paralympic . Committee, Special Olympics Hellas), Hellenic Football Federation.
- Participation in 31 conferences (21 international and 10 local ones).
- Participation in 7 football tournaments (4 international and 3 local ones).
- Coverage from more than 70 international and local media.
- European GGWCup Champions.
- Nominees for a Peace and Sport Award.
- An Hestia FC Player has been nominated as a Peace and Sport Youth Leader.
- 2 Hestia FC Players participate in EU mentorship programmes as mentors.

OUTCOMES

- Increased health-enhancing physical activity participation.
- Improved self-confidence and self-esteem.
- Improved mental wellbeing.
- Increased participation in education, an outcome of the empowerment they developed through their participation in the team's activities.
- Increased skill acquisition.

BEST PRACTICES

Hestia FC has been
identified as a best
practice from UEFA
and UNHCR.



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www.olympictruce.org/en/hestia-fc-en



www.olympictruce.org/en/video-gallery-en



www.facebook.com/HestiaFC



OBJECTIVES

ChoG's endeavour derives from the shared desire to contribute to the creation of a strong and lasting culture of welcome for refugees and culture of diversity in Germany. They want to create discrimination-free environments to play and live. Football is at the centre of all of the activities. It is also understood as a tool with positive mental, physical, and social effects to activate people's energies in good ways, to bring them together. Through their activities for women, they want to promote the participation of women with a migration or refugee background. To have a long-lasting participation from refugees in the society we develop empowerment methods beyond sports and promote participants as active agents in the community to develop their network and become more independent.

METHODOLOGY

ChoG use football as a tool for empowerment and social inclusion of refugees and run several weekly football and sports sessions in Berlin. Through regular sports sessions they support the mental and physical well-being of the participants, and promote social inclusion. This is why an important aspect of their work has always been social counseling and support participants after sports sessions. With for example a yearly tournament they provide opportunities for encounter between new persons in Berlin and the local community. The tournaments are places for encounter and exchange need to be created by both engaged locals of all kinds of backgrounds and refugees themselves in order to make this change and encounter on eye-level. ChoG build safe place so that women can feel more confident to participate. They address refugee women in their reality and their needs are in the center of the methodology.

ACTIVITIES

Football, Boxing and Yoga sessions once a week, Climbing and roller-skating once a month, Social counseling after or before every training and by appointment and excursions regularly

OUTPUTS

In 2021 43% of the participants were women and 155 women took place in the activities.

OUTCOMES

The number of refugee women participating in sport and volunteering activities is increasing. Their life situation is changing in a positive direction, they achieve personal development and their abilities evolve.

IMPACT

The target group is getting stronger, fitter and get a feeling for their own bodies. They have the same opportunity to participate as local. The society is changing toward more openness.

CHALLENGES

Finance is the biggest challenge. It is necessary that the participants can come even after some year and the training will still take place at the same place at the same time. Racism and other forms of discrimination is also a challenge that ChoG face when implementing their activities. Refugee fear that they will not be welcome and sometime don't feel they can enroll in sport activities. It is important that the training don't rely on the language. The training should also be accessible for beginners and different sports abilities. Lack of information, refugee women need more information about the opportunities available to participate in sport.

BEST PRACTICES

Reducing the barriers why refugee women cannot participate in sport activities:

- ▶ Financial constraint: they don't pay for the membership and to access training and activities. ChoZ provide equipment and fess for public transportation when organising activities outside the city.
- ▶ Long distances between accommodation and sports facilities: Pitch in the centre of the city not far away from transportation or near neighbourhood where participants are living.
- ▶ Flexibility / being open for change; need to be able to react with more flexibility to accommodate refugees.
- ▶ Childcare when needed.
- ▶ Session based on fun and not performance accessible for different level and age. Encourage people to practice sports although they are inexperienced.
- ▶ Organising non-formal activities, hold informal moments and gathering, where the families from the participants are welcome to join.
- ▶ The coaches really play a role model function. They are all women and the majority have a migrant background.
- ▶ Engagement: Participants have the opportunity to become a coach, referee, interpret, they can organise projects, what give them a sense of ownership.
- ▶ Participants should feel free to attend without any pressure if they don't.
- ▶ Use visual demonstrations and when needed translation.
- ▶ Women only training and based on their needs.
- ▶ Opportunity to develop transferable skills and practice their German.
- ▶ Communication through social media.



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www.hansa07.de/teams/champions-ohne-grenzen



www.socialimpact.eu/community/team/champions-ohne-grenzen



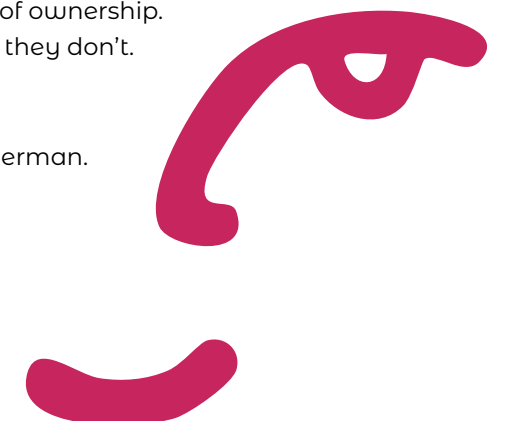
championsohnegrenzen



channel/UC3Mk7ZxQYAQvtMoS-Iy4wmg/videos



watch?v=miZAPhgUuwY



Fudela (Ecuador)

DESCRIPTION

FUDELA uses the power of sport (soccer, baseball and table tennis), to strengthen mental health, a state of well-being in which the individual realises his own potential, can cope with stressful factors, enjoy life and is able to contribute to one's community.

COUNTRY

Ecuador.

NAME

Fundación de las Américas para el Desarrollo, FUDELA

ORGANISATION BACKGROUND

FUDELA is a facilitator of processes for the inclusion of children, adolescents and young people who are in a situation of vulnerability. His work supports emotional support, use of free time and seeks to support the reconstruction of their resilience and life plans, as well as school reinforcement and generation of livelihoods. The use of innovative methodologies such as sports, recreational experiences, art are key to achieving the participation, permanence and commitment of people from the community and families.

TARGET GROUP

Young people (12 to 17 years old) in 4 regions of Ecuador (Carchi, Imbabura, Esmeraldas and Sucumbíos), with a special focus on women and groups in human mobility (refugees), in addition to the vulnerable local population.

STAKEHOLDERS AND PARTNERS

For the execution of the Project, various actors such as UNHCR have aligned themselves, who have participated with their representatives in the sports festivals held in the Northern Border, in the same way, in the execution of subprojects that have managed to work with women in human mobility who perform sex work, as well as the organisation of groups of women leaders in situations of human mobility in cultural processes learning the importance of sharing what one has and contributing to community development. ; IAF, workshops have been implemented with beneficiaries of said program, they are parents, many of them in situations of extreme vulnerability, through the workshops they have contributed to strengthening their mental health, and in turn they replicate what they have learned with their children. In the field of sport for development, FUDELA has the support of FIFA, the German Technical Cooperation GIZ, the ITTF Foundation, and the French Agency for Development, who provide technical support in the sports development of the northern border and contribute to the strengthening of a Peace culture.



OBJECTIVES

- ▶ Contribute with spaces and tools for comprehensive human development that allow a positive impact on the lives of identified vulnerable.
- ▶ Develop soft skills in the beneficiaries that have an impact on their sports performance.
- ▶ Promote social cohesion skills towards the integration of young people with immigrant/refugee backgrounds and local population.
- ▶ Influence the local environment on the importance of gender equity.
- ▶ Promote the good use of free time, creating spaces for protection, training and recreation for children and vulnerable groups and other key actors, promoting inclusion, gender equality and prevention of risk situations through sport.

METHODOLOGY

The project worked on different activities that promoted values and, above all, a culture of peace: FUDELA "Goles y Vida" Methodology: these are mixed football community tournaments/festivals with their own methodology and application of values, a simultaneous tournament is played in which values and positive behaviors on the pitch are rewarded.

- ▶ **Soft skills:** These are sports-focused activities that allow people to recognise themselves, empower themselves and socialise, also help to promote values and develop life skills such as leadership, assertive communication, resilience, teamwork, among others.
- ▶ **Training of coaches:** provide tools to community leaders, physical education professionals and sports professionals on issues inherent to sport for development, so that they can transmit their knowledge in their communities, in their work groups, and expand the access to sport in a positive way.

In this sense, the project was aimed at girls, boys, young people from the northern border, with a special focus on women and groups in human mobility (refugees), with the aim that the participants can become positive agents of change.

ACTIVITIES

The project lasted one year, in which the following activities were carried out, which were carried out on a monthly basis:

- ▶ Sports festivals, focused on three sports: table tennis, soccer, baseball, in which more than 500 boys, girls and young people in a situation of human mobility benefited.
- ▶ Theoretical and practical workshops of the sports methodology with principles in which more than 68 community leaders from the northern border benefited.
- ▶ Ecuador-Colombia binational sporting events in a vulnerable area.
- ▶ Permanent campaigns to promote the right to Identity, aimed at the population in a situation of human mobility.
- ▶ Training and awareness processes on gender equity.
- ▶ Psychological and psychopedagogical care for boys and girls from educational institutions on the northern border.





OUTPUTS

The living conditions of adolescents, young people and families were improved through the prevention of risk situations through processes that promote the good use of free time supported by methodologies that use soccer as a powerful vehicle to develop skills and values for life. Tournaments and meetings with an inclusive approach and application of rules were established in the most relevant spaces to prevent these risk spaces.

Young people (Ecuadorians and in human mobility) and their families could be impregnated with a new vision of the future, self-esteem and emotional support with special attention to the inclusion of women, through the development of technical and soft skills/competences as an alternative. for the creation of livelihoods, through differentiating methodologies based on soccer, replica activities, social plans, participation in methodological transfer events at a national and international level.

OUTCOMES

- ▶ More than 1,160 children and adolescents in training spaces that use soccer reinforce values for life.
- ▶ More than 25 football matches/festivals.
- ▶ More than 2,000 indirect beneficiaries (family members, etc.)
- ▶ 100 soccer teachers and young leaders with strengthened capacities.
- ▶ 320 young people reinforce soft skills oriented towards livelihoods.

IMPACT

One of the spaces with the greatest impact are soccer tournaments for development, which generate impacts on and off the field, not only in strengthening life skills but also in improving community cohesion and reducing other factors of risk as multidimensional violence.

The project focused on Education and SDG No.4 through learning values for life, female empowerment and reinforcing skills for entrepreneurship with an innovation approach. One of these new spaces revolves around textile work that, through sports clothing, opened up opportunities for vulnerable people.

BEST PRACTICES

The most important game of their lives

Just one hundred meters and a narrow bridge separates Ecuador and Colombia. Endless mountains and a warm climate reflect the beauty and diversity of this area. Emotions are breathed in a handful of attendees who have gathered at the Chical court. It is not Carlos Gruezo or Gigi Moriera who in a few minutes will jump onto this field of wooden goals and where there is only the rule that everyone can play. Today it is the turn of young people from Ecuadorian and Colombian communities such as Tallambí and La Gúaña who, through soccer, will play a match that symbolises the union between the two countries and all the vitality and passion that characterises young people.

From very early on, boys and girls from both sides of the border began to arrive with the hope of discovering their same illusions and dreams in the eyes of other young people. Some, like Amalia Guiz from the San Marcos Community, had to walk for more than 5 hours. This young woman is part of the Awá indigenous community, one of the 14 recognised ethnic groups in the country. Despite the fact that he is passionate about soccer, his life is different from that of other young people since his main mission is to work in the field to help his family. Thanks to the work of FUDELA, adolescents and young people from these towns have new life plans for their future,

as in the case of Amalia, who is about to finish her high school. The changes are noticeable in the expressions on their faces and the way they communicate. Now they see a future of great challenges but without losing their role in their community. Steven of 19 years old gives the initial whistle. He is one of the leaders in the area, although until not long ago he was part of the FUDELA Community Champions. Now their mission is to keep groups of boys and girls away from various risk situations that abound in this area. Soccer has allowed their soft skills to be strengthened through integration spaces such as this binational meeting. Other smaller ones like Marlon from "La Esperanza" and his cousins look forward to the game from the edge of the field, imagining the moment in which they can enter this field of dreams. "My mind felt that it was me who was playing and running listening to the voices of my friends cheering us on. I had a desire in my stomach to call them "my team".

Although the goals were shouted with emotion, the biggest victory was that this handful of boys, girls and youngsters take away a unique learning experience. It was the best game of their lives because they felt welcomed, protected and supported by being part of the same team. Soccer is fertile ground for them to continue growing with firm roots.



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www.fudela.org.ec/videos

GAME (Denmark)

DESCRIPTION

Sport activities promoting social values and personal development.

COUNTRY

Denmark

NAME
Game - PLAYMAKER
PROGRAM

ORGANISATION BACKGROUND

GAME is non-profit Organisation – funded by the football federation and European commission. Started 2016 and continues 2020. GAME's Playmakers are volunteer young people who want to make a difference for children and young people in residential areas or in GAME's Street Mecca by organising or running weekly trainings in street basketball, street football, street dance or street fit. Equipped with a block rocker, balls, cones, etc., GAME's Playmakers conduct weekly trainings in 33 residential areas.

TARGET GROUP

Youth different ethnicity and backgrounds.

STAKEHOLDERS AND PARTNERS

Youth from different ethnicity background – age 16 + were participated. The event was organised by the two organisations Game and DBU. The training sessions were led by volunteer groups, and coaches. ErasmusPlus funds & local foundations.

OBJECTIVES

- ▶ Increase health-enhancing physical activity participation.
- ▶ Provide youth the opportunity for organised recreation, with emphasis in non-violence, discipline, respect, humility and teamwork in a safe environment.
- ▶ GAME's Playmakers are volunteer young people who want to make a difference for children and young people.
- ▶ Promote education and healthy lifestyle through sport.
- ▶ Youth being more active, promoting volunteering culture.



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METHODOLOGY

The education for Playmaker consists of two annual weekend camps. At each camp you are with young people from all over the country and receive training within your interest - either as an instructor (Playmaker) in street basketball, street football, street dance, streetfit or as a volunteer organiser. The training is for you who have reached the age of 16, it is free, and you will receive a Playmaker certificate when you have participated in camps and been active in your GAME zone for a minimum of one year.

ACTIVITIES

A training program which takes place 2twice a week. The program includes football training activities and fun games run by volunteers. There is once a year tournament.

OUTCOMES

- ▶ Increased health-enhancing physical activity participation.
- ▶ Improved self-confidence and self-esteem.
- ▶ Improved mental wellbeing.
- ▶ Increased participation in education, an outcome of the empowerment they developed through their participation in the team's activities.
- ▶ Increased skill acquisition.

IMPACT

Rodwan is one of GAME's 184 Playmakers who pulls on the GAME jersey week after week to make a difference for kids and teens through street sports: "We are a team around the task. Good training with happy participants breeds several good training, and then there are just a lot of fantastic children and young people in our zone, which is why the training runs well," says Rodwan. In 2016, Rodwan was named Volunteer of the Year for his extraordinary work in GAME. There were no such activities, before in community. Now there are more youth volunteers, and youth who are actively take part in activities.

BEST PRACTICES

GAME WON many prizes as one of the best organisations as best practice in building a bridge between young people from different backgrounds.



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www.game.ngo



watch?v=EfvYHXc3wXE&feature=emb_title



AGF-Aarhus (Denmark)

DESCRIPTION

Football activities as a tool for social inclusion and empowerment of young girls.

COUNTRY

Denmark

6

ORGANISATION BACKGROUND

AGF Aarhus – is football club in Aarhus Denmark.

STAKEHOLDERS AND PARTNERS

- ▶ Danish football FA.
- ▶ AGF club.
- ▶ Coaches & volunteers.

OBJECTIVES

- ▶ Empowering girls through football.
- ▶ Promote inclusion & integration through football.
- ▶ Promoting football for development.

METHODOLOGY

- ▶ Girls age 7 – 15. the club is encouraging their elite coaches to provide training activities for girls.
- ▶ Informal and spontaneous, more fun and group activities – training football, fun sport activities.
- ▶ Regular football training, football events, social gathering.

ACTIVITIES

A training program which takes place 2twice a week. The program includes football training activities and fun games run by volunteers.

OUTPUTS

Through this project many girls started playing football and made football as their pathway.

OUTCOMES

- ▶ Increased health-enhancing physical activity participation.
- ▶ Improved self-confidence and self-esteem.
- ▶ Improved mental wellbeing.
- ▶ Increased participation of girls in football.
- ▶ Girls built communities and network through football.
- ▶ Started sports.

NAME

AGF – Aarhus – Girls Project

TARGET GROUP

Youth different ethnicity and backgrounds.

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IMPACT

- ▶ Equal opportunity for all girls from all backgrounds in football.
- ▶ Sports pathway for girls.
- ▶ Promoted inclusion and integration.
- ▶ More girls in football.

BEST PRACTICES

The club is well respected and known amongst people based on their extra initiative and efforts on promoting inclusion and integration, and creating opportunities for all mainly for girls to from ethnic minority background.



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AE Ramassa (Spain)

DESCRIPTION

Weekly training session to which about 30 asylum-seeking and refugee women have access. In addition, an individualised work with the players that promotes and encourages their academic training and job inclusion in the Catalan business sector through a social integrator.

COUNTRY

Spain

NAME

Associació Esportiva Ramassà

ORGANISATION BACKGROUND

Associació Esportiva Ramassa (www.ramassa.org) is a sports club and also ONGD of the Les Franqueses del Vallès with almost 50 years of history, members of the international community Common Goal and of the United Nations initiative "Football for the Goals".

The projects they carry out are always aimed at gender equality, access to education and other basic services, the promotion of peace and the reduction of social inequalities, using sport as a tool for integration and transformation of groups at risk of social exclusion, both nationally and internationally.

AE Ramassa realised there were no specific projects focused on integration of refugee women here in Catalunya. All the projects run on sports and refugee people were aimed at the male public, leaving aside girls and women who want to access the sports practice. Their project works on integration and fight against inequalities, with a gender perspective and focused on refugees. It also promotes women's sport.

TARGET GROUP

New coming, asylum-seeking and refugee women

STAKEHOLDERS AND PARTNERS

Thanks to the collaboration of UNHCR Spain, and the joint work with Accem, CEAR, ACATHI, the Apip-Acam Foundation, Red Cross, Sicar.cat and SAIER, social entities that work with the group of refugees, AE Ramassa presented the initiative to all those girls who are interested in practicing sport and who do not have access to it. Through the project, these social organisations can offer sport activities to their users, in order to improve their social integration in Spain.

OBJECTIVES

- ▶ Facilitate the process of independence, social inclusion and the reception of women seeking asylum and refugees in Spanish territory, promoting access to sports.
- ▶ Improve access to sports training and facilitate the employment of participants in the world of Spanish sport.
- ▶ Foster coexistence between different communities and cultures, by bringing them together different realities that exist in the territory.
- ▶ Claim, make visible and promote women's sport by combating stereotypes and prejudices.



METHODOLOGY

The project is based on the organisation of sports and social activities with women asylum seekers and refugees, newly arrived in the province of Barcelona, to facilitate their integration and reception process in the territory. Weekly training sessions are organised every Monday afternoon, from 6.30pm to 8.00pm, at the UB Sports facilities in Barcelona with a group of 30 participants. The sessions are facilitated by a social integrator and other coaches who are players or former players of the A.E. men's team. Ramassa, some of them also ex-asylum seekers. In addition, project offers a care service for the children of the participants during the sessions so that they can attend while reconciling with their day-to-day lives. Periodically, fun-sporting outings and special events are organised to expand knowledge of the territory and weave and strengthen new socio-affective relationships.

During the last season 2022-23, a new work path was opened within the project to encourage better access to training oriented to the interests of each participant, helping to create personalised itineraries for each of them in order to improve the labor insertion of these in the Catalan labor market.

ACTIVITIES

- ▶ A social educator manages the training sessions with the Barça Foundation SportNet methodology.
- ▶ A team of volunteers (Ramassà male players and former players, some of them newcomers and also asylum seekers) supports the social educator to organise the weekly sessions.
- ▶ Organisation of leisure and sports outings that facilitate the new relational networks of the participants.
- ▶ Creation of a training itinerary for the players, looking for courses which can help them get a job according to their abilities.

OUTPUTS

- ▶ Creation of personal profiles and itineraries focused on our participants needs.
- ▶ Weekly training sessions with a qualified social educator and a group of volunteers.
- ▶ Support by great organisations regarding networking processes.



OUTCOMES

- ▶ The games, exercises and matches are improving their level day by day.
- ▶ The project has a lot of impact and we receive many congratulations for it.
- ▶ Creating new training opportunities enrolling part of the players to more specialised courses.

IMPACT

- ▶ Managed to consolidate a female team/group of 30 migrants, asylum seeker and refugee players
- ▶ The weekly training session has also been consolidated, with the presence of minimum 15 players per session (there is a lot of rotation among the participants due to the courses/internships/personal efforts of each of them).
- ▶ 16 of the project participants have been able to access courses and training aimed at their work interests.
- ▶ 2 of the participants got a Dual FP contract for one year.
- ▶ 7 recreational-sports outings have been organised to expand socio-affective relationships of the participants, as well as to facilitate their integration and reception in Catalonia.
- ▶ There is more and more affinity and new friendships are created between the participants, and any barriers that may exist due to language or origin disappear.
- ▶ Special activities serve to reinforce the group feeling and to keep interest in the project alive.
- ▶ Offering sports equipment (football kits and boots) to all project participants.
- ▶ The daycare service is reaffirmed as an important tool so that several participants can continue participating in the sessions.
- ▶ Improves the integration process in the territory of the project participants.

CHALLENGES

The main difficulties are related to the personal situations of the participants. Due to their legal and personal situation, in many cases, they cannot offer regular attendance at the trainings and activities, since they often have appointments to solve bureaucratic problems, family problems, training courses, job interviews, etc. Other difficulties are related to the availability of football fields to organise the sessions, and also to the cost.

BEST PRACTICES

This project is an easily replicable and transferable initiative since, unfortunately, the situation of new coming women, asylum seekers and/or refugees who have arrived in Spain is the same. There are very few sports projects aimed at this group of women, so it could become an initiative that spreads to other territories and can influence future actions.

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 watch?v=90fmF_IRVJU&t=2s

 www.acnur.org/noticias/historia/2022/11/636e33794/ae-ramassa-el-futbol-como-via-de-integracion-para-las-mujeres-refugiadas.html



Fundacion GOLEES (Spain)

DESCRIPTION

GOLEES emerged in mid-2019, following a final year project carried out by the Spanish Carme Salleras Campo, social educator and football player. The project was developed in the popular settlement of La Carpio with the initial support of the SIFAIS Foundation, where more than 70 women between 13 and 60 years old attended for 4 months to practice sports. Through the tool of football, it was possible to work with them through workshops, dynamics, activities, games and debates, the daily life of being a woman, in order to build spaces of greater equality between genders.

COUNTRY

Costa Rica

NAME

Fundación GOLEES

ORGANISATION BACKGROUND

Fundación GOLEES currently works in the popular settlement of La Carpio and in the Tjai Cabécar Indigenous Territory (Costa Rica), with the projection of opening new programs to other communities or in other populations where women are intersectionally exposed, such as women deprived of liberty, diverse LGTBIQ+ population, among other. Among the problems that GOLEES tries to respond to is the set of structural inequalities that surround women for the simple fact of being women, to which is added a social context of generalised material lack, which leads to a low socioeconomic level. and educational. The intersectionality that surrounds the participants goes beyond their condition as female, and can add, for example: being people in a situation of exclusion and sometimes extreme poverty, seriously affecting human rights in areas such as health, education, security, housing, among others. Its context is crossed by all types of manifestations of violence; gender-based violence, violence based on sexual orientation, institutional violence, structural violence, labor violence or drug trafficking, violence due to their indigenous worldview, among others. Many of them are migrants or daughters of migrants, mostly from Nicaragua. In this context, girls and women face situations such as problematic drug use, suicidal ideation, self-harm, depression, teenage pregnancy, among others. All these categories are interconnected, therefore they must be taken into account holistically since they permanently affect their quality of life in a more marked way than that of boys and men.

TARGET GROUP

Girls and women in
risk of social exclusion

STAKEHOLDERS AND PARTNERS

Fundación GOLEES is supported by other organisations like Fundación SIFAIS, UEFA Foundation for Children, FIFA Foundation, among others, and it is a member of Common Goal community. All these collaborations give the entity huge support to improve their projects in Costa Rica.

OBJECTIVES

The objective of the “Canchas Libres” Programs is to promote the right to sport, recreation, play and free time as a tool for female empowerment in girls and women in areas at social risk.

METHODOLOGY

The methodology of female empowerment revolves around 2 Methodological Axes -Sports and Psychosocial-, which merge, with football being the tool that allows us to create spaces for dialogue, debate and search for solutions from a community methodology and large doses of play, fun and dynamics linked to social and gender issues, where the players become leaders and promoters of sport for peace and agents of personal, family and community change.

It contains 5 vertices:

COMMUNITY
INTERSECTIONALITY
INTERGENERATIONALITY
INCLUSION
EMPOWERMENT

ACTIVITIES

Sports axis: Training that combines teamwork, body exercises, discipline, sporting values and large doses of motivation, aiming to ensure that they enjoy playing sports and working cooperatively regardless of level or age. Psychosocial axis: Group workshops as a space of trust and mutual support where through activities, dynamics and games, we learn collectively and debate aspects related to our rights as women.

OUTPUTS

- ▶ Creating methodologies from a community perspective, participation is understood as a right, to be recognised and taken into account.
- ▶ Exposing the gender barriers and working through gender inequalities together women/men.
- ▶ Getting the support of great organisations with whom they can run networking processes.

OUTCOMES

- ▶ Women living in conflicting areas and indigenous zones are being empowered by the football activities.
- ▶ Awareness is raised and workshops are organised in the communities to work on the role of men.
- ▶ Community players themselves end up being the ones who gradually self-manage the program in their area.



IMPACT

- ▶ Organisation of weekly sports sessions.
- ▶ Celebration of a 4-days intercultural camp with more than 60 participants.
- ▶ Spaces for awareness and deconstruction with the men of the families through the “street football methodology”.
- ▶ Mixed community tournaments as a space for family involvement.
- ▶ Recording 1 video with representation of the participants.

CHALLENGES

There is symbolic violence, which is done through stereotypical patterns, roles, messages, values, symbols and icons, which transmit and reproduce domination, inequality and discrimination, naturalising and perpetuating the subordination of women in social relationships. It is necessary to continue working on the day-to-day projects on barriers and gender equality.

BEST PRACTICES

This project is an easily replicable and transferable initiative in rural and urban communities, since the main problems are the same in most areas and countries, not only in Central or South America.



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www.ticaspoderosas.com/index.php/goles-que-empoderan



fundaciongoles

Women on Bikes (Italy)

DESCRIPTION

"The use of the bicycle has been more fundamental to women empowerment than anything else in the world." (Susan B. Antony 1896)

COUNTRY

Italy



ORGANISATION BACKGROUND

WOMEN ON BIKES aims to teach women to ride bicycles making their dream of becoming autonomous in terms of mobility a concrete reality.

STAKEHOLDERS AND PARTNERS

The partnership is with the local Municipality that created the so-called **"WE_ Women Empowerment point"**. The experience born from the collaboration between the Women's sector of the Municipality of Bolzano and local associations to carry out choral actions of female empowerment, meets and listens to women, in their needs, desires and expectations, and enhances their multiple skills, without distinctions of age, origin and identity. It deals with work, narrative, art, sport, violence and gender identity at different levels. WE fits fully within the visions of the municipal Equal Opportunities Department which works to affirm the right of citizenship and self-determination of every woman: the right to be present, in work, in society, in culture and in politics. To affirm the right to decide for oneself, freely, for one's own life choices, overcoming stereotypes and socio-cultural conditioning that often bind women into traditional roles. On the occasion of March 8, International Women's Day, in the afternoon in the presence of the municipal councilor for equal opportunities Municipality authorities and numerous representatives of associations and organisations involved in this field, the new premises of the WE point in Piazza Domenicani were inaugurated. The managers of the associations established a specific desk within WE where activities are carried out every day of the week.

TARGET GROUP
Refugee women.

OBJECTIVES

WOMEN ON BIKES aims to teach women to ride bicycles making their dream of becoming autonomous in terms of mobility a concrete reality. It supports a process whereby women who due to their background, economic possibilities, and various personal reasons, have hardly ever picked up a bike, will ultimately reach the goal of riding safely. This will support their empowerment, independence and will provide them with a new skill that will be useful in their daily life (to take their children to school, to go to work, etc.). Providing them with a bicycle will increase their sense of freedom and will be a game changer in saving their commuting time.

The bicycle has always been important for women's empowerment, providing women with the ability to move outside the strict boundaries of their homes and away from the judgmental scrutiny of other people's gazes. Learning to ride a bike is a true process of women empowerment, and with Women on bikes we accompany them, encouraging them to ride freely, aware of their value towards their next goal. This was the rationale that led to the launch of this project, which started in October 2023 and is currently in its third edition and is having great success. Until today women from Morocco, Tunisia, Afghanistan, Albania, Nigeria, Guinea, Senegal, and the Democratic Republic of the Congo have attended the course.

Co-funded by the
Erasmus+ Programme
of the European Union



METHODOLOGY

The project run through 2024 and is designed and coordinated by the Gender Policy sector of Bolzano UISP Local Committee. The program is realised through theoretical and practical lessons on the different aspects of cycling and mobility, the traffic code, and basics of performing small repairs. The project is proposing to develop step by step, they learn how to ride bike. The theory class is held in a dedicated space for women in the City of Bolzano called WE (Women Empowerment), and the practical classes take place in a popular suburban neighborhood of the city.

ACTIVITIES

In the small neighborhood square nestled between public housing buildings and a church, the girls slowly learn to familiarise themselves with the bicycle, eventually gaining confidence on how to ride it safely. Thus, the square becomes an open-air stage where the elderly people living in the area observe the women with curiosity, comment, give advice and encouragement. During the break, drinking a cup of hot milk or cappuccino the lives of such a diverse group of women get intertwined: Life stories of women who have faced several challenges and now with courage and determination face this small/big challenge that means so much to their lives. The course to date is made possible thanks to the support of two workers; while the coordination of the project is ensured by the head of the GENDER POLICIES AND RIGHTS sector of Uisp Bolzano.

OUTPUTS

Women learnt how to use the bicycle and the rules of use in city traffic, gain their freedom in general and in their capacity to move in the from their location toward other local spaces.

OUTCOMES

At the same time, they got important benefit in terms of physical and mental well-being.

IMPACT

Women gain freedom both physically and mentally and at the same time they benefit from physical activity in their health and social inclusion thanks to the relationships established during the realisation of the activities.

BEST PRACTICES

The methodology looks effective and women involved are really integrated in the local context thanks to the use of bikes as it is a local habit in terms of easy, economic and ecologic way of transport and at the same time is a promotion of healthy life for the wellbeing of the women refugees.



Irene Fontanella



www.uisp.it/bolzano/pagina/womenonbikes-gen



www.uisp.it/bolzano/pagina/womenonbikes-gen



Torino UISP Local Committee, Swimming pool for women (Italy)

DESCRIPTION

Swimming pool for Women

COUNTRY

Italy

ORGANISATION BACKGROUND

Swimming pool for only is an activity that aims to offer comfortable environment for women refugees and migrant that for cultural or religious reason usually don't go to swim.

NAME

Torino UISP Local Committee

STAKEHOLDERS AND PARTNERS

Partnership with the Torino Municipality started as the local administration identified UISP as an interlocutor to satisfy the request expressed by women from the local Muslim community. This recognition to be able to welcome the needs of refugees, especially women refugees and migrants is due to the relationship built in years of UISP collaboration with the local public institutions. As in other local communities, UISP traditionally develops collaboration with Local public Institutions such as Municipality and other stakeholders, local associations involved in the welcoming process of refugees as well as representatives of the local community (in this case women from the Muslim community) to try to support them promoting their social and psychophysical wellbeing and social inclusion. The collaboration with the Muslim community facilitated to identification and deliver of the most useful tools and conditions to realise the project in a way that could become better assumed by the women target group. Establishing together a process where meeting and listening to women, in their needs, desires and expectations and enhances their multiple skills, without distinctions of age, origin, and identity. It deals with work, narrative, art, sport, violence and gender identity at different levels.

The Swimming Pool for Women is an experience considered solid and successful as it has been going on for 13 years and relies on the participation of women of different ages and identities. Activities in the Swimming pool offer a periodical chance to have meetings with the participation of representatives of the local authorities to the meetings of the group of women that used to participate in the activities in the swimming pool. These meetings offer the chance to evaluate opportunities and challenges that the activity is facing. The collaboration with different stakeholders allows us to better identify proposed solutions.

TARGET GROUP

Refugee women.



OBJECTIVES

The activity of the Swimming pool for women aims to teach women to swim and benefit from physical activity both for physical and psychological benefit as well as their social inclusion through participation in the activities at a local level. UISP swimming pool operators develop a specific program of activities first of all considering women who due to their background, economic possibilities, and various personal reasons usually feel excluded from traditional sports facilities. Ultimately the activity demonstrates to be able to reach the goal of teaching women to swim and feel more comfortable in society as well. This will support their empowerment, and independence and will provide them with a new skill that will be useful in their life. Providing them with a new skill and better physical and psychological feelings in their relationship with other women in the group will increase their sense of freedom and social well-being.

This was the rationale that led to the launch of this project, which started in 2010 and is currently in its fourteen-year edition and is having great success. Until today women from Morocco, Tunisia, Syria, Albania, and others have attended the course.

METHODOLOGY

The project run since 2010 and was developed through the participation of a large number of women from the Muslim community to one entire morning per week dedicated only to women. The entire swimming pool, on the specific day as well as the operators are only for women. The program is realised through theoretical and practical swimming lessons. The first step is the relationship and approach to water. Considering the different levels that every woman has is established a specific program of activities for each group. On the base of everyone's need and capacity to swim the project proposes to develop step-by-step how to swim and then develop the level and variety of swimming specialties.

ACTIVITIES

The activity is performed inside the swimming pool facility structure managed by UISP. After the swimming activities, the group of women that is composed of different generations, meet in a hall where they use to spend time together, sharing food and beverages as a moment totally dedicated to their relationships between them and the operators and time to time inviting other people to join the meeting and the swimming activities as well. This is how the experience is still growing generation by generation of women that participated for 14 years. The activity is performed inside the swimming pool facility structure managed by UISP one day per week, usually on Sundays.

OUTPUTS

Women learn to swim allowing them to profit of the possibility to in the local space and benefit in terms of physical and mental well-being. Women through the confidence gained by learning to swim, gain confidence in themselves and their ability to manage their body and at the same time develop their degree of freedom. Thanks to the skills learned, women can also take advantage of the leisure opportunities offered by the environment that surrounds them (lakes, rivers, sea) to enjoy the benefits of water in peace. Overall, women also acquire, thanks to sharing the experience with others, a more serene relationship in the area in which they live, they develop relationships and friendships that generally make their lives more physically active and at the same time happier.

IMPACT

The experience of dedicated space for women was only created to satisfy the request of women refugees and migrants but found a very positive interest from local women and they wanted to take part in the activity, appreciating the gender-specific space.

BEST PRACTICES

The methodology looks effective and the women involved are really integrated into the local context thanks to their participation in the activities in the swimming pool. Thanks to the combination of parts of the activities (swimming and meeting after the swimming pool) women are easily inspired to participate in. 14 years success of in these activities demonstrates that the methodology is effective and helps to reach the interest of women refugees and migrants as they easily understand how it can stimulate healthy life and well-being of the women refugees.



Paola Voltolina

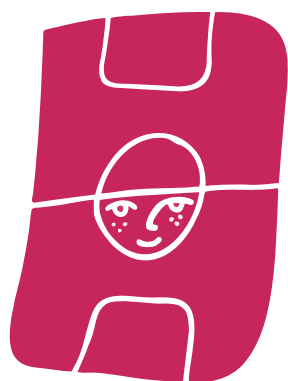


www.uisp.it/torino



www.uisp.it/torino2/pagina/luisp-torino-sulla-rai-con-la-gestione-della-piscina-al-femminile





REWINS

REFUGEE WOMEN
INCLUSION THROUGH SPORTS