

# SPORT AS A TOOL FOR SOCIAL INCLUSION AND ACTIVE CITIZENSHIP

PARTNERSHIP BUILDING ACTIVITY

18-23 NOVEMBER 2019  
VIENNA, AUSTRIA



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## I. Project summary:

### **Sport as a tool for social inclusion and active citizenship Partnership Building Activity (PBA).**

Brought together 30 youth workers from 15 different countries working in non-profit organizations.

With this PBA we were dedicated to develop cooperation with other European organizations working with youth experienced and interested in social inclusion and active citizenship through creative usage and good practices of using sport as a tool for it.

Our aim was to identify and establish possible future long term cooperations with the selected partner organizations and collaborate in increasing the number of projects aiming at enhancing social inclusion and active citizenship in Erasmus+ funded projects throughout Europe and beyond.

The greater goal of the project was also to improve the amount and variety of usage of sport based methods as a NFE educational tool serving social inclusion and active citizenship under Erasmus+ programmes and therefore contribute to an integrational society and strengthened intercultural dialogue at local, national and international level too.

### **The project's objectives were:**

1. Strengthen the motivation and increase cooperation between youth organizations internationally interested in the topic of using sport as a tool for social inclusion and active citizenship
2. Provide a space to learn and share good practices and experience on the usage of sport as a tool for social inclusion and active citizenship in youth work.
3. Encourage and develop the creation of future projects within Erasmus+ framework.
4. Create the space for contact making and networking as a base of future projects with special focus on sport.
5. Foster quality improvement in youth work by developing projects using sport as a tool to foster social inclusion and active citizenship.

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## II. Project outcomes:

**Results:** Provision of a meeting point to bring together 30 youth workers for future collaborations on Sport as a tool for social inclusion and active citizenship – PBA creation, strategic and collaborative partnership building and KA1 projects development.

Strengthened motivation and increased cooperation of associations of Europe to collaborate and develop projects for social inclusion and active citizenship enhancement.

The successful creation of an empowered space for contact making and networking as a base of future projects with special focus on social inclusion and active citizenship through the creative usage of sport as a tool.

**Tangible result:** We designed 7 projects (training courses, collaborative and strategic partnerships) to be applied in 2020 deadlines.

### Planned projects:

1. Ecosports to protect ecology (E+ KA1)
2. Exchange of good practices through circus techniques (E+ KA1)
3. Refugees integration (E+ Sport small collaborative)
4. Sports and Interculturality: facing new challenges to activate unemployed youngsters on the labour market. (KA2 strategic partnership)
5. Sports for Social Inclusion of Youngsters with Special Needs
6. Urban Sports for Inclusion (E+ KA1 – 1TC+1 YE)
7. Using sport as a tool for inclusion of technology-addicted youth ( E+ KA2)

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## 1. Ecosports to protect ecology

Needs:

To teach/provide eco-friendly activity in the community of youth workers.

To be creative when you are working outdoors, making that way an entertaining tool for youth educators.

To raise environmental awareness between educators and those who conform the action.

To empower a healthy lifestyle between youth workers.

Solutions:

Empowering outdoor activities which has no repercution in the environment e.g.: hiking, vivak night... etc.

Recycled materials would be used to make sport material out of them e.g: basket case out of carton, ball made out of old clotes and tape... etc.

Expected results:

Raise ecological awareness through these activities.

Create a guide with methods and stages we did during our work.

Agenda:

6+2 days.

+18, they need to be youth workers.

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From our networking area. Possible countries: Serbia, Croatia, Montenegro, North Macedonia, Hungary, Romania, Bulgaria, Turkey. (Spain hosting).

Agenda:

Day 1: Arrival

Day 2: Icebreaking activities (Energizer), expectations, contribution, introduction to the topic, fears about the Project/accomodation. Energizer, define what is environmental awareness all about for them (groups) presentation, sharing methodology/combining it.

Day 3: Energizer, sightseeing visit city, eat in a typycial place, whatsoever... (afternoon), Good practices part 1. Energizer, NGO presentation (info exchange after), intercultural night. (morning).

Day 4: visit to the recycling plant to make a project out of recycled materials, on the afternoon they will develop it (mixed countries)

Day 5: energizer, testing in separate groups/countries of the material, energizer, talk about dissemination, youthpass, key competences, debate exercise (from 1 to 10) about environmental and sport facts.

Day 6

Morning of orientation contest with the locals potentially being involved during the contest we will make a slingshot with the piece of recycled material we are going to find in every spot of the course. There will be in every spot pieces of trash that you need to put in the correct container, if not, you can't continue with the exercise. At the end of the activity we will have lunch in a countryside bar, and we will follow by preparing ourselves to camp for the night.

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## Day 7

We clean the camping and we go back to our place, we have lunch and on the afternoon we will explain reimbursement<sup>2nd</sup>, youthpass ceremony<sup>3rd</sup>, check the objectives<sup>1st</sup>, and finally farewell party.

## Dissemination / Impact

Social media dissemination everyday (posts)

Local workshop in every country once the Project is finished in a period of a month **NO REIMBURSEMENT IS ALLOWED WITHOUT DOING THE WORKSHOP**

Mouth to mouth obvious spreading

Hosting organisation needs to post regularly, sharing the results.

Use motivational rewards for those who share the most of the event.

Maths key competence: count your steps-endomondo app, in order to see the active periods of time we had during the week of training.

Equal-gender selection of workers, find those people with more repercussion, therefore they will have a bigger impact in the community.

Two facilitators if needed, two for example.

Reflection during the Project and after, so we could see the improvement.

Evaluation part with the local workshop after the Project as a follow up method.

Impact: 32 workers in total will be trained, so they will have a multiplier effect once they carried out their respective local workshops back in their own countries.

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Local workshop will consist in the training in their respective NGOs/countries of 1° people each, therefore, a minimum of 112 people will be reached, (32 participants and 80 from the local workshops).

We will make compulsory to share their experience at least three times in the social media of every participant, that way, the impact of dissemination is way bigger though the total reach is not controlled by the hosting organisation, we will have our own hashtags, and the post should be at least a brief description of the activity that they are realizing... // In each group one person is in charge of doing a video with the highlights of the Project (not long) so after the video will be published in the accounts of every one of the partners.

## **About the 8 key competences...**

-Communication in the mother tongue: Mother tongue will be used in two activities we made that should be done by the national teams.

-Communication in foreign languages: English is the work language, so the foreign language will be used during all the training course.

-Mathematical competence and basic competence in science and technology: In the day 6 the places will be numbered in the activity, and building the experimental model they will need to develop a basic scientific knowledge in order to complete the exercise. In the technology part, pcs will be allowed during the activities to do common work, also the presentations of ngo or intercultural night could be done using ppt, pdfs, kahoots...etc.

-Digital competence: vlog during preparation of the prototype—as a instructional video how to assemble the model. During orienteering, they will use the sports application to record the track, distance travelled etc.

-Learning to learn:

During orienteering, they will learn to use the physical map, compass. The whole training course is a platform of practical learning with NFE. Participants will learn and understand how they can contribute in protecting the environment through recycling.

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-Social and Civic competence:

8 different countries with different cultural backgrounds will interact and learn to work together. Also, sense of citizenship and responsibility towards protecting environment will be developed.

-Cultural Awareness and Expression:

With 8 different countries, participants will be able to learn about each other cultures and will be able to express during the intercultural night.

Learning outcomes:

The approach is to develop in a innovative way ideas about how youth workers can use new techniques in order to protect the environment by doing sport. Concepts like recycling, re-used materials, sustainability and outdoor activities will be the keys of the achievement that is being expected. The non-formal education provided is expected to be employed again by the receivers, making an useful virtual chain in order to modernize their skills.



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Agenda:

|   |  |
|---|--|
| <p><b>Day 1</b></p>                                 |  |
| <p><b>Day 2</b></p> <p>Morning</p> <p>Afternoon</p> |  |
| <p><b>Day 3</b></p> <p>Morning</p> <p>Afternoon</p> |  |
| <p><b>Day 4</b></p> <p>Morning</p>                  |  |

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|   |  |
|---|--|
| <p><b>Day 4</b></p> <p>Afternoon</p>                |  |
| <p><b>Day 5</b></p> <p>Morning</p> <p>Afternoon</p> |  |
| <p><b>Day 6</b></p> <p>Morning + Afternoon</p>      |  |

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MOVE to Be You

Day 7

The collage for Day 7 features several elements: a photograph of people in a field with yellow bags, a photograph of a dormitory with wooden bunk beds, a poster with the text 'YES YOU CAN' surrounded by colorful icons, and another poster with the text 'goodbye (small)' and many raised hands in various colors. Navigation arrows include a blue arrow pointing right from the field photo to the dormitory photo, a blue arrow pointing down from the dormitory photo, a blue arrow pointing down from the 'YES YOU CAN' poster, and a blue arrow pointing left from the 'goodbye' poster. An information icon (a lowercase 'i' in a circle) is located to the right of the dormitory photo, and a rounded rectangular button with the text 'USEFUL INFORMATION' is positioned below the information icon.

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## 2. Exchange of good practices through circus techniques

KA1 Mobility project for young people and youth workers

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Festival in the Netherlands. Its organised every year. The festival gathers 800 acrobats from all over the world. 120 workshops, program for children, shows etc. The level from beginners to advanced/ professionals. The main part of the festival are 120 workshops that take

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around 1.5 h each. Hugo and Frank represent an organisation at the festival

## 1. Needs:

Improving soft skills of sport coaches/ teachers (in social & emotional teaching and the capacity to cooperate) through circus skills/ techniques

- Get people involved in sports
- Peer to peer learning from international experts/ transferability of skills/ education of skills
- The ability to transfer educational techniques to target groups, especially social expertise
- Transferability to positive emotions/ Social & emotional skill development linked to acrobatics
- Transfer capacity to cooperate
- Self-development through acrobatics
- Improving skills of teachers including

## 2. Solutions

To better engage and make people interested in our project topic, we gonna call 9 youth workers (sport coaches) that will be previously trained and then they will implement gained skills in a follow-up festival soon after the training, in summer.

Bringing international sport coaches (professionals that work with young people/ people with special needs) *for a training project. The project is based on how to better engage youth workers, connecting sport and positive social attitude/behaviour while teaching sport to children, so to foster their positive culture of emotions (emotional social development of children) while cooperating with their peers using sport.*

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## 3. Results

The organisation of ten tailored workshops in five day (1 event lasting 1 week) where nine trained youth workers will work directly with children

More, better acrobat teachers (youth workers) and efficient learning system

Promotion of well being and wellness of children, through an efficient teaching because of expert teachers

Inclusion of the youth workers that improve (through the project) their teaching skills and are able to transfer those to the children

## 4. Target group

- Direct beneficiaries: Youth workers (teachers having some previous art circus skills) & young people (children included)
- Indirect beneficiaries: The audience that will be reached through dissemination of results

## 5. Activities

### 5.1. Train the trainers

A specific module/ method would be developed on how to work with social competences while dealing with circus skills in order to foster the cooperation spirit among children using sport as a tool. 4 days training (including the welcome of the participants) + 1 day for a study visit

Numbers 13 pax = 3 youth workers from Italy, 3 youth workers from Lithuania, 3 youth workers from Hollande + 1 process coordinator/facilitator + 3 experts)

During the training youth workers would work on new ideas on how to use their own skills as best practices & best tools to be shared with other professionals from the network.

The training will be in Holland and the selected trainers will be provided from the host country (NL) and partner organisations will send three participants each (nine in total)

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## 5.2. Pilot phase - festival

It will be the organization of a public event (festival held in Holland) where trainers/ youth workers will have the possibility to transfer/ implement their gained skills to the participants of the event and the special attention to the children. For that purpose, it will be the organisation of ten tailored workshops in five day time where nine trained youth workers will work directly with children (pilot phase). The pilot will be evaluated in terms of participant satisfaction and engagement of the children.

<http://stichtingnaf.nl/index.php/nl-festival>

<https://akrobatiek.nl/en/>

## 5.3. Webinar

Organisation of a webinar of the previous 9 trained youth workers to discuss the future actions and feedback from the event. In our starting idea, there was the original plan to repropone this festival in another country in the future. That's why the dissemination efforts before and after the festival in Holland could be useful to get new partners and enlarge our network, so to be prepared for future Erasmus+ applications (KA2??) where we would like to develop a methodology based on some IOs and best practices collected around coaches in Europe.

NB. the preparation and implementation of all these activities should be carried out combining the efforts from each partner, in terms of logistics and selection of the participants and target group.

## 6. Evaluation of the activities

6.1 evaluation of the training for youth workers (9 in total)

- Pre (zero measure test as a starting point) and post questionnaires for the evaluation of the skills, so to measure the quality of the training provided by us.
- Observational diary: it's a good tool to evaluate by themselves what they learnt, in an easy and non-stressful way.

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- The training lasts 4 days (+1 for the study visit). After each daily session, youth workers will brainstorm together, in order to share their daily learning outcomes.

## 6.2 evaluation of the pilot phase (the festival itself)

- Interviews to be carried out during the week (during the event) so to get a more qualitative feedback on the experience, from the youth workers but also from the children and their parents. Recording the interviews and realising some videos could be a good idea as well.
- External impact: measurable through the goals reached with our dissemination activities before, during and after the event.
- Videos: assuring that the event is recorded

## 6.3 Webinar

No need to evaluate it, because the webinar is an activity with an evaluating purpose in itself. However, it's a good opportunity for the future sustainability of the project and even to get feedback and evaluate the efforts done by the youth workers now that the training and events have already been carried out.

## 7. Dissemination

Dissemination plan

- a) Visual identity: logo (for the festival it already exists one)
- b) Paper-based activities: brochure, leaflets but also some gadgets (t-shirt and a small toolkit) using our logo and Erasmus+ logo as well.
- c) Social-media based activities: Facebook page and WhatsApp group (also a closed FB) for just the participants. Online registration form will be set-up in order to register the participants
- d) Internet-based activities: advertising using some other social-media channels and including the dissemination in the partners, website etc.  
For the dissemination of the results: a press release to communicate the successful implementation and people participation in the event



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this can be used by interested media . Final video promotion to be disseminated on YouTube channel (video includes the records from the BPs during the event, the workshops, and photos, interviews got during the event)

- e) Other dissemination efforts:
  - D.1 Creation of a contact-list database to invite stakeholders and organisations that should be engaged in the festival
  - D.2 Creation of a contact-list database to invite the specific target group (youth workers/sport coaches)

## 8. Learning outcomes

1. **Knowledge/Remembering:** improve the social-behavioural competencies and knowledge of youth workers when working with children and teaching sport to them. Improvement of the socio-emotional skills of youth workers, in order to be transferred to children by using sport.
2. **Comprehension/Understanding:** Comprehension of the non-formal and unconventional educational techniques (to be applied in the field of sport, specifically circus skills) and so in order to foster positive collaboration among children and cooperative mindset (acrobatics as a cooperative sport, that needs work on team and so it is useful for children and their full self-development)
3. **Application/Applying:** Implement workshops so that youth workers can test their gained skills during the training sessions and do pilots with children during the learning process (covering the whole project period)
4. **Analysis/Analyzing:** Analyze different ways to teach, using non formal and unconventional educational techniques, to better reach children and meet their expectations (applied to the sport domain and circus arts).

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5. **Evaluation/Evaluating:** Evaluate both the professional and socio-emotional skills gained by youth workers and children benefiting from our project activities
6. **Synthesis/Creating:** Design and organize an event, that is tailored to the stakeholders and in particular by creating tailored workshops for children, based on the expertise gained by the youth workers during their training in Holland.

## 9. Impact and future sustainability of the project

- Key stakeholders  
Using the methods mentioned before in the quality assurance form administered to the stakeholders during the different phases of the project (training-pilot-follow up in a form of a webinar). The main purpose is provide new knowledge first and push on the self-reflection then. Youth workers are now more conscious and able to rethink about their skills and how to transfer those to children.
- Community (the society)  
The community will have access to better educated workers who can deliver a better service to participants of the festival and other teaching activities such as workshops and training weeks in and out of the festival. Open to new contexts: schools, public events, opendays.
- Local : most of the participants to the event come from the Netherlands, and from the local circus art community.
- National: it could be envisageable that some of the participants come from other regions in the Netherlands,
- International: we have foreign participants as we will send 6 trained youth workers (3 from Lituania and 3 from Italy) that have been previously trained in Holland together with the 3 local youth workers. A succesfull fullfilment of this exchange will open the way to use of this concept to within partnerships in europe.

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Erasmus+



MOVE to Be You

In term of future sustainability of the project, we could eventually set-up and upload on our YouTube channel of facebook page a short online course (2-3 short learning sessions lasting few minutes).

## **10. Budget**

### **a. Training for youth workers**

Individual transport costs (3 lituanian, 3 italian, 3 holland + 1 process coordinator/facilitator + 3 experts from Holland)

Individual support (housing/accomodation/food = subsistence for 3 lituanian, 3 italian, 3 holland, 1 process coorinator/facilitar + 3 experts from Holland )

Rent of the training room, refreshments (coffee break), and other costs for the good implementation of training. During the training, we gonna have 1 study visit. That's why we claim costs to rent a bus for (13 pax = 9 trained youth workers + 1 process coordinator/facilitator + 3 expert from another association in Holland who will bring us specific advices and knowledge) to move from the meeting venue to the study visit venue.

### **b. Costs to be claimed for the implementation of the event**

Like materials, and refreshments... We already have an agreement to use the space during the 5 days workshops, but we have to rent some space before for the preparation and designing of that.

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## 3. Refugees integration (E+ Sport small collaborative)

Small collaborative project 24 months – 5 countries

**Target Group:** migrants, refugees and local youth

**Partnership:** 5 countries

Needs: be more specific

- Try to socially integrate the refugees in the local society;
- promote the sport like a tool for a social inclusion and active citizenship;
- improve the perspectives of refugees and migrants in the countries involved;
  - the lack of relevant activities for them life and for their free time;
  - give to the participants ways to promote the healthy life styles;
- the lack of good promotion of our countries like a good country to live and make sport.
- The lack of programs to involve migrants and refugees with youth in local society and the way that can be more involved;
- try to change the mentality of people about the migrants and refugees.
  - Involve-los nas condições, regras e estilos de vida europeus

Solutions:

- involve refugees and migrants in sport activities and identify the problems that they have;
- promote sport value to the young people : team work, leadership, fairplay, respect, and so on;
- making some workshops related with racism, discrimination, bullying, inclusion, active citizenship, violence in sport; sport psychology; benefits of sport activities
  - include the refugees and migrants in our own association or club;
- made a team for play futsal at local level and maybe to play at regional

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- level to, and at the end made a tournament with the teams of each country;
- teach the refugees and migrants how can they can be a coach – to develop others teams with kids and be more envolved;

Results: need to clarify

- creations of diferentes teams of futsal
- foto and vídeo book maded during the project with the participants explaining how they grow up in the project; how they are more integrated in the society; how they can learn and help others with their experience;
- involve more the migrants and refugees in the local society using sport ativities and connect them to made friendships
- put the youth and ther families in cntact with diferentes cultures during the sport ativities

Dissemination of project results

- The participants will have experience in order to continue being part of society and charing their adquire knowledge during the project;
- Their cultural awreness, relationships made and many personal aspects will be recorded in their minds;
- Will be provide a specif logo and communications directives, a web site to put some pictures ans movies with interviews, self reflections, questionaries and anothers tolls that they can access to develop their shills;
- During the project we will prepare several events in the schools, clubs and institutions connected with the topic, at the 5 countries at the same time;
- We will involve media groups, awaring them to give more emphasis to the topic of sport as a tool to a integrate migrants and refugees in the active citizenship and community and show how we can amplify the results of include migrants and refugees at social life;
- The migrants, refugees and the participants involved in the project will share the knowledge learning during the sport ativities with other young kids;
- in the summit in each country we will invite some organizations, clubs and partners to be involved in the topic and try to disseminate it;

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Evaluation:

- we will rate the knowledge that they learn in the topics of **ethics, healthy life**, media literacy, critical thinking, **citizenship education**, through that we see the improvement of the participants during the project;
- be in contact with the partners to know the cooperation within the network of project;
- in each summit we will evaluate the way that the project is going on, in each country, and try **to provide the thinks to improve it**;
- organize a meeting with the group to discuss learning outcomes, strengthen the relationship formed in the project and **plan local activities** which connect participants with the local community, allowing them to show their peers what they have learned, motivate them to join similar projects in the future, and disseminate the mobility outputs through laboratories, workshops, roundtables, games and others activities inspired by those project.

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## **4. Sports and Interculturality: facing new challenges to activate unemployed youngsters on the labour market. (KA2 strategic partnership)**

30 months - 5 countries: Italy, Turkey, Belgium, Spain, Romania

### Needs

Reduce unemployment of uneducated youth from disadvantaged living situations.

Experience building through cultural learning with the focus on empowerment of disadvantaged youth.

Rehabilitate and educate unqualified youth, school dropouts, youth growing up in underprivileged situations, making them role- models for others to motivate participation and personal growth. Recognition and validation of knowledge, skills and competences.

### Project Planning

Year 1: organization and trainings (1 training/country lasts one week)  
All together, each at their own country, 5 host organisations with 1 leader.

→ City coach course in each country.

Year 2: 2 internship x country (x persons from each country will go to another country and will be included in a sport facilities as an intern)

Year 3 (6 months): Dissemination and evaluation  
Organization of 1 event of dissemination x country involving local communities (connected with sports).

### Solutions

Train and exchange youngsters in becoming sport coaches (later called: "city coaches") to international partners to improve their awareness on cultural based problems, inclusion and diversity in sports.

### Results

- personal curriculum for each participant with the aim of improving attractiveness on the labour market
- 25 youngsters with city coach degree x Country
- Communication space with a E-Platform as a tool for sport and inclusion.
- 25 participants X Country (unemployed youngsters with a sportive background/having sportive talents)

### Outcomes

E- platform launched starting from the first training: diary concerning a daily competence for the city coaches to reflect upon (eg:

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18-23 NOVEMBER 2019  
VIENNA, AUSTRIA



communication, digitalism, fairplay,...) to make as a task. Instagram account on the project, website with information and guidelines.

Creation of a skills portfolio to include in the curriculum (online available for the employers).

Network of social inclusive employers who use sport as a tool, poule for employment for the city coaches.

A guideline on international training for city coaches on 'sports as a tool for intercultural learning' in 5 different languages .

Target group

25 youngsters who are:

- having no high school degree
- Unemployed for at least 6 months
- Aged 18-25
- Living in a disadvantaged context (send by social organisations)

Learning outcomes: competences (youth pass)

The Youthpass will be adopted as an instrument to detect and validate the acquired competences during the trainings and the internship. At the beginning of the tranings the Youth Pass and the 8 competences will be introduced to the participants. We will use an inclusive methodology to stimulate the acquisition of the competences. Each participant will have a dashboard to feed everyday with the activities and competences acquired.

Learning to learn

Digital competence

Active citizenship

Communication

intercultural awareness

Dissemination

By having 25 participants we foresee the multiplication of the project by reaching 1000 people in 5 different countries through the visibility of the project including testimonies of the participants.

Forwarding the project summary to at least 5 universities to inspire and perpetuate the project at a seminar.

Having an information place on 5 festivals

Good quality video summary of the project to spread at local seminars and in the network of the partner organisations

Branding of the organisations and Erasmus+: visibility: t-shirts with logo, maximum hashtag usage on social media, flags, stickers, key chains

Articles, pictures



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Sustainability is the goal.

Evaluation

Mid-term evaluation during the project: organize a meeting between the partnering countries, with the possibility to modify the project according to the feedback.

Evaluation by the participants: questionnaire with focus group

Evaluation by the trainers and partners: meeting and individual survey

Evaluation by the community: online forms for the larger crowd, focus group to evaluate more thoroughly based on the online forms results.

Results and conclusion report to measure the impact on the community.

Survey, interviews of the participators, focus group, questionnaires, high amount of Instagram followers means immediate dissemination as multiplier

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## 5. Sports for Social Inclusion of Youngsters with Special Needs

### NEEDS:

- The lack of exposure of young people with special needs to engage in sports.
- The challenges of organisations working with young people with special needs to expose and engage their members to sports.
  - a. Lack of Capacity & Resources
  - b. Lack of Human Resources & Qualified Trainers
  - c. Lack of Tools & Learning Techniques
  - d. Lack of Network for experience sharing & support
- The lack of priority and attention given to youngsters with special needs by the local government and the society.
- The lack of common space & platform where advantaged youngsters and youngsters with special needs engage on sports together.

### TARGET GROUPS:

- Youth Workers working with youngsters with special needs
- Youth Workers working with groups, institutions, & organisations for youngsters with special needs
- Sports Coaches who are interested to work with youngsters with special needs

### SOLUTIONS & RESULTS:

- Organising a **Contact Making Event** composed of various organisations working on the topic and create a new network of organisations for future collaborations and projects.
- Developing a **Digital Map** of groups, organisations, and institutions that teaches sports education to youngsters with special needs.
- Developing a **Guideline** from the data gathered from the youth workers with the best practices and tools from their respective case studies.

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- Providing a **Training Course** for youth workers and sports coaches who has the passion and interest to teach sports education to youngsters with special needs to learn tools & methodologies that works.
- Developing **Innovative Tools & Approaches** (i.e. manuals, toolkits, gamification techniques) to teach sports education to youngsters with special needs.

## AIMS & OBJECTIVES

- To improve the competences of youth workers, trainers, and educators to use sports as a tool for social inclusion of youth with special needs
- To raise awareness & increase the participation of youth with special needs on sports
- To create a network of organisations to improve the quality of youth work in the field of working on sports for youth with special needs.
- To develop tools & learning techniques
- 
- The lack of priority and attention given to youngsters with special needs by the local government and the society.
- To provide common space & platform for youngsters and youngsters with special needs to engage on sports together.

## LEARNING OUTCOMES

### Knowledge

#### Skills

- Presentations
  - Teamwork
- #### Attitudes
- More European active citizenship
  - Pro-active attitude of working with youngsters with special needs

## IMPACT

### Direct

- Youth Workers
- New contacts for cooperation

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- Examples and good practices
- New methods & approaches for youth work
- Possibility to design and facilitate new activities
- Organisations
- Partnerships

## Indirect

- Young People with Special Needs
  - Provide time, space and tools for more sport activities
- Local community
  - Other stakeholders

## DISSEMINATION OF RESULTS

- After each mobility there will be a dissemination of tools that can be useful to other organisations working in the same field.
- The Digital Map will be publicly available for download in the page of the project in the website of the organisation and distributed among stakeholders and other organisations that may be interested in the same topic.
- The Manual/Guidelines will be publicly available for download in the page of the project in the website of the organisation and printed versions will be distributed among local organisations and clubs and other interested parties.
- The Toolkit will be publicly available for download in the page of the project in the website of the organisation and
- A public event will be held to promote the produced materials.
- Online dissemination through social media (Facebook, Instagram, Youtube, etc.)
- Visual Identity & Merchandise
- Local media dissemination (Radio, Newspapers, News websites, ...)

## EVALUATION

- Daily evaluation during each mobility
- Final participant evaluation in the end of each mobility

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- Online meeting will be held after each mobility with partners
  - Evaluation of partnership and cooperation with partners after the 3 mobility
  - Evaluation within the project team
  - Evaluation of qualitative and quantitative data
- 

## **6. Training course (TC)+ Youth Exchange (YE): Urban Sports for Inclusion**

### **NEEDS:**

- Target group: Youth workers and young people facing socio-cultural, geographical, ethnical obstacles
- Youth coming from disadvantaged backgrounds
- These kids are exposed to crime
- Dropping out of school
- Lack of organised sport activities in these areas

We need to find solutions to improve their future perspectives, sport can be a powerful tool to improve their chances. This way they can fill their free time with valuable activities.

### **SOLUTIONS:**

#### **For TC:**

- Provide them new methods to work with marginalized youth
- Give them an environment where they can share good practices
- Give them a chance to use urban sport in everyday activities
- Collaborating with European organizations

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## **RESULTS:**

### **For TC:**

- More professional youth workers
- Developing more effective tools for inclusion of marginalized groups
- Using urban sports as a method of inclusion
- Making new partnerships

## **SOLUTIONS:**

### **For YE:**

- Offer them a way to express themselves through urban sport activities
- Offer them a tool to be more involved in the community
- Give them European perspectives
- Motivate them to discover new ways of spending free time in a fruitful way
- Educate and show them good life practices and healthy lifestyle

## **RESULTS:**

### **For YE:**

- Disadvantaged youth are more self-confident
- Become more active citizens in their local communities – to bring back to the community
- Participants have learned about different cultures, traditions, nationalities and expanded their horizons
- Motivated people who spend their free time in the productive way
- Minimize the amount of young people involved in crime activities

## **AIMS/OBJECTIVES:**

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On the Training Course realised with 20 youth workers we will provide new sport tools and methods to allow them to better work with disadvantaged young people. For this TC we will invite 2 youth workers from 10 different countries.

Offer the participants (of the YE) a tool to be more involved in the community and overcome the barriers they are facing. Provide better alternatives to spend their free time in an active and healthy way.

Use of urban spaces in a creative way to make physical activity accessible, inclusive and attractive to everyone.

To be active citizens - to build social cohesion in the local community.

Make young people more motivated to be respectful, good citizens (as being part of a team they will learn how to work with people in a team) and on a bigger scale they will be able to function more in their future workplace and in society in general.

Through these activities we will develop the soft skills and competences of the participants to increase their employability and future chances for self development.

We will develop self-respect with the participants, improve their social skills and communication skills, be socially included, give them a chance for a cultural exchange and travelling abroad.

**IMPACT:**

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How can we measure our success or result?

Personal, organisational, local, national, European

*Personal:*

Youth workers: Learning new methods on how to use urban sports for social inclusion, sharing knowledge, to present their own techniques and expertise and they can also grow their own skills about social inclusion. They will better understand how to work effectively with their target group. With their new knowledge will be able to improve their work. Exchange of good practices in the field of social inclusion, giving examples and sharing examples from their own countries.

YE participants: the young participants will benefit from the activities in term of personal development such gaining self confidence, social skills, social engagement attitude, intercultural learning, language and communication improvement, teamwork attitude, healthy lifestyle awareness. The project will have a significant impact on their future development and possible further engagements.

Organisation: Organisation partners will benefit from the project activities in different ways:

1. Open new chances on working in a different topic addressing social inclusion through sport.
2. The improved competences of the youth workers would make their organisation more professional and experienced.
3. Enlarging networking and partnerships opportunities for future collaboration and cooperation.
4. Developing ideas and future vision of new activities, projects, seminars, trainings etc.

*Local:*

Exploring the possibility for starting popularisation of using urban sports for social inclusion, Erasmus plus will be introduced as an



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opportunity for the local environment. Participants will be introduced to successful examples - how inclusion through sport methodologies can started and how they can be sustainable and successful in the future. Introducing a set of tools for working with NEETs and young people with fewer opportunities. Local public places will be used creatively for sport events and activities. This will encourage the local actors to rehabilitate abandoned public places which can be used for urban sport games. The local urban sport activities can be good multipliers also and the local communities can benefit from these events.

## *National/Local:*

On the local level, the participating organisations will better understand and work with local contexts and will be able to create more interaction with local inhabitants. On the other hand, local inhabitants will get to know Erasmus+ non-formal education and will become more tolerant to other people from different cultures and backgrounds.

## *European/International:*

More areas in Europe with geographical obstacles will be included in Erasmus+ programme and other international youth opportunities.

## **DISSEMINATION: DEOR**

Create a toolkit online and printed and we will spread it among the partners who will spread it among their local partners like municipalities, schools, and other stakeholders. Produce a video which will summarize the project results and to visualise the methods we used. This will be shared on our social media (Facebook, website, YouTube, etc) to increase the visibility. We will create hashtags for the project to create an identity on social media too.

The partners will send a press relkiease to local actors.

A subpage/fb page will be created where the participants will write a diary of the days.

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## **EVALUATION:**

At the beginning and in the end of the projects, we will apply evaluation forms. In this way we can measure the impact, the progress of the participants how their skills and competences have improved. Next, to have interviews with participants and get a feedback from them. Participants will do daily reflections, share, discuss what have they learned and ask the questions. Also, to monitor the webpage, Facebook page, participants' posts on the social media. After the projects (one-two months) we will do a follow-up evaluation, which will be used to measure the long-term impact and how they are implementing the methods in their everyday life.

## **HOW ARE YOU SELECTING THE PARTICIPANTS:**

Application form about their experience and motivation to be part of the training course or youth exchange.

## **Copypaste**

## **PROJECT MANAGEMENT:**

## **Copy paste**

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## **7. Using sport as a tool for inclusion of technology-addicted youth**

### **Ka2 project**

**Problem:** Many youth are addicted to new technological tools and hence socially isolated. NOG's do not have enough capacity to make youth socially included.

**Needs:** Equip NGO's and youth leaders with innovative and effective methods and techniques to make youth to be socially engaged and physically active.

**Solutions:** \* Organizing Training Course for youth workers

\*Creating toolkit for NGO'S.

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**Results:** Creating Toolkit for NGO'S with the collaboration of the partner organizations

- Educating 21 youth workers from 7 different countries.

**Target Group:** NGO's and Youth Leaders.

## **Objectives:**

\*To support the Professional development of new and existing practitioners in using sports as a tool for social inclusion of technologically addicted youth

\* To develop a raining method, programme and methodology based on activities connected with organising sport programme for social inclusion of technologically addicted youth

\* To test resources among a group of youth workers

\* To pilot learning activities involving youth in the sport programme in every partner countries.

\* To monitor the impact of the methods on end-user 's attituded and practitoners.

**Learning Objectives:** We will specify learning objectives after deciding which techniques we will use with partners.

## **Impact on target groups:**

- To improve youth workers' knowledge, skills and attitudes regarding to using sports or inclusion of technologically-addicted youth
- To improve organizations' capacities regarding to inclusion of technologically-addicted youth
- To increase youngsters' participation in sport activities an decrease the time that they spent for tchnology usage.
- Th enable youngsters to acquire self-confidence and increase their social and personal development.

## **Impact of the project in the local level:**

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The project activities and intellectual outputs will be visible to NGO's

The awareness about social exclusion of technologically addicted youth and using sport as a tool to make them involved in social life will be increased.

## **Impact of the project in the regional,national and international level:**

The accessibility in equal opportunities to the project intellectual outputs.

Disseminating project's activities and intellectual outputs

**Evaluation:** We will specify learning objectives after deciding which techniques we will use with partners.

Dissemination: \* 100.000 views on Facebook

\*Local Events

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