



Erasmus+



HANDBOOK OF MAPPED GOOD PRACTICES

Fimu



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PERE TARRÉS**

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<http://eu-playsport.org/>

The overarching aim of the Handbook of Good Practices has been to present a high-quality collection of good practices to promote sport as a tool for social empowerment through various good practices and to empower others to use sport as a tool in social work. The collection was provided by the partners of the Erasmus+ project P.L.A.Y., which also created the Handbook of Good Practices.

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Background

Project description

Sport as a tool for social inclusion

Volunteering as an added value

Collaboration between sport and formal education

Sport as a tool for education success

Sport as a tool for raising awareness
about equality and acceptance

Contents

BACKGROUND	5
PROJECT DESCRIPTION	6
SPORT AS A TOOL FOR SOCIAL INCLUSION	7
Willkommen im Fußball (Welcome to football)	8
BONDS - Build Opportunities for Nourishments by Doing Sports	9
FUTBOLNET	11
GIIG (Get Inclusive in the Game)	13
WELCOME - Integration of young refugees through sport activity	14
Boccia 4 All	15
Liga GENUINE	16
CUS Padova	17
Mentor on the Move	18
Sociolimpiadi	19
Football for refugees	20
Valtti Programme	21
Sport for All, Vantaa	23
VOLUNTEERING AS AN ADDED VALUE	24
Volunteering of Migrants in Sport Clubs and Organisations	25
SPORT and ŠPAS (FUN) - Society and movement of all generations	26
Never too Late to Get Fit!	27
ERASMUS+ P.A.R.E.N.T.S.!	28
Kansalaisareena – Citizen Forum	30
COLLABORATION BETWEEN SPORT AND FORMAL EDUCATION	31
After the Siren	32
Icehearts sports club	33
Athletics for kids and teachers all over Europe	34
Amara Berri School	35
Indysciplinati Padova	36
Finnish Schools on the Move and WAU	38
SPORT AS A TOOL TO EDUCATION SUCCESS	39
Cittadini attraverso lo sport	40
A Basket in the Backpack!	41
Female Coaching Zone	42
SportivaMente 2018-19	43
Sport Welcomes Refugees	44
SPORT AS A TOOL FOR RAISING AWARENESS ABOUT EQUALITY AND ACCEPTANCE	45
ODYSSEIA	46
Polisportiva San Precario	47
ASD Quadrato Meticcio	48
Show Racism the Red Card	49
Sport Entrepreneur	50
Futbol inclusiu Fundació Trinijove	51
NEETS and TEENS projects	52

Background

Project P.L.A.Y. was created with the aim of promoting educational service through grassroots sports by supporting children and youngsters with low school outcomes (due to migrant or ethnic background, learning difficulties, low social or educational background, etc.), valorising volunteering, peer education and mentoring among them. Along with educational difficulties, this target group is also often characterised by social and integration problems, coupled with low participation in social and sport activities within and outside the school context. This is due to several factors, such as economic and social disadvantages for their families, migration background, cultural approaches and the language gap. The project has therefore also aimed at increasing these groups' participation in sport activities and providing the related educational support activities that will be developed in order to contribute to the increasing importance of a health-enhancing physical activity, its social benefits and equal access to sport for all as agreed upon in the main project's objective. The focus was on the field of education and sport, as the project partners were willing to find a way to create positive synergies between the two fields.

Throughout the P.L.A.Y. activities, youngsters, mentors and trainers got the chance to come across various and different ways of training and learning. The exchange of different learning and training methods is of great importance for intercultural dialogue, since they are created at the local level and disseminated throughout Europe. The local community enables us to have direct access to youngsters, who, together with their abilities, participation and activities, indirectly contribute to the process of strengthening social and personal skills.

The project as such is a great way for the development of cooperation among the participating countries, non-profit organisations, educational institutions and grassroots sports stakeholders at the community and European levels. For this purpose, the integration between organisations and countries is of key importance for networking and cooperation. This is exactly what this handbook is presenting. It testifies how many good practice examples have been created and used throughout the P.L.A.Y. activities as a number of organisations from various countries came together. It shows how many stories, activities, experiences and contents are incorporated in the creation of a common story. This proves that interconnection between organisations and countries can bring about better practice for all.

Project P.L.A.Y. shows that such connections, cooperation and networking bring priceless experiences. The good practices described in this handbook will be alive and consist of many good stories, results and effects for all trainers and youngsters. You will find good practices divided into five different, yet interconnected, topics, as follows: Sport as a tool for social inclusion, Volunteering as an added value, Collaboration between sport and formal education, Sport as a tool for education success and Sport as a tool for raising awareness about equality and acceptance.

Project description

In accordance with the statement found in the Treaty on the Functioning of the European Union, the European Union shall “contribute to the promotion of European sporting issues, while taking account of the specific nature of sport, its structures based on voluntary activity and its social and educational function.” Sport thus plays an important role in both formal and non-formal education. The values conveyed through sport help develop knowledge, motivation, skills and readiness for personal effort. Time spent on sport activities at school and university produces health and education benefits which need to be enhanced.

Volunteering in sport organisations also provides many opportunities for non-formal education, which need to be recognised, assessed and enhanced. Sport provides attractive possibilities for young people’s engagement and involvement in society. However, there is a growing tendency to practise sport individually, rather than collectively and in an organised structure, resulting in a declining volunteer base for amateur sport clubs. The EU policy in this field aims to support grassroots sport, encourage young people’s volunteering in sport and promote the exchange of information and best practices on volunteering in sport involving the Member States, sport organisations and local authorities. Also, by considering the widespread difficulties of socialisation and weaknesses of the youngsters in our countries, team sports can support the enhancement of their awareness and self-trust by engaging positive relational synergies and exchange among peers, improving school results and overcoming personal difficulties by promoting the universal language of sport.

In line with EU policy, the general objectives of P.L.A.Y. are promoting voluntary activities in sport, together with social inclusion, equal opportunities and the awareness of the importance of a health-enhancing physical activity through increased participation and equal access to sport for all; creating and strengthening cooperation among the participating countries, non-profit organisations, educational institutions and grassroots sports stakeholders at the community and European levels; strengthening social and educational skills of grassroots sport organisation coaches and managers in the educational field; strengthening young athletes’ skills and attitude as mentors and peer educators in order to support their peers with low educational outcomes and difficulties in school and promote social inclusion; fostering parents’ awareness about the value of sport activities as the means to strengthen educational success and social skills among their sons and daughters and support each other, stressing the positive idea of competition and team spirit, respect, education and healthy living in their daily lives; and most importantly promoting and fostering European networking, the exchange of good practices and synergies between youth grassroots sports organisations and education institutions.

Most of all, it is important to highlight that sport through its practice represents a tool to obtain life skills, such as self-confidence, leadership, teamwork and getting along with friends (not just through social networks). It is not only about winning or losing, but above all support-attack, confrontation, concentration, sense of acceptance (giving and receiving), mutual acceptance of defeat / success, self-control, etc. The good practices listed below will lead you through some practical assessment to arrive at such success.

SPORT AS A TOOL FOR SOCIAL INCLUSION

Team sports can support the enhancement of youngsters' awareness and self-trust by engaging positive relational synergies and an exchange among peers. Sport can promote cooperation; one can practice solidarity, tolerance and understanding. By gaining these virtues, one becomes more tolerant and open to social inclusion, while social tensions and conflicts in the local community are reduced. Good practices show that sport as such has an impact on migrants and the socially excluded as well as on those who use sport as a tool for social integration.

Besides that, sport is a great tool for developing youngsters' personalities; it encourages competition, helping them integrate into a new community and YAspeak out when it is needed, and in this way preventing them from being shy.

What the use of sport for social integration really shows is that it opens up real prospects for social inclusion. It is not only very difficult for an individual, who is a member of a marginalised group, to get involved in community activities and feel accepted, but also for the community itself to act correctly in order not to harm such people. Often communities show values that are neither always inclusive nor acceptable for everyone, while sport puts everyone on an equal footing without any barrier to one's personal status, and thus opens the door for those most excluded as well.



Willkommen im Fußball (Welcome to football)

Country: Germany

Target group: Coaches



Description of the project: This sport project has developed a guide that includes information on training tips and set-up, provides an insight into challenges when training refugees, instructions on language integration, and exercises on dealing with conflicts within the training group, communication, and game methodology.v



Objective: To help football coaches deliver football sessions for refugees, as well as increase irregular participation in sport and social inclusion through physical activity.

Involvement of the volunteers: Volunteers have been involved throughout the project.

Collaboration of P.L.A.Y. partner organisation in the project: The project has been implemented by Fare network member Champions ohne Grenzen. The Fare network has disseminated the output of the project.. The project resulting in the guide promotes cooperation between top-tier clubs with local education and social institutions and city councils so as to enable access to sport for refugees and asylum seekers.

More about the project:

<http://farenet.org/news/new-guide-provides-guidance-football-coaching-refugees/>

<https://www.dkjs.de/themen/alle-programme/willkommen-im-fussball/>



BONDS - Build Opportunities for Nourishments by Doing Sports

Country: Romania, Bucharest

Target group: Children (11-14) and youth (15-18)



Description of the project: The project entitled Building Opportunities for Nourishments by Doing Sports aims to foster active citizenship together with social inclusion and equality through sport and physical activities in order to promote a healthy lifestyle in accordance with the European strategic document. To achieve these general objectives, the project established a partnership between Romania, Italy, Slovenia and Lithuania that resulted in several sport and physical activity events along with coaching within a 12-month period of the project's implementation. The target group considered the direct beneficiary of the project consists of the persons interested in daily physical activity, thereby also improving their knowledge on health and culture. Some in the target group belonged to vulnerable or underprivileged groups of young people. The improvement registered by each participant in the project was seen in the final report, based on the two questionnaires created for assessing the knowledge and behaviour with regard to sports and physical activity. Moreover, the project generated a European online tool (e-learning platform) on the promotion of active citizenship, social inclusion and equality through sport and physical activity.



Objectives: This project aims to foster active citizenship through the encouragement of participation in sport, physical activity and volunteering of citizens of all ages.

Involvement of the volunteers: throughout the project.

Collaboration of P.L.A.Y. partner organisation in the project: MSV Basket.



More about the project:

- <https://www.facebook.com/bondsport.eu/> - @bondsports.eu
- www.bondsport.eu

FUTBOLNET

Country: Catalonia, Qatar, Brazil, Argentina, Saudi Arabia, Africa

Target group: Children and youths between the ages of 8 and 21; the target group in Catalonia consisted of approximately 30,000 children

Description of the project: Fundació Futbol Club Barcelona is implementing the FutbolNet project in Catalonia and in many countries all over the world (in the Middle East, South America, Africa and India) through the Eduvic Foundation. The project's main objective is ensuring the social inclusion of groups at risk of social exclusion by using football as a tool. In order to implement this objective, five transversal values to be developed through football were determined. These are: effort, respect, teamwork, humility and ambition. Throughout all the training sessions, the activities related to the development of football skills also led to the above-mentioned values. The methodology, also used by political parties, was created by a Colombian professor, who was spurred into doing so by the murder of a Colombian national football team player.



Objectives: to promote the social inclusion of kids at risk of social exclusion using football as a tool, to develop different values and healthy habits through football, and to use the three methodologies of football.



Involvement of the volunteers: In Catalonia, there were approximately 3,000 coaches and volunteers involved. The coaches were involved by developing the methodology in different organisations.

Collaboration of P.L.A.Y. partner organisation in the project: PERE TARRÉS. Futbol Club Barcelona Foundation, Ajuntament de Barcelona, Shell, UEFA Foundation, Konami, Obra Social la Caixa. Fundació Pere Tarrés got involved in developing the methodology in different countries.

More about the project:

- https://foundation.fcbarcelona.com/futbolnet_en
- <https://www.elperiodico.com/es/videos/deportes/la-fundacion-del-fc-barcelona-introduce-futbolnet-en-el-libano/4033482.shtml>

GIIG (Get Inclusive in the Game)

Country: Italy

Target group: migrants / refugees, women



Description of the project: This is a project developed by the Unione Sportiva Acli Frosinone and has been adopted by various countries. It is statistically shown that women are underrepresented in sport and have fewer opportunities for involvement in such actions; hence this project encourages and gives opportunities to women, especially young and migrant women.



Objectives: Thus, an inclusive team sport becomes a multicultural incubator, also oriented towards equal opportunities, reflecting the European Union as an open society for solidarity and integration. The GIIG Platform was established as a long-term network.

Involvement of the volunteers: Yes. Five volunteers who officially worked on the project as professionals, as well as other youngsters who participated as volunteer participants.

Collaboration of P.L.A.Y. partner organisation in the project: DRPDNM and FARE network have collaborated in this project with Associazione di Volontariato Nuovi Orizzonti, A.S.D. Balon Mundial, Podes-Associacao para a promocao do desenvolvimento sustentavel, Towarzystwo sportowe iron man.

More about the project:

<https://www.nuoviorizzonti.org/2017/03/03/get-inclusive-in-the-game-giig/>



WELCOME - Integration of young refugees through sport activity

Country: Italy

Target group: Children, youth, teens, asylum seekers and child refugees



Description of the project: The Welcome project promotes voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of a health-enhancing physical activity, through increased participation and equal access to sport for all. The project will encourage the promotion, identification and sharing of experiences and good practices. It aims to improve the social inclusion of refugees/asylum seekers by creating free training centres focused on sport activities, which can become a safe point of reference to improve the quality of life, self-esteem and self-perception of integration.

Objectives: Involve young refugees and asylum seekers in free sports activities. The design and implementation of the Communication strategy and fundraising solutions, with the view to implement financial, social and communication models to enforce sustainability in the medium- to long-term. A training course for managers to teach strategies and methodologies involving young people from different cultures was developed; children and youth were involved in the activity.

Involvement of the volunteers: Volunteers have been engaged throughout the activity as the main factors.

Collaboration of P.L.A.Y. partner organisation in the project: DRPDNM. Various EU countries participated in the project.

More about the project: <http://www.projectwelcome.eu>

Boccia 4 All

Country: Italy

Target group: 80 youth athletes aged 18-27 and with different types of disabilities / 18-30-year-olds between coach and potential Boccia's instructor

Description of the project: The bowl is intended to promote social inclusion and increase awareness of the importance and promotion of physical activity that improves health through greater participation and equal access to sport for all. The project partners intended to give the bocciatori the opportunity to become the instructors of volunteers and privileged “messengers” of this good practice in schools alongside young people, during the project and after its conclusion, in a regular and systematic way by using the methodology and non-formal principles to serve two intentions: to present the bowl as a means of awareness and development of personal, social and professional levels of individuals as whole human beings, and to make young people aware of the human rights of people with disabilities and demystify the - still deeply rooted - prejudices and stereotypes about these citizens.

Objectives: The MSV contribution involved regional development and the widening of opportunities for the local community. In this context, the MSV sectors of activity include all aspects related to viable growth, trans-regional collaboration, professional training and social cohesion; contribution to the preparation of analyses and studies for the training of teachers and students through inter-school partnerships; the introduction, planning and management of new proposals funded by the European Union or by other European and international organisations; the implementation of prevention programmes and information aiming to achieve the welfare state; the support and reconstruction of basic social institutions, such as the family, the educational community, etc.; the development of studies; the provision of educational support to vulnerable social groups, enterprises, educational and administrative staff aiming at the promotion of scientific knowledge in sports; pedagogic and social research and the development of methods to promote the well-being of people with intellectual disabilities and functional recovery.

Involvement of the volunteers: Volunteers have been involved in the project as project participants.

Collaboration of P.L.A.Y. partner organisation in the project: MSV Basket together with Boccia Sport Club, Sport Federation, an NGO organisation for the disabled.

More about the project: <https://www.facebook.com/msvbasket/posts/1770478089746850>

Liga GENUINE

Country: Spain

Target group: People with intellectual disabilities

Description of the project: The Liga genuine Santander, an integrative initiative of social responsibility, is a pioneer in the global context. It is organised by the Liga Santander through its foundation. It has a football league composed of teams of players with intellectual disabilities. The participants in this league must be at least 16 years old. In addition, they must certify, by official documentation, a minimum intellectual disability of 33%. The competition will be played in the mode of football 8, with matches in four parts; each part will last 10 minutes. The season will be divided into four phases; the novelty will be six venues. In total, 30 teams will be registered. In the Liga genuine Santander, not only do the results of the football match matter, but so do the positive attitudes of the players shown during matches. Therefore, the teams will collect a series of points rewarding the behaviour and actions and fair play of the players, coaches and supporters. It is all about sharing, rather than competing.

Objectives: Normalise the situation of people with intellectual disabilities by using football. Give visibility to the community of people with intellectual disabilities. Involve the first division clubs of the Spanish football league with people with intellectual disabilities.

Involvement of the volunteers: All coaches, referees, etc. involved were professionals. Young participants acted voluntarily together with disabilities organisations.

Collaboration in the project: PERE TARRÉS. The first division clubs of the Spanish football league, Banco Santander, Nike and others.

More about the project:

- <https://www.laliga.es/en/news/laliga-genuine-highlights-footballs-commitment-to-diversity-and-inclusion>
- https://www.eldiario.es/edcreativo/blog/Liga-Genuine-competicion-discapacidad-intelectual_6_832976706.html

CUS Padova

Country: Italy (city of Padua)

Target group: Students, youngsters, marginalised categories and families



Description of the project: CUS Padova represents the most articulated sport reality present in the province. It comprises about 5,000 members, including the 900 athletes of the 12 competitive sections and the more than 1,400 students who participate each year in the Ludi del Bo and the National University Championships and who are enrolled in numerous recreational courses.



Objectives: Promoting sport, physical activity and participation as a way of achieving health and integration.

Involvement of the volunteers: They are deeply involved in the majority of the activities carried out by the association members of the CUS.

Collaboration of P.L.A.Y. partner organisation in the project: GEA cooperates with CUS Padova, involving their athletes and members in European project activities.

More about the project:

<http://www.cuspadova.it/it/benvenuto-al-cus>



Mentor on the Move

Country: Finland, organised by Monaliiku - Well-Being and Sports for Multicultural Women

Target group: Immigrant women in Finland

Description of the project: The goal of the Mentor on the Move project is to promote the well-being of mentees (immigrant women) by building social networks and preventing social exclusion so as to improve opportunities for participation in society and working life, as well as enhancing health by integrating physical activity into everyday life. A lack of social support and loneliness are some of the most significant challenges faced by immigrant women. With the help of mentoring, it is possible to prevent social isolation. Mentorship partners consisting of a mentor and a mentee are established. The mentorship partners meet to exercise together, which provides the platform for mentoring. In this programme, the mentors are women who are Finnish or have lived in Finland for a long time. They are able to provide information about Finnish culture as well as support and guidance in questions relating to working life. The mentees are immigrant women who are seeking support in getting better accustomed to Finnish society and who want to improve their professional career. As part of the mentorship programme, the mentorship partners have a chance to try various sports and attend sports events.

Objectives: Enhancing the social well-being, health and working life of immigrant women through mentoring.

Involvement of the volunteers: The Mentors are all volunteers.

Collaboration of P.L.A.Y. partner organisation in the project: No.

More about the project:

- <https://www.monaliiku.fi/hankkeet-projects/mentor-on-the-move-liikunnalline/>
- <https://www.monaliiku.fi/hankkeet-projects/>

Sociolimpiadi

Country: Italy, Padua

Target group: Youths of Padua, especially those with mental/physical disabilities

Description of the project: The organisation of group games and sports to be carried out by everyone, regardless of disabilities or other physical/mental issues. During the event, users and operators joined forces in a variety of games, tests and differently structured cognitive-motor exercises. The activities were scheduled by the UISP group of instructors in the Mental Health Area, sharing the goal of having a day of socialising among the participants during moments of play and physical activity.



Objectives: To promote inclusion, cooperation and bridging as well as making the participants aware of the potential of sport activities for people with disabilities, either physical or mental.

Involvement of the volunteers: Yes. By taking on logistic and coordination roles, the volunteers were deeply involved in the project activities, especially in making sure that the values and contributions of the exercises were correctly transmitted to the participants.

Collaboration of P.L.A.Y. partner organisation in the project: No.

More about the project: <http://www.uisp.it/padova/pagina/sociolimpiadi>



Football for refugees

Country: Barcelona, Spain

Target group: Refugees in Barcelona

Description of the project: Refugees in the city of Barcelona had the chance to participate in the football matches that Sant Andreu organised every Wednesday at their stadium, Narcís Sala. The initiative is the result of the agreement reached by the entity with Barcelona Actua, an NGO that promotes mutual assistance and the involvement of people in social action. With this gesture, Sant Andreu continues with its policy of social involvement and citizen integration that began with the agreement with Proactiva Open Arms. Sant Andreu displayed the logo of Proactiva Open Arms on its shirt in the “Copa del rey” match against Atletico de Madrid at Wanda Metropolitano. The participants were invited to the match, corresponding to the 27th League of the Third Division League.

Objectives: Promote the inclusion of refugees in society. Use football as a tool to support refugees.

Involvement of the volunteers: All sport professionals involved acted on a voluntary basis by teaching football and empowering refugees through sport.

Collaboration in the project: Sant Andreu Football Club.

More about the project:

https://www.ara.cat/esports/futbol/UE-Sant-Andreu-organitza-Barcelona_0_2176582442.html

Valtti Programme

Country: Finland

Target group: Children and young people (ages 6-23) with disability or long-term illness

Description of the project: Valtti is a youth sports project of the Finnish Sports Association of Persons with Disabilities (VAU). In the course of the Valtti programme, a Personal Adapted Physical Activity Instructor (PAPAI) guides a child or young person with special needs through a suitable physical hobby. The goal is to find a hobby and increase the child's physical activity. The PAPAI acts as their client's hobby friend, instructor, support person and consultant for an experimental period of 4–6 weeks, which includes a minimum of four different hobby trials for the child.

The Valtti project operates in 16 localities/areas around Finland. Local Valtti coordinators act as the supervisors of the PAPAI's, solve any problems and help find suitable try-out locations and sports associations. Children and young people with special needs aged 6–23 can apply for the Valtti programme.



Objectives: To help children with special needs find a physical hobby. The Finnish Sports Association of Persons with Disabilities (VAU) aims to create a permanent practice of guiding disabled children and young people through sports hobbies.



Involvement of the volunteers: The PAPAls who help children find a suitable physical hobby are students or volunteers in physical education, education and pedagogics, and rehabilitation and social welfare who are interested in adapted physical activity.

Collaboration of P.L.A.Y. partner organisation in the project: A collaboration project is being planned with FIMU.

More about the project:

- <https://www.vammaisurheilu.fi/ajankohtaista/valtti/in-english>
- <https://www.vammaisurheilu.fi/in-english>



Sport for All, Vantaa

Country: Finland, Vantaa (Helsinki Metropolitan Area)

Target group: All groups at risk of marginalisation

Description of the project: Sport for All started in 2011 as a co-operation network for the Sport, Youth and Multicultural services of the City of Vantaa and sport associations and multicultural organisations in Vantaa. The aim of the network was to provide open and easy access (free or inexpensive) to multicultural sport activities. The network supports co-operation between sports associations and multicultural associations. Since then the target group has been expanded to include all groups at risk of marginalisation, and the network has been registered as an association. The goal is to remove all obstacles for sport and give the possibility for sport hobbies to all in the vicinity of their living environments. The network provides easy access to sport clubs, training, peer support activities, sport events, tournaments, outings and camps all over Vantaa. There are activities for all age groups, the whole family, parents with children as well as groups with health issues.

Objectives: The goal is to remove all obstacles for sport and give the possibility for sport hobbies to all in the vicinity of their living environments.

Involvement of the volunteers: No.

Collaboration of P.L.A.Y. partner organisation in the project: FIMU's member organisations are active in the Sport for All network. There is also collaboration in the promotion of easy access to sport activities for women with an immigrant background.

More about the project: <http://sporttiakaikille.fi/sportti/>

VOLUNTEERING AS AN ADDED VALUE

Volunteering by itself means making a contribution to the creation of a better community by working together. The education system can also greatly benefit from volunteering in grassroots sport organisations, receiving relevant support in order to cope with growing school dropouts and failures, especially among adolescents in urban areas. Volunteering in sport organisations provides many opportunities for non-formal education that need to be recognised, assessed and enhanced. Sport provides attractive possibilities for young people's engagement and involvement in society.

Volunteering is rich and deep in meaning. It encourages people to gain skills, like being brave, open to different cultures, learning how to deal with life challenges and having fun while learning. Most of all, however, volunteering means working for the community, for the people that may need your help, by generally contributing to society with your will and skills.

Volunteering of Migrants in Sport Clubs and Organisations

Country: Erasmus+ project, several countries

Target group: Refugees/Migrants

Description of the project: The involvement of those who are at risk of social exclusion by increasing sports participation of migrants and ethnic minorities by promoting equal access to organised sport. The key objective is to increase the volunteering of migrants and minorities through the establishment of equal partnerships and training of mainstream sport organisations.

Objectives: Provide guidance on the inclusion of migrants as volunteers in sports clubs and organisations. Increase participation and equal access to sport for disadvantaged and marginalised groups.

Involvement of the volunteers: Involves NGOs, migrant sport organisations, sport associations and clubs.

Collaboration of P.L.A.Y. partner organisation in the project: The project has been implemented by Fare network member VIDC and other NGOs. The Fare network has disseminated the output of the project. The project, in the context of which the guide was developed, promotes cooperation between top-tier clubs with local education and social institutions as well as city councils so as to allow refugees and asylum seekers to access sport. The project, in the context of which the guide was developed, promotes cooperation between top-tier clubs with local education and social institutions as well as city councils so as to allow refugees and asylum seekers to access sport.

More about the project:

- <http://farenet.org/news/new-handbook-volunteering-migrants-launched/>
- https://ec.europa.eu/programmes/erasmus-plus/project-result-content/4f26c387-b733-4e98-911a-dbcc51535a54/2015%20ESPIN_folder_E.pdf



SPORT and ŠPAS (FUN) - Society and movement of all generations

Country: Slovenia

Target group: volunteers (families)



Project description: The SPORT and ŠPAS project enables cooperation between the youngest in kindergartens, elementary and secondary school pupils, students, pedagogues, members of numerous sports and other associations and retirement homes, as well as cooperation between parents and grandparents, families, relatives, friends and acquaintances. By emphasising intergenerational cooperation and attributing importance to the family, we present and co-organise activities in the field of movement, solidarity, recreation and sports. Thus, we present unprecedented intergenerational cooperation in Slovenia in terms of the number of participants, the number of locations, duration, content and its sustainable meaning.

Objectives: The purpose of the SPORT and ŠPAS project is primarily the revival of former values, such as the simultaneous socialising of several generations, intergenerational cooperation and solidarity. The emphasis is on cooperation, movement and a healthy lifestyle, with the objective to promote volunteering through sport that is somewhat put aside in some generations.

Involvement of the volunteers: More than 35,000 participants actively took part, ranging from the youngest generation in kindergartens to the oldest generation in societies and retirement homes, all of them volunteers.

Collaboration of P.L.A.Y. partner organisation in the project: DRPDNM. Various Slovenian organisations working with different groups of people participated in the project.

More about the project: <http://www.sportspas.si/predstavitev/>

Never too Late to Get Fit!

Country: Italy, Slovenia, Turkey, Portugal, France

Target group: 100 seniors between 55 and 70 years

Description of the project: The idea of the project is to increase the level of physical activity of people aged 50+ and to promote the popularisation of grassroots sport and physical activity of all citizens by offering equal opportunities. In recent years, there has been an increasing interest among older people in fitness and aerobics or other group exercises because of the awareness about healthy living and the desire to shape one's body or lose weight.

Objectives: An online survey report involving 50+ persons of both genders in all project partners' countries has been drafted in order to identify their expectations, problems and ideas about physical sport activities and group exercises. Indoor and outdoor group exercises WO&MEN FIT! for persons 50+ have been implemented. Instructions for exercises are available on the GET FIT! project website, with the possibility to download the application on a mobile phone.

Involvement of the volunteers: Volunteers were involved in the development of the project.

Collaboration of P.L.A.Y. partner organisation in the project: MSV Basket, sport clubs, the federation and sport university.

More about the project: <https://www.facebook.com/msvbasket/videos/1444146852379977/>



ERASMUS+ P.A.R.E.N.T.S.!

Country: France, Spain, Italy

Target group: Families including children and people with disabilities



Description of the project: The project “Physical Activity, Relations & Networking within families through Sport/ P.A.R.E.N.T.S.” aims to promote sport, health and solidarity for and with families in Europe by the following ways: Discovery and initiation practice of health-enhancing physical activity and family sports through specific events to be organised during the European Week of Sport, by involving parents in the selection, practice and accompaniment of their children’s sporting activities, and introducing them to the sports movement and the diversity of physical activities. This will promote education through sport, involving also schools, by relying on volunteerism to organise different actions, as well as enhancing and recognising a significant contribution of volunteers in sport and associations.

Objectives: To tackle cross-border threats to the integrity of sport, such as doping, match-fixing and violence as well as all kinds of intolerance and discrimination, to promote and support good governance in sport and dual careers of athletes, and to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of a health-enhancing physical activity through increased participation and equal access to sport for all.



Involvement of the volunteers: The volunteers have been actively involved in the project in the organisation and management of the event carried out during the European Week of Sport.

Collaboration of P.L.A.Y. partner organisation in the project: GEA. GEA, a partner of the project, organised the PARENTS sport for families event in Padua, within the sport area of the Volunteering Festival of Padua, 30 September 2018, in cooperation with CSV - Centro Servizi Volontariato - Padova and CSI - Centro Sportivo Italiano - Padova.

More about the project:

- <https://www.facebook.com/ParentsProject/>
- http://www.projectparents.eu/?page_id=906#link-press-kit

Kansalaisareena – Citizen Forum

Country: Finland (nationwide)

Target group: Everyone

Description of the project: The Citizen Forum is an information and development centre for volunteering. They promote volunteer and peer activity and help build cohesion in society. The Citizen Forum is the only advocate for all volunteer activities in Finland. Their website lists numerous organisations and volunteering opportunities. WebArena is an online publication of the Citizen Forum, featuring current topics in the field of volunteering.

The Citizen Forum brings together 110 Finnish NGOs as member associations, which are engaged in the network of developing volunteer and peer activity and closely cooperate with the Citizen Forum in projects and events. The Citizen Forum is a member of the European Volunteer Centre CEV, the Global Network of National Volunteer Centres coordinated by the International Association for Volunteer Effort IAVE and the European Self Help Experts.

Objectives: Promote volunteer and peer activity and help build cohesion in society. Create new models for volunteering and peer activities.

Involvement of the volunteers: the Citizen Forum is all about volunteering. It brings together NGOs searching for volunteers and people looking for possibilities to volunteer.

Collaboration of P.L.A.Y. partner organisation in the project: No. Depending on the project and member organisation.

More about the project:

- <http://www.kansalaisareena.fi/webarena/>
- <http://www.kansalaisareena.fi/citizen-forum-finland/>

COLLABORATION BETWEEN SPORT AND FORMAL EDUCATION

Sport plays an important role in formal and non-formal education. The values conveyed through sport help develop knowledge, motivation, skills and readiness for personal effort. Time spent in sport activities at school and university produces health and education benefits that need to be enhanced. The P.L.A.Y. project aims to explore the impact of non-formal and informal education obtained through grassroots sport experience on formal education (school and university) by enhancing and motivating the peer network of educational volunteers to support their peers in the context of grassroots sport clubs. These clubs give youngsters the chance to meet, become closer and share sport and social experiences through non-formal and informal learning. For youngsters that face difficulties of learning and integration in formal contexts such as school, this is a great way to be incorporated in any system as they get the chance to test, experience and demonstrate non-formal skills by enhancing their motivation and social abilities. It also attaches great importance to the practice of connecting with educational institutions. The aim of the collaboration between sport and formal education is to strengthen educational tools as educational institutions deal with various groups of vulnerable children. In this section you will find some good practices that confirm the above-mentioned principles.

After the Siren

Country: Australia

Target group: Indigenous communities/Indigenous children

Description of the project: The use of Australian Rules Football to boost school attendance and improve mental health in Indigenous communities. Australian Rules Football (AFL) is a highly accessible sport for Indigenous children and adults. Indigenous children who participate in AFL have better physical and mental health than those who do not. Children who played football were 6% less likely to be assessed as having learning difficulties due to health issues. The project report identifies considerable potential for deriving benefits from greater investment in structured AFL competitions and other sports programmes in remote areas.

Objectives: The use of Australian Rules Football to boost school attendance and improve mental health in Indigenous communities. Show both physical and mental health benefits for adults and children who participate in sports.

Involvement of the volunteers: Yes.

Collaboration of P.L.A.Y. partner organisation in the project: No. Interviews conducted with key stakeholders from the government, community and football administration who told stories of the way football can bring communities together and be leveraged to achieve non-sport outcomes.

More about the project:

- <https://theconversation.com/we-can-use-afl-to-boost-school-attendance-and-improve-mental-health-in-indigenous-communities-83956>
- <http://bcec.edu.au/publications/after-the-siren/>



Icehearts sports club

Country: Finland, Helsinki Metropolitan Area

Target group: Children at risk of exclusion



Description of the project: Icehearts uses team sports as a tool for engaging children with social work. The model provides consistent long-term support for vulnerable children at a time when children with special needs and their families are often met by numerous professionals. Each team is led by a mentor who supports selected children at school, after school and at home for 12 years. The mentor of the team supports the children in their studies. The capacity in which the mentor is involved is negotiated locally with school officials. The mentor is an extra adult resource for the school and with their presence supports and stabilises class and after-school activities.

Objectives: Icehearts prevents social exclusion, enhances social skills and promotes the well-being of vulnerable children.

Involvement of the volunteers: Not significant.

Collaboration of P.L.A.Y. partner organisation in the project: No.

More about the project:

- <https://www.icehearts.fi/brief-in-english/>

Athletics for kids and teachers all over Europe

Country: Italy, Lithuania, Spain

Target group: 80-100 children aged 8-14; 9-12 beginner-level coaches



Description of the project: The aim of the project was to stimulate children's participation in health-enhancing physical activities and promote the sense of belonging through voluntary activities by means of increasing the attractiveness and quality of athletics. Promoted by two important Italian sports clubs and two European universities with the support of two schools, the proposal involves three target groups: 80-100 children aged 8-14; 9-12 beginner-level coaches; children's families (and their schools).

Objectives: The specific objective of this project is to exploit athletic potential and its contribution to children's well-being (both at the physical and brain/cognitive level) by giving evidence of its impact. The project is about collecting and sharing the best experiences through the establishment of Working Groups, identifying a control group, drafting a test-version Athletics Teaching Handbook (based on common results) and testing it through the implementation of training modules; evaluating results with common indicators and with the supervision of internationally acknowledged coaches and preparing the final event - athletics meeting.

Involvement of the volunteers: Yes, through volunteer activities.

Collaboration of P.L.A.Y. partner organisation in the project: MSV Basket, sport clubs, the federation and sport university.

More about the project:

- <https://www.facebook.com/msvbasket/posts/1619357774858883>



Amara Berri School

Country: Spain (País Vasco)

Target group: Children between the ages of 6 and 16

Description of the project: It is an educational methodology based on project work that contextualises the learning of infants by making them meaningful. It also tries to encourage educational inclusion.

Objectives: To work with inclusive methodologies adapted to the heterogeneity existing in classrooms. To use the project-based methodology in order to contextualise infant learning. To adapt the education system to today's society.

Involvement of the volunteers: There are no volunteers; the professors of the Amara Berri public school are involved in the implementation of the project.

Collaboration in the project: The Amara Berri School worked together with other schools and organisations in the area.

More about the project:

- http://www.amaraberrisarea.hezkuntza.net/web/guest/aurkezpena_abs
- <https://www.coe.int/en/web/interculturalcities/-/the-amara-berri-system>



Indysciplinati Padova

Country: Italy, Padua and nine other Italian cities

Target group: youths and adolescents of the province of Padua



Description of the project: The project Indyscipline Paths was an opportunity to facilitate the expressive forms of adolescents through the construction of ten experimental laboratories, where the road has become the space and time of pedagogical action. 1,500 girls and boys in 10 cities (Barletta, Bergamo, Genoa, Lanusei, Messina, Padua, Pisa, Reggio Emilia, Turin, Trieste) were the protagonists of this experiment. During the first phase, it was implemented in schools with unstructured sports laboratories; afterwards it comprised the organisation of events, exhibitions and contests up to the final performance. Two project phases were implemented in Padua. In the first phase, the pool of UISP instructors entered the Curiel Scientific High School with a range of workshops for some classes. In the second, “extracurricular” phase, youths participated in shared and common sport activities in the streets.



Objectives: The facilitation of the expressive forms of adolescents through the construction of experimental laboratories dedicated to sports.

Involvement of the volunteers: The volunteers were widely involved, especially when it came to work outside the schools. They oversaw that the events were properly carried out and also had a coordination role.

Collaboration of P.L.A.Y. partner organisation in the project: No.

More about the project:

- <https://iris.unito.it/handle/2318/1648727#.XPjZolgzblU>
- <https://www.facebook.com/indisciplinatipadova>

Finnish Schools on the Move and WAU

Country: Finland (nationwide)

Target group: Schoolchildren

Description of the project: Finnish Schools on the Move is a national action programme aimed at establishing a culture of physical activity in Finnish comprehensive schools. Schools and municipalities participating in the programme implement their own individual plans to increase physical activity during a school day. The Finnish Schools on the Move programme started with a pilot phase (2010-2012). In August 2018, more than 90% of municipalities and 88% of comprehensive schools (2,096 schools) were involved in the programme. The promotion of physical activity among school-aged children consists of both increasing physical activity and decreasing sedentary time. During the school day, physical activity can be increased by adding more physical education lessons, promoting active commuting and encouraging physically active breaks. During school lessons, sedentary behaviour can be decreased by implementing active learning methods involving short active breaks. Collaboration between schools and sport clubs is an integral part of the programme. Different extracurricular sport clubs, events and e.g. camp activities during holidays present natural opportunities for cooperation. WAU is the largest sport organisation involved in the programme. WAU organises free and easy access to sport clubs during, before and after the school day. These activities are non-competitive and committed to a child-sensitive approach.

Objectives: The promotion of physical activity among schoolchildren during a school day.

Involvement of the volunteers: No.

Collaboration of P.L.A.Y. partner organisation in the project: FIMU has collaborated with WAU. Collaboration between schools and sport clubs is an integral part of the programme. Different extracurricular sport clubs, events and e.g. camp activities during holidays are natural opportunities for cooperation. Half of the schools involved in the programme cooperate with local sport organisations.

More about the project: <https://liikkuvakoulu.fi/english>

SPORT AS A TOOL TO EDUCATION SUCCESS

Cooperation among different countries with different education systems and drop-out rates is fundamental due to huge discrepancies between the EU Member States. The opportunity to exchange models and practices has become increasingly important.

Sport helps youngsters develop their leadership skills and self-discipline, which are the two main virtues the youngsters need to be successful in school. The research conducted by the University of Arkansas (Daniel H. Bowen and Jay P. Greene, “Does Athletic Success Come at the Expense of Academic Success?”) shows that youngsters who have been involved with sports have gained more success at school by getting higher grades and achieving greater success in graduation. On the other hand, it also exposes the responsibilities of the school to give space to social work for the success of the youngsters.

Cittadini attraverso lo sport

Country: Italy

Target group: migrants/refugees



Description of the project: The US Acli of Padua, as part of the Servizio Civile Volunteering service, promoted the project “Cittadini attraverso lo sport”. It comprised a series of five-a-side amateur football tournaments, setting itself the objective of promoting sport as a place of citizenship and privileged meeting space between people. In particular, the project wants to emphasise the value of sport activity as an instrument for psychophysical growth and as a means of cohesion and social inclusion in the framework of a facilitator for overcoming prejudices about diversity, be it physical, cultural, ethnic, religious, gender or other. To achieve this goal, strengthening strategies have been adopted through behavioural models inspired by compliance with rules and social rules. The basis of the entire activity therefore emerges as the affirmation of the universal right to the enjoyment of free time, while developing in the social fabric a positive and proactive view of immigrants as carriers of innovative and stimulating cultural elements related to sports practice.



Objectives: Inclusion through sport, mutual knowledge, self-empowerment and improved physical, psychological and social welfare.

Involvement of the volunteers: Yes.

Collaboration of P.L.A.Y. partner organisation in the project: GEA.

More about the project: <https://www.usaclipadova.org/cms/cittadini-attraverso-lo-sport/>



A Basket in the Backpack!

Country: Italy

Target group: Mini-basket 8-10/11-13

Description of the project: The project presents a technical and didactic guide to support the initiatives implemented by the MSV Basket Centre for the 2017-2018 primary school year as a promotional tool to improve school success and social inclusion and reduce school dropouts.

Objectives: Recognising, naming and representing the various parts of the body from stationary and moving perspectives in relation to space and time, educate and stimulate sense-perceptive skills, education and development of basic motor activity schemes and the thrill of playing with the ball.

Involvement of the volunteers: Yes.

Collaboration of P.L.A.Y. partner organisation in the project: MSV Basket.

More about the project:

<https://www.facebook.com/msvbasket/posts/1370632706398059>

Female Coaching Zone

Country: Germany

Target group: women/girls

Description of the project: A coaching manual featuring female perspectives, experiences and exercises to influence the development of girls and women's football. Collaboration with different partner organisations includes background information on coaches and coaching as well as ideas on how to deal with common challenges like coaching heterogeneous teams, a lack of financial support, not having enough players or dealing with conflicts within the team.



Objectives: Further the presence of women in football, not only as players, but as coaches, educators and leaders.

Involvement of the volunteers: YES.

Collaboration of P.L.A.Y. partner organisation in the project: The project has been implemented by Fare network member Discover Football. The Fare network has disseminated the output of the project.

More about the project:

- <http://farenet.org/news/discover-football-publish-innovative-manual-on-female-coaching/>
- <https://www.farenet.org/wp-content/uploads/2017/04/Female-Coaching-Zone.pdf>

SportivaMente 2018-19

Country: Italy (city of Padua)

Target group: sport associations, schools



Description of the project: This is a project coordinated by the Provincial Delegations of the Convent of Padua and Rovigo in collaboration with Coni Veneto, which aims to promote youth sport in the belief that sport is a useful experience for young people to stay healthy and acquire important values for personal growth. The allocation of coupons for the purchase of sports equipment and health equipment for sports use to youth sports clubs under 18 with the aim of providing important support for these aims; the promotion of sport in primary schools through functional activities to encourage coordination and motor development of the body and initiatives aimed at spreading the culture of sport among the youngest.



Objectives: The allocation of coupons for the purchase of sports equipment and health equipment for sports use to youth sports clubs under 18 with the aim of providing important support for these aims, the promotion of sport in primary schools through functional activities to encourage coordination and motor development of the body, and initiatives aimed at spreading the culture of sport among the youngest.

Involvement of the volunteers: They are direct beneficiaries. Volunteers might be working for the sport associations/schools implementing the 'Sportivamente' initiative.

Collaboration of P.L.A.Y. partner organisation in the project: GEA, spreading information about the initiative among grassroots sport organisations and schools, supporting their participation and involvement.

More about the project:

- <https://www.fondazionecriparo.it/iniziative/sportivamente-2018-2019/>

Sport Welcomes Refugees

Country: Several European countries, part of the Erasmus+ project

Target group: Coaches and sport instructors

Description of the project: Provide guidance to coaches and sport instructors on how to work with refugees.

Objectives: To show the challenges coaches/ sports instructors face when working with refugees with regard to inclusion in the game and following their need for support, and giving recommendations to coaches/ sports instructors.

Involvement of the volunteers: It involves volunteer coaches.

Collaboration of P.L.A.Y. partner organisation in the project: The project has been implemented by Fare network member VIDC in cooperation with other NGOs. The Fare network has disseminated output of the project. The creation and monitoring of nine survey groups and interviewing approximately 70 representatives of sports associations, clubs and initiatives, refugee homes, migrant organizations and other NGOs.

More about the project:

- https://sportinclusion.net/fileadmin/mediapool/pdf/spin/2017_SWR-Camino_Sports-for-refugees_Challenges-for-instructors-and-their-needs.pdf

SPORT AS A TOOL FOR RAISING AWARENESS ABOUT EQUALITY AND ACCEPTANCE

It is of high importance to be able to accept diversity, yet at the same time promote equality and work on developing a better society. Sport plays a big role in achieving it.

“The participation in sports events not only provides chances of amusement and recreation but also provides an atmosphere which brings together people from different areas, religions, languages, customs and traditions. From such platforms, social values like unity, fraternity, equality, justice and co-operation get promoted among the participants. It means that sports play a key role in the socialisation process of an individual. If we dwell upon the definition of sports it refers to all those physical activities which are performed in an organised manner for the purpose of getting refreshment, enjoyment and physical benefits.” (Salah-ud-din Khan, Alamgir Khan & Syed Zia-ul-Islam, “Role of sports in the development of peace, equality and brotherhood among the students”, abstract and introduction text).

ODYSSEIA

Country: Poland, Lithuania and Slovenia

Target group: Youth and elderly people

Description of the project: The project's main purpose is intergenerational connections and integration into society through sport. Seniors are mostly non-active citizens. For activating seniors, youth is used to help them achieve the goal of an active lifestyle. This project popularises sport and an active lifestyle among persons who have reduced access to sports training because of e.g. their socio-economic situation, insufficient abilities, diverse problems connected to their age, becoming less active, etc. The activities of the project are planned in such a way as to be helpful in the process of teaching people to be more tolerant, respectful, integrated and open to the local community and to become more active and protect their health.

Objectives: Encourage social inclusion and equal opportunities in sports, activating the local community, intergenerational integration, promoting an active lifestyle through sportive activities and educational activities.

Involvement of the volunteers: Three events in each partner country are organised in order to bring seven young and senior volunteers to the project and turn the goal of being an active citizen through sport into practice.

Collaboration of P.L.A.Y. partner organisation in the project: DRPDNM. The organisations/ partners of the project bring people of different ages to events and create possibilities to cooperate, integrate and be collaborative.

More about the project: Information will be updated at
• <https://www.ckusopot.pl/> as the project just started.

Polisportiva San Precario

Country: Italy (city of Padua)

Target group: Youths living in the city of Padua and its surroundings



Description of the project: Polisportiva San Precario emerged as a new, groundbreaking sport reality able to give value to diversity and multiculturalism through different sports (volleyball, football, basketball) and activities. The idea was born out of rethinking sport from its foundations: play, mental and physical well-being, respect for the opponent and the will to fight against all forms of racism and discrimination. This is another possible way to conceive and practice sport, open and accessible to all: to see the differences of ethnicity and culture as the wealth capable of breaking down barriers and opening horizons. To regard sport as welfare, not as a business.



Objectives: Defeating racism and discrimination through sport activities, giving value to specific, disadvantaged urban contexts, promoting healthy lifestyle and sport culture.

Involvement of the volunteers: The volunteers are regularly involved in carrying out routine activities and special events organised by Polisportiva San Precario: conducting training sessions, participating in national and international tournaments and events, promoting and organising competitions and events.

Collaboration of P.L.A.Y. partner organisation in the project: GEA. Some volunteers of San Precario were actively involved in the PLAY project, and GEA participates in several Polisportiva San Precario initiatives, such as festivals and debates, to promote social inclusion and equality in sports.

More about the project:

- <http://polisportivasanprecario.blogspot.com/p/calcio-11.html>
- <http://polisportivasanprecario.blogspot.com/p/calcio-11.html>

Pictures, videos and exhaustive information are available in the official website.



ASD Quadrato Meticcio

Country: Italy (city of Padua)

Target group: Youths of the neighbourhood and the city, families



Description of the project: 'ASD Quadrato Meticcio' was born in 2012 as the result of a citizen initiative aiming at giving value to urban space that would have otherwise been converted into parking space. Nowadays, it is a healthy sport association comprising various football teams; it can also offer a football pitch with accessible prices for the youths of the neighbourhood. Furthermore, they implement peer-learning dynamics, games and training sessions aiming at inclusion, respect and a non-competitive attitude among children of different ethnicities.



Objectives: To prevent urban degradation, racism, social distress and discrimination.

Involvement of the volunteers: The volunteers are normally involved (PLAY volunteer coaches YAGs, trainers, educators). They are usually university students or other youths dedicating their free time and energy to Quadrato Meticcio.

Collaboration of P.L.A.Y. partner organisation in the project: GEA. Some volunteers of Quadrato Meticcio were actively involved in the PLAY project, as YAG volunteers and GEA participate in ASD Quadrato Meticcio initiatives, such as festivals and debates, to promote social inclusion and gender equality in sports.

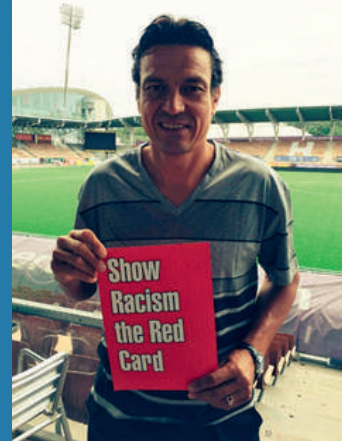
More about the project:

- <https://www.facebook.com/QuadratoMeticcio/>
- http://www.sportpopolare.it/index.php?option=com_content&

Show Racism the Red Card

Country: Finland

Target group: The whole sport sector



Description of the project: The idea of the project started in the UK, where the organisation Show Racism the Red Card was founded in 1996. The goal has been to fight racism through sports and physical education. Famous footballers have been recruited as messengers of the campaign, focusing particularly on the youth. The original idea has spread and developed over the years into an international campaign, not just within football but other sports as well - in Finland basketball, volleyball and handball, to name but a few. The project also conducts educational school visits and workshops aimed at decreasing bullying and discrimination in schools and sports.

The project closely cooperates with the Football Players' Association (JPY). A red card has been shown to racism in sports in Finland since 2003. In Finland, the campaign is coordinated by FIMU and it is financed by the Ministry of Culture and Education, with the current funding period extending until 2020.

Objectives: To promote equality in sports through enabling role models from different sports to present an anti-discrimination message to young people and others.

Involvement of the volunteers: All sportsmen and sportswomen recruited as role models are volunteers.

Collaboration of P.L.A.Y. partner organisation in the project: FIMU. The project has been an essential part of FIMU's activities since 2003.

More about the project:

- <http://www.punainenkorttirasismille.fi/about-us/>

Sport Entrepreneur

Country: Catalonia

Target group: Teenagers between the ages of 14 and 18.

Description of the project: In reference to the European project Sport Entrepreneur, this project was implemented in Catalonia through the Fundació Pere Tarrés and the Fundació Privada Trinijove. The project included the development of entrepreneurial skills through the organisation of a sporting event, which was designed and managed by teenagers at serious risk of social exclusion. In order to develop entrepreneurial skills within the European framework, the teenagers, with the help of two teachers, were involved in structuring the organisation and the management of a sport event by involving the community education of their geographic area. To achieve this, the methodology based on ten levels of competence development was used. It followed logical progression in terms of the difficulty (low to high) and the degree of help of educators (more to less).

Objectives: Develop entrepreneurial skills based on the European framework. Encourage the inclusion of the community at risk of social confinement.

Involvement of the volunteers: Two coaches from Trinijove involved in developing the project with the youngsters (beneficiaries of other Trinijove services).

Collaboration of P.L.A.Y. partner organisation in the project: PERE TARRES. The alliance between Fundació Privada Trinijove and Fundació Pere Tarrés was forged.

More about the project:

- <https://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/#project/2016-1-UK01-KA205-023327>

Futbol inclusiu Fundació Trinijove

Country: Catalonia, Spain

Target group: Children between the ages of 6 and 16

Description of the project: The Trinijove Foundation, located in the neighbourhood of Trinitat Vella, is dedicated to promoting the social inclusion of children and young people at serious risk of social exclusion. This foundation presents an endless number of training programmes and labour insertion for these groups, offering among other things occupational training and training in the performing arts. Sport is offered to the youngsters, who due to a lack of resources cannot enter a traditional team. This gives them an opportunity to play football and follow their passion. Families do not have to pay a fee to register their child at the Trinijove Foundation football club. It is the foundation itself which is responsible for all club expenses, covering among other things the cost of equipment, transport and arbitration.

Objectives: Promote football practise for young people at risk of social exclusion. Promote cultural exchange using football as a tool to acquire it.

Involvement of the volunteers: Five social educators and 15 football coaches are involved in the project on a voluntary basis. These organisations are mostly schools and youth centres.

Collaboration of P.L.A.Y. partner organisation in the project: No. This project involves schools and sport entities of Trinitat Vella.

More about the project:

- <http://trinijove.org/social/equips-futbol-sala/>
- <http://trinijove.org/>

NEETS and TEENS projects

Country: United Kingdom

Target group: Socially excluded youth between the ages of 12 and 16, and 16–29-year-olds who are not in education, employment or training

Description of the project: TEENS is a 10-week personal development programme for 12–16-year-olds who are in the margins of society – young people who live in deprived areas with low economic status and income. This programme develops young people's life skills, such as confidence, communication, teamwork and leadership, which have been proven to improve their chances of progressing into employment, education or training and making a successful transition into adulthood. The NEET programme offers one year of wraparound support to 16–29-year-olds who are not in education, employment or training (NEET). The programme begins with an intensive 5-week employability and personal development programme and focuses on developing young people's employability and key life skills so that they are ready for the job market through a variety of personal development activities. This programme is designed to equip NEET young people with a combination of soft skills as well as technical skills, such as CV writing, job interviewing, job searching and gaining accredited qualifications.

Objectives: To create better futures for young people aged 12 to 29 by improving their employability and key life skills through sports-themed personal development programmes.

Involvement of the volunteers: No.

Collaboration of P.L.A.Y. partner organisation in the project:No.

More about the project:

- <http://sport4life.org.uk/what-we-do/our-work/>