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Erasmus+ Programme
of the European Union



Activity, Sport and Play for the Inclusion of Refugees in Europe

Project Partners

Specialised & sport-related organisations

ICSSPE

International Council of Sport Science and Physical Education

EOSE

European Observatoire of Sport & Employment

Caritas Academy

Caritas Styria - Austria

Minor-Ndako

Centre for unaccompanied minors in Belgium

ENGSO

European Non-Governmental Sports Organisation

Sport organisations

UFEC

Catalan Union of Sports Federations

BUPCS

Bulgarian Union for Physical Culture & Sport

FOC

Finnish Olympic Committee

DOSB

German Olympic Sports Confederation

NOC Serbia

National Olympic Committee of Serbia

RF

Swedish Sports Confederation

Governmental organisations

Hellenic Ministry of Culture & Sport

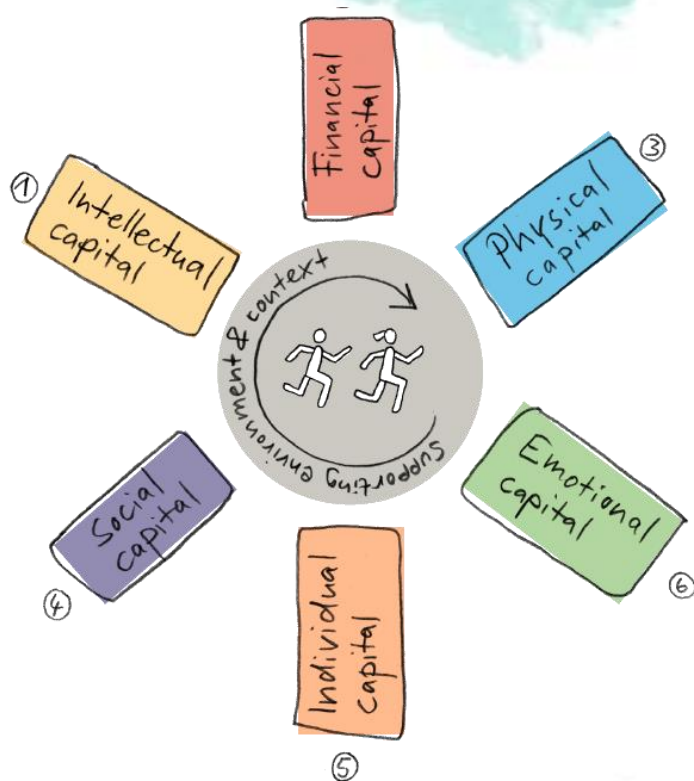
Sports Flanders Agency

Council of Europe



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Why sport?



① Intellectual capital

Improvements in:

- Educational attainment
- School engagement
- Processing speed
- Executive function/Inhibition/Mental flexibility
- Memory
- Academic performance
- Brain structure and function
- Concentration/Attention/Impulse control learning
- ADHD management
- Age-related cognitive decline management

② Financial capital

Improvements in:

- Income
- Job success
- Productivity/Job performance
- Morale/Commitment/Turnover

Reduction in:

- Health care costs
- Absenteeism
- Presenteeism

③ Physical capital

Improvements in:

- General motor skills
- Functional fitness/Physical appearance
- Cardio respiratory fitness
- Muscular strength
- Adiposity/Body composition
- Lipid profile
- Bone health/Osteoporosis
- Joint health
- Maternal & infant health
- Rehabilitation & recovery
- Immune system function
- Sleep patterns
- Nutrition/Diet

Prevention/treatment of:

- Metabolic syndrome/Type 2 diabetes
- Overall mortality
- Cardiovascular disease
- Coronary heart disease
- Hypertension
- Stroke
- Colon & breast cancer
- Lung, endometrial, ovarian cancers
- Back pain

Reduction of:

- Falls
- Smoking
- Teen pregnancy
- Risky sex
- Drug use
- Addiction
- Suicide

④ Social capital

Improvements in:

- Social norms
- Social network/Positive relationships
- Social status/Social commitment
- Social inclusion & acceptance
- Trust/Teamwork/Collaboration
- Civic participation
- Gender equality
- Equity for persons with disabilities
- Crime, juvenile delinquency & gang participation reduction
- Community cohesion
- Peace/Understanding/Recovery
- Bridging differences (socio economic status, racial, ethnic, disability, religious, sexual)
- Safety & support

⑤ Individual capital

Improvements in:

- Activity knowledge and skills
- Social skills/Life skills/Non-cognitive skills
- Sportsmanship
- Time management
- Goal setting
- Initiative/Leadership
- Honesty/Integrity/Respect/Responsibility
- Enthusiasm/Intrinsic motivation
- Commitment/Self discipline/Self control/Persistence
- Assertiveness & courage

⑥ Emotional capital

Improvements in:

- Fun, enjoyment, satisfaction
- Feeling good
- Self esteem
- Self efficacy
- Body image
- Intrinsic motivation for physical activity
- Mood

Prevention/treatment of:

- Stress
- Depression
- Anxiety



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Background - Needs Analysis

More than a million migrants and refugees crossed into Europe in 2015

Sport is often claimed to help address social problems

BUT

Sport participation in itself does not inherently lead to the so-called social inclusion 'through' sport

People involved in sport clubs lack intercultural competence and are exposed to a new situation that go beyond the provision of sporting and playing activities

Organised sport shall accommodate to changing societies

There is a need for professional development of sport organisations and people involved in sport



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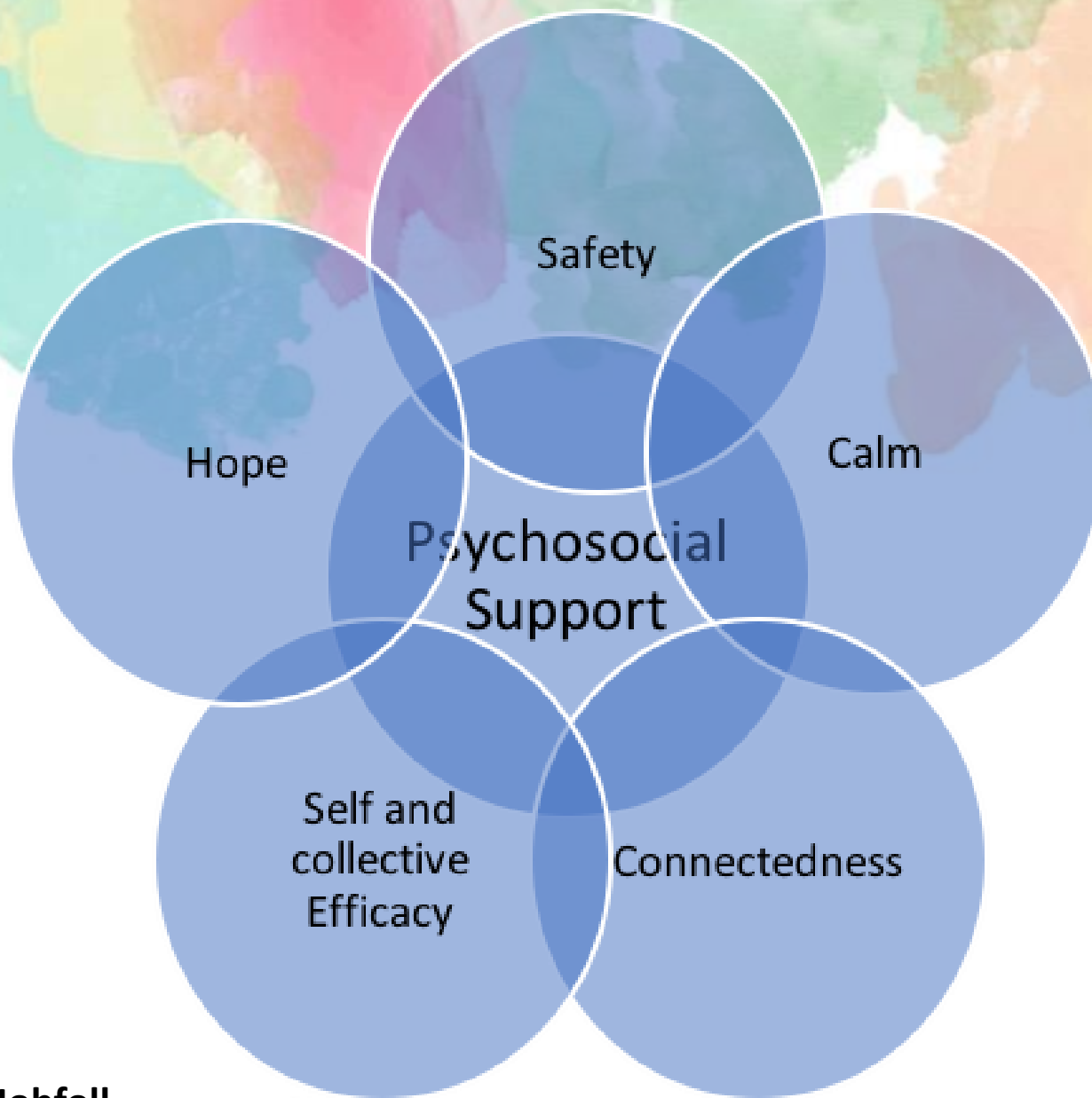
Training Module

- 1. Migration**
- 2. Intercultural dialogue**
- 3. Considering the personal challenges of refugees**
- 4. Accessible sports organisations**

www.aspiresport.eu -> Documentation



Activity, Sport and Play for the
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Dr Stevan Hobfoll



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Key takeaways

For decision-makers

- ✓ See the opportunities – not only threats! The inclusion of refugees in society is a challenge that can be tackled and turned into an asset.
- ✓ Provide support – e.g. political and financial – at all levels for sport as a tool for social inclusion.
- ✓ Provide support for vulnerable groups to engage in sport – vouchers for participation, free public transport, etc.
- ✓ Facilitate the cross-sectoral approach between e.g. the sports, youth, social, health and refugee organisations. Work across silos in your own organisation and encourage partnerships between NGOs, companies, etc.
- ✓ Create sports programmes that are led by refugees themselves.
- ✓ Facilitate the creation of networks for collaboration and sharing best practices at local, regional, national and European levels.



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Key takeaways

For sports leaders

- ✓ Coaches are the key. Provide training and support for coaches, instructors, facilitators and educators working with sport and refugees.
- ✓ Create opportunities for refugees to be active participants, but also as volunteers, coaches and leaders.
- ✓ Reach out to networks outside of your traditional scope – create alliances with e.g. youth, social and educational organisations.
- ✓ Speak up and raise awareness on the importance of creating an inclusive society and sport's potential in fostering inclusion.



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Key takeaways

For clubs and coaches

- ✓ Determine your target group (e.g. young refugee men, school girls, or stay-at-home mothers) and design and create your activities for them, with them.
- ✓ Ensure you are basing your activities on evidence and take into account the psychosocial aspects of working with refugees
- ✓ Provide a fun, safe and supportive environment, facilitate easy (physical) access, and remove costs when you can. Include playful activities and highlight positive outcomes even if they are only small gains.
- ✓ Encourage meaningful relationships amongst participants and with facilitators.
- ✓ Plan for long-term sustainability and continuity of programs. Create a routine, but also keep activities fresh and exciting so participants have something to look forward to.



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From ASPIRE towards SPIRIT

- ✓ Mental illnesses prominent health problem
- ✓ People with trauma, like refugees
- ✓ SPIRIT = Sport & Psycho-social Initiative for Inclusive Training
- ✓ Erasmus+ Sport project co-funded by the European Commission. January 2020 - December 2022.
- ✓ SPIRIT aims at developing a framework for humane, inclusive and empowering coaching that nurtures good mental health.

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Rising You

We climb. We rise. **We shine.**

www.risingyou.eu

