



Co-funded by the
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

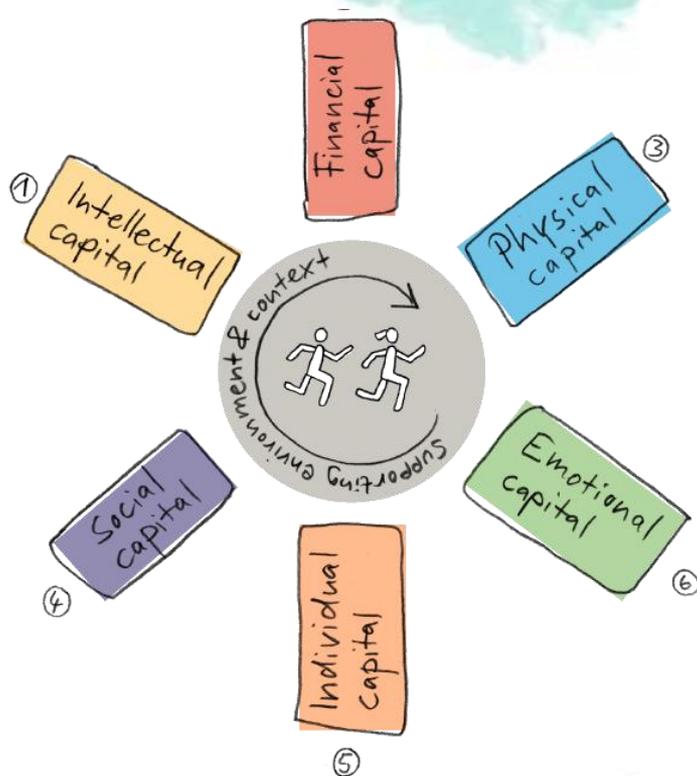
Sports Flanders Agency

Council of Europe



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

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



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

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



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

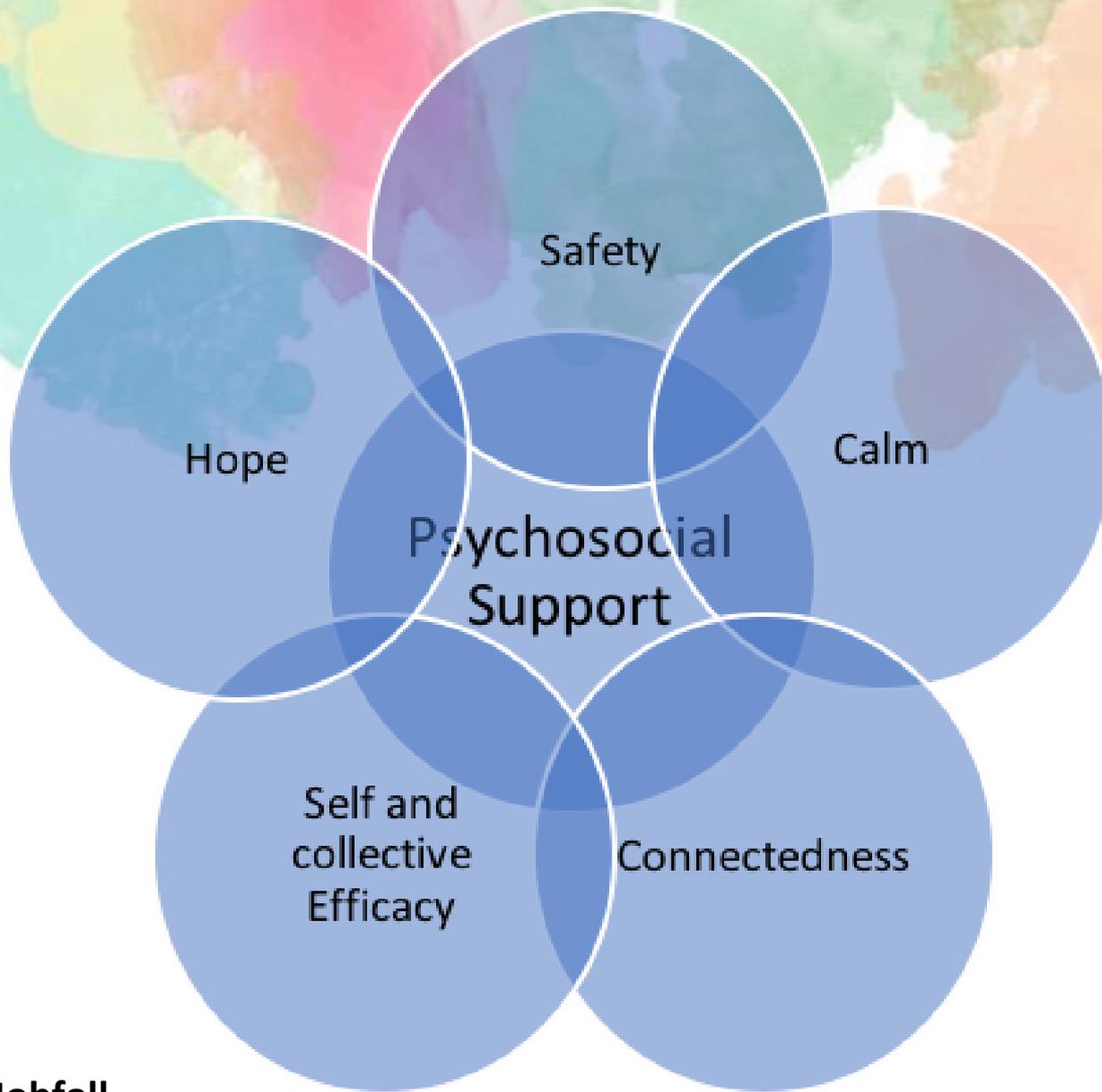
Training Module

- 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
Inclusion of Refugees in Europe



Dr Stevan Hobfoll



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

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.



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.



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

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.



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.

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



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



Rising You

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

www.risingyou.eu

