

2023



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# INCLUDE THROUGH SPORTS

Created by  
participants from  
Poland, Bulgaria,  
Czech Republic  
and Slovenia

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# DESCRIPTION OF THE PROTECT

32 young people and youth leaders participated in a 9-day youth exchange in Slovenia, entitled "Include through sports". During the exchange, we analyzed the state of volunteering in sports in the countries where we come from. We collected examples of good practices of inclusion in society through sports and empowered and trained 32 young people for volunteering in sports, so that we will have a satisfactory professional level of knowledge or social influence in our field in terms of where we can be involved in society through sport and consequently develop our competences. To make them as competent and influential as possible, we have prepared several tools.

One tool is intended for new volunteers, as well as for organizations based on the problems faced by youth sports organizations, where we prepared a tool to help and guide these organizations to help them work with volunteers, and at the same time prepared proposals for decision-makers to "revive" youth sports and sports organizations. Exchange participants will acquire the role of "active volunteers" and will influence peers in their environment with their authority and acquired knowledge. As an "active volunteer", we will join an informal network, which will expand our network of young people, and at the same time influence activities in the field of young people through cooperation with youth organizations (network of youth organizations).

In order to achieve the goals, we made 6 results:

- we analyzed the situation in the field of volunteering in sports in the countries of the organizations
- prepared a manual on integration into society through sport
- Prepared video content to promote volunteering in sports
- prepared an event plan where we test our acquired competences
- prepared an action plan for the reintegration of vulnerable groups into society through sport
- held voluntary sports events in partner countries

The project was financed by the Erasmus plus program.



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# DESCRIPTION OF THE ORGANIZATIONS



**Fraternitas European Youth Centre** - The aim of the Fraternitas association is to promote and implement youth exchange projects under the "Erasmus +" programme. During the projects, she works for international cooperation between local communities and various social groups in the aspect of youth exchange. It also promotes active participation in social life among the local population by organizing cultural, informational, educational and sports events.



**ICM Jindřichův Hradec z.s.** - The main activity of the ICM Jindřichův Hradec z.s. is regular year-round work with organized and unorganized children and youth, formal and informal education of youth and adult citizens of the Czech Republic and the EU, information and advisory services for youth and the general public and leisure activities for children and youth.



**NK VERŽEJ** -We pay the most attention in the association to the younger selections, whose successes are a reflection of the work in the association. The policy of the club is based on the education of its own personnel. We cooperate very well with the surrounding clubs. The club has 150 members, the club competes in the Slovenian football competition.ę trešci



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# DESCRIPTION OF THE ORGANIZATIONS



**Rhodopaea – Balkanica Association** is a regional NGO created in 1999 in the town of Kardzhali, Bulgaria and operates on an understanding of the knowledge of human rights, defence and lobbying of minority rights, adult education, youth activities, European programs and projects, and cross – border cooperation. Aims and objectives are to: work at confirming the values of civil society; realize social, humanitarian, inter-ethnic, educational, environmental, and cultural programs, and projects; confirm an intercultural model and tolerance in the district of Kardzhali; assist youth initiatives; non-formal education; gender equality; overcoming stereotypes and prejudices; activate the personal initiatives by community activities; work with the bodies of local self-management and state institutions; activate Balkan and European collaboration. Our target groups are young people, teachers, officials, NGO activists, project makers, young leaders, and volunteers. One of our most important priorities is a European partnership where we expect to achieve: the exchange of successful practices, a network of cooperation creating, European programs exchange, materials, and project ideas for a long-term partnership.



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# ACTIVITY SCHEDULE



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Erasmus+  
Bogati življenja, širi obzorja.

Erasmus + Youth exchange » Include through sport «, 21. – 28. July 2023, Šalovci, Slovenija

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	21.7. 2023	22.7. 2023	23.7. 2023	24.7. 2023	25.7. 2023	26.7. 2023	27.7. 2023	28.7. 2023	29.7. 2023
8.15-9.15	ARRIVALS	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00-9.15		Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting
9.30-13.00		Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Final evaluation And Granting Youthpasses
13.00		Presentation of Project, Erasmus plus, Youthpass	I and volunteering	Europe of inclusion Guest - round table Mayor.	How to begin	"Include through sports" event	Create an inclusion	Youthpass, and Volunteering internationally, Ideas for new projects	
16.00-18.45	Welcoming of the participants. Presentation of the accommodation and the surrounding	Team building activities	Why volunteering	City run	Me as a volunteer in sports - Preparation of activities	Learning through feelings	Our inclusion project	Visibility of our projects and Learning outcomes	DEPARTURE
18.45-19.00	We get to know each other	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	
19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00-22.15		Intercultural evening	National evening Slovenia	National evening Bulgaria	National evening Poland	National evening Czech Republic	TED movie The Power of an Entrepreneurial Mindset	Farewell evening	

I FEEL SLOVENIA

MOVIT

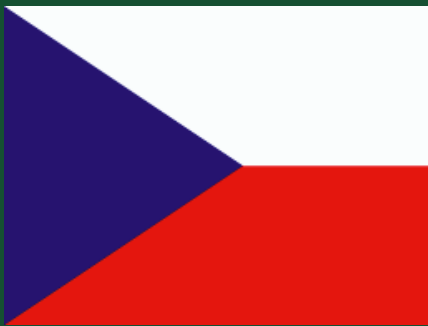


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# VOLUNTEERING



The most popular Polish volunteer organisation is WOŚP. The organisation works during whole year but main event happens in January when people go out on the streets and collect money for the organisation. During that period you can also buy stuff like water bottles, socks, bags and many more in normal stores and all the money go to the organisation.



Everyone who visits the Czech Republic should start with Prague; the epitome of Czech culture and a great choice for voluntary work in the Czech Republic. Prague is not only the largest city in the country, but a major cultural and economic center, home to stunning Gothic architecture and historical attractions that can transport you back 500 years. Voluntary work in Prague offers a fun and exciting city for volunteers to have the experience of a lifetime. If that isn't persuasion enough, Czechs are famous for producing some of the world's finest brews. Voluntary work in the Czech Republic does not just take place in Prague, but there are a variety of other smaller areas which can offer a more quaint and truly Czech experience, such as Brno and Ostrava, which are respectively the Czech Republic's second and third largest cities, and reveal a true insight into the local culture. Voluntary work in the Czech Republic also provides the opportunity to undertake placements in villages or smaller rural areas in the countryside, however it is important to bear in mind that the further out you move from Prague, the less people you will find speak English.



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# VOLUNTEERING



On average, Slovenian volunteers perform more than 9,000,000 hours of volunteer work in 1 year (data from 2021). The central organization is Slovenska filantropija. In Slovenia, we have a volunteer project called 'Give a Notebook', where we are collecting school supplies to give away to children that don't have money to buy them. 'Deželak junak' is also one project where we are collecting money for Slovenian families with no money. 'Veržej camp' is where we are raising money to help children raise in professional football players and last, the most popular project 'Rdeči noski', where doctors and nurses are playing with children that have cancer.



Volunteering in Bulgaria offers diverse opportunities in community development, education, environment, and more. Local and international organizations facilitate programs, and language requirements may vary. Accommodation and living expenses might be provided. Non-EU citizens should check visa requirements. Embrace the rich cultural experience, and commitment durations vary. Skills and qualifications vary too, making it open to individuals from different backgrounds. Research reputable organizations to find suitable projects and make a positive impact while learning and growing.



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# ACTIVITIES



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## Games for inclusion and energizers:

- Sitting in a circle, everyone has their hand intertwined with their neighbor's, the clap&double clap rhythm is repeated
- Double step, we stand facing each other: 1 clap, 2 hug, 3 jump, 4 turn, 5 stare 10 seconds, 6 hange places
- Princess, Castle, kingdom - P wips the princesses in the middle, C swaps people for hands, K swaps all roles
- Sun is shining on the people, who and think of something - people sit in a circle and one in the middle always says a phse and those on whom it applies change
- Rock, paper, scissors - two teams run opposite each other, when they meet, they play KPN, whoever wins goes on, whoever loses goes back.
- Hututututu, two groups against each other and tuch to add people to their team. They can catch as long as they have breath and speak Hutututu.



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## Me as a volunteer in sports

**Purpose:** Participants learn where they can get involved in volunteering through sports. **Description:** We give them different materials such as scissors, flipchart paper, paints, colored paper, wax crayons, markers, wood, cardboard, string, ... We ask them to make a collage or a work of art and create one common image that represents their voluntary involvement of young people in sports organizations (their lives). They have about 20 minutes. They have to work without talking and communicating only through creative expression.

In the second step, participants discuss the final result, teamwork and their cooperation while drawing the picture (10 minutes).



the third step is to share among the members of the subgroup what they have in common and what is different in the field of voluntary event in sports. They can use their artwork as a basis for discussion (20 minutes).

In the last step, the different subgroups briefly present their collages and the main topics of discussion to the other groups. Then, based on our wishes for involvement in volunteering, we divide into groups that will organize a volunteer event for children.



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## Create engagement



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**Purpose:** The participants get to know how a project is created and how we learn in the development of a project. **Description:** We briefly present the life cycle of the project (simplified: planning, implementation, evaluation). Then classify the participants based on their interest in various Erasmus+ projects: Youth in Action and European Solidarity Corps and their experience with these projects. When giving instructions, we also remind them that projects do not necessarily run linear (some phases of the project may also run concurrently) and different group members may have different views/experiences of how the phases follow each other.

The activity takes place in two parts:

**Part 1:** First, in 15-20 minutes, each group arranges the steps in the individual phases of the project and notes if they recognize that something is still missing.

When they do, we give them further instructions.

**Part 2:** They have 20 minutes at their disposal to place within each phase which approaches to monitoring and recording the learning process they use or would like to use and which people can support it.

In doing so, we give them questions on the slip as a guide:

- Which methods can support the participants in monitoring the learning process?
- How to support the participants so that their learning and learning progress is visible?
- How and where to place the reflection of the learning process?

In addition to the slips where they write down the methods and missing steps, they also have figurines at their disposal, which, as their metaphor, define different possible persons who support the learning process (e.g. coordinator, mentor, youth worker, peers), with the help of which they answer the following questions :

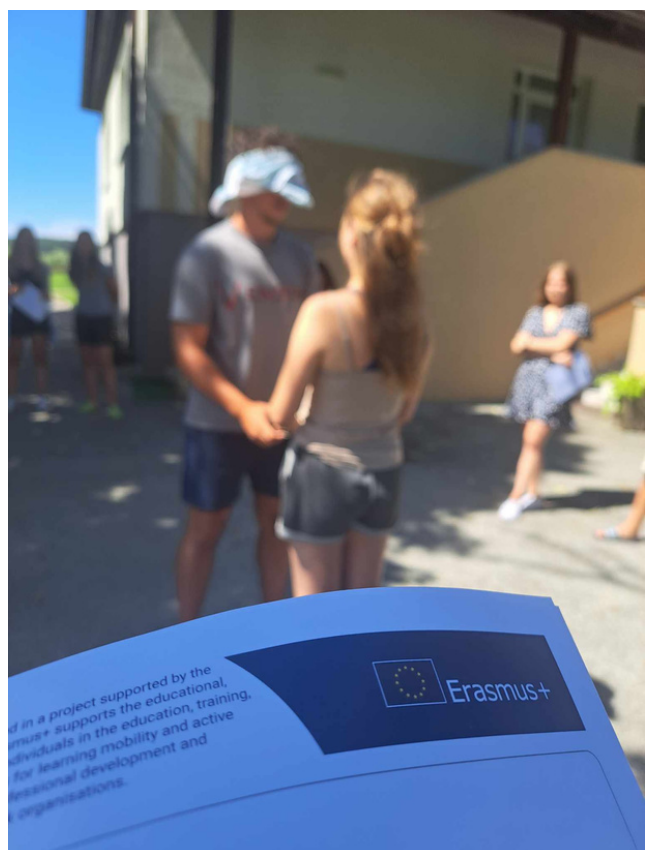
Which persons can support the process?

When in the project can they support him?

After distribution, we allocated 20 minutes for the participants to present the main findings in groups. Then we do a short evaluation of how it was for them, what they learned, and what surprised them.



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## Learning through feelings

Purpose: To encourage participants to reflect on how they feel during the learning process and how this affects their learning.

Group Size: Not important.

Time required to perform: 30 minutes.

Materials: Cut out pictures (at the end of this description), pen, and paper.

Instructions:

- Cut out the pictures on the handout and place them in an envelope or box.
- Explain to the participants that the goal of this exercise is to help them remember how they felt during the learning process and to write down what they learned from those feelings.

Instructions for participants:

- Look at the thumbnails and choose a few that represent your feelings and emotions during the learning process.

(There is no limit to how many frames you can choose, and it doesn't matter if they are positive or negative feelings.)

- In a few sentences, write an explanation of how you felt and what exactly you learned from those feelings.

After the discussion, the participants should directly write in their self-assessment what competencies they have in the field of managing their feelings did you learn from this feeling?

- How will you deal with him in the future?
  - What can be useful from this reflection of yours for others (e.g. for the future employer)?
- How can you express this on your Youthpass?



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# The idea for a project about sport and volunteering focused on inclusion

Problem:

Lack of Education

People do not believe that with disabilities you can do sport

The culture that excludes disable people

Stereotypes

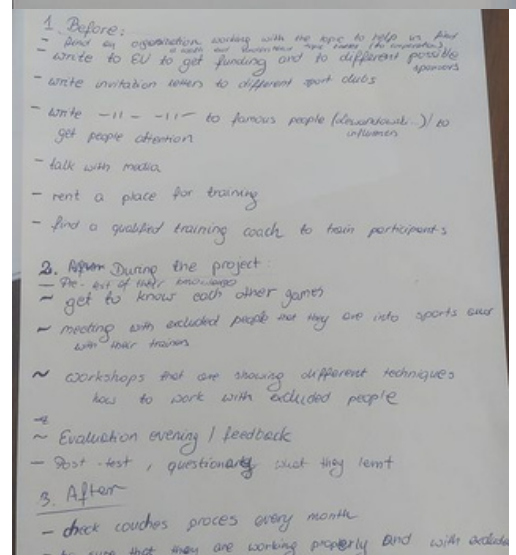
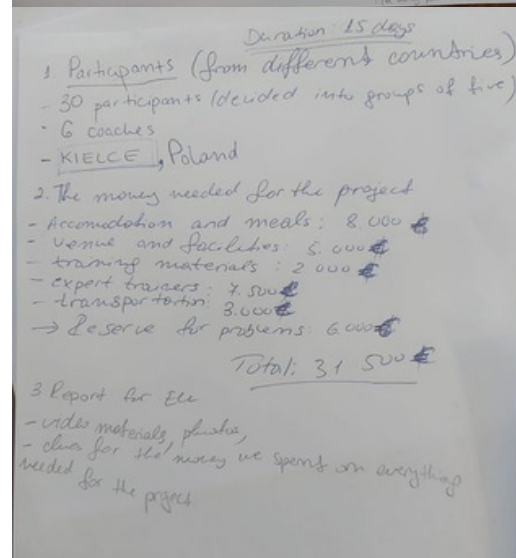
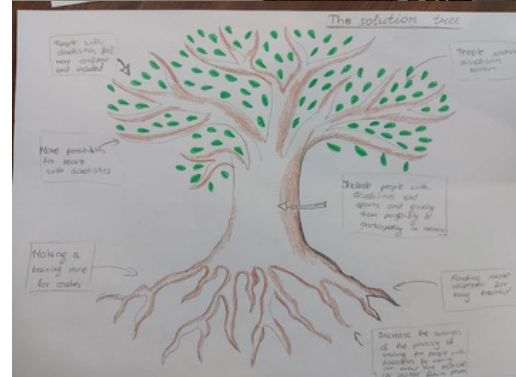
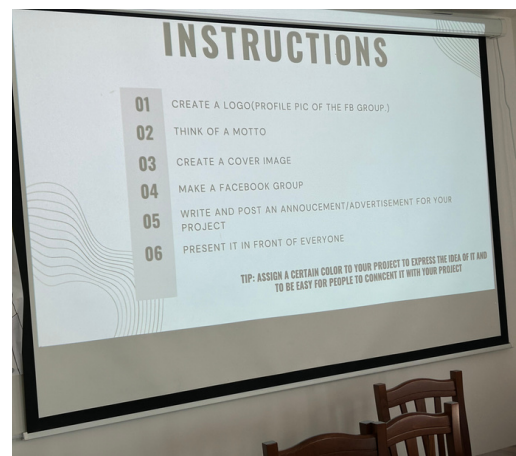
Idea:

Training people with disabilities

Giving possibility to participate

Solution:

- People with disabilities feel more confident and have more possibilities
- They got recognize
- They are not alone



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# ACTION PLAN

## **Project Idea: EmpowerAbility**

**Objective:** To address the issues of lack of education, negative perceptions about sports and abilities of people with disabilities, cultural exclusion, and stereotypes.

### **Action Plan:**

- **Training Programs:**

- Develop and implement comprehensive training programs for people with disabilities, focusing on various skills such as communication, leadership, and vocational skills.
- Collaborate with specialized trainers, educators, and professionals to ensure the training programs are tailored to the specific needs and abilities of individuals.

- **Inclusive Sports Initiatives:**

- Establish inclusive sports programs that cater to people with disabilities. This can include adaptive sports, para-athletics, and other activities that encourage physical fitness and teamwork.
- Collaborate with local sports organizations, schools, and communities to create a supportive environment for inclusive sports.

- **Educational Workshops:**

- Conduct workshops in schools, workplaces, and community centers to educate people about the capabilities and potential of individuals with disabilities.
- Address stereotypes and misconceptions through interactive sessions, guest speakers, and multimedia presentations.



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- **Awareness Campaigns:**
  - Launch a public awareness campaign to challenge and change societal perceptions about disability.
  - Utilize social media, community events, and partnerships with influencers to promote positive stories, achievements, and capabilities of people with disabilities.
- **Community Engagement:**
  - Establish support groups and community networks where individuals with disabilities can share experiences, challenges, and successes.
  - Encourage the involvement of family members, friends, and community leaders to foster a more inclusive culture.
- **Skill Development and Employment Opportunities:**
  - Collaborate with businesses and organizations to create job placement programs for individuals with disabilities.
  - Provide skill development training that aligns with market demands, enhancing the employability of people with disabilities.
- **Advocacy and Policy Reform:**
  - Advocate for policy changes that promote inclusivity, accessibility, and equal opportunities for individuals with disabilities.
  - Collaborate with government bodies, NGOs, and advocacy groups to push for the implementation of inclusive policies at local and national levels.
- **Celebrating Abilities:**
  - Organize events and campaigns that showcase the talents and achievements of individuals with disabilities.
  - Collaborate with local media to feature success stories, breaking stereotypes and promoting a more positive narrative.



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## Expected Outcomes:

- Increased confidence and self-esteem among people with disabilities.
- Improved public perception and awareness.
- Greater participation in sports and community activities.
- Enhanced educational and employment opportunities for individuals with disabilities.
- Positive societal changes towards inclusivity.
- Measurement and Evaluation:
  - Surveys and interviews to measure changes in public perception.
  - Monitoring participation rates in training programs and sports activities.
  - Tracking employment and educational achievements of individuals involved in the program.
- Partnerships:
  - Seek partnerships with disability advocacy organizations, educational institutions, sports clubs, businesses, and government agencies to maximize impact and reach.

By implementing this project, "EmpowerAbility" aims to create a more inclusive society where individuals with disabilities are recognized, empowered, and integrated into various aspects of community life.

