

European Football for



Development Network

**EFDN**



**Welcome**  
through football



**BEST  
PRACTICES  
MANUAL**

**TOGETHER WE ARE #Morethanfootball**



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# I. INTRODUCTION

## BEST PRACTICES HANDBOOK

This best practices handbook was collectively developed as part of the Erasmus+ project Welcome Through Football, coordinated by the European Football for Development Network. This handbook comprises an extensive research and mapping exercise that the working group conducted on organizations, projects, and methodologies throughout Europe that use sport in some way to establish an inclusive and integrative football movement, that provides frequent sporting opportunities for young refugees, asylum seekers and young people with a migrant background from different ages (7-25 years old). A total of 35 initiatives were identified and of these were selected by the group as best practices according to criteria based on relevance and impact. An in-depth analysis on these two criteria will be described in the handbook. The handbook presents the best practices, then summarizes why these projects were effective and identifies the specific inputs that contribute to equal opportunities in the sport for young people who had to leave their home country due to different reasons. A best practice is a procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption.

The Welcome Through Football project provides a platform for these young people to become more physically and socially active. The aim is to create equal opportunities and therefore assist this target group in the integration and inclusion in their new surroundings. This best practice mapping was undertaken in order to provide a strong foundation and learning about this topic for any sport organization who would like to help refugees and asylum seekers but doesn't know how. The projects and initiatives collected in this handbook are divided in two categories depending on the target groups in which they focus: children and youth, or women and girls.

Additional information about the programs such as objectives, methodology, outcomes and impact, partnerships, and contact information is provided in this handbook.





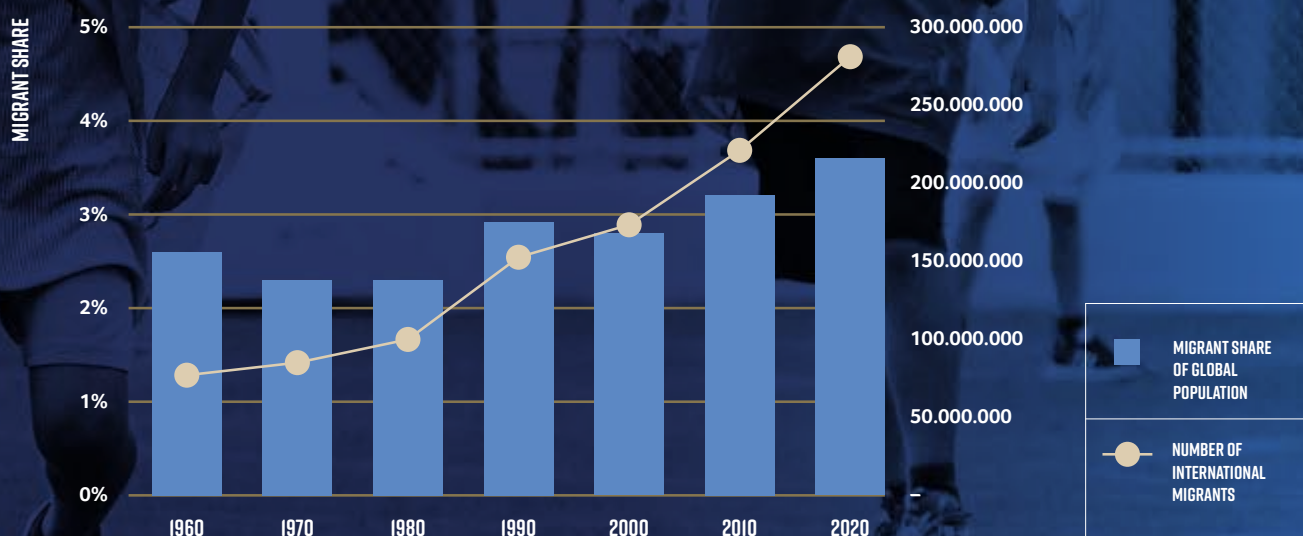


# Welcome through football

## 2. LITERATURE REVIEW

Migrants, asylum-seekers and refugees are one of the most vulnerable populations, often having lived traumatic situations, lost their social-family reference networks and ended up in completely new surroundings without any familiarities to hold on to.

Based on statistics from the United Nations (UNHCR, 2022), 89,3 million people are forcibly displaced worldwide. An estimation of 36,5 million people of these 89,3 million are children below 18 years of age, which is 41 percent of the total amount of displaced people worldwide. The Migrant Policy Institute (2022) displays the increase of migrants in a graph.



Almost 300 million people are officially defined as migrants. In total, 27,1 million people are defined as refugees, who had to flee because of a fear to be persecuted. This number is increasing, because between 2018 and 2021, around 1,5 million refugee children were born under difficult circumstances.

After migrants and refugees arrive at their destination in Europe, they must deal with many new challenges. Their effort to integrate in the new surroundings involves multiple obstacles (Almohamed & Vyas, 2016). One of them is the

lack of trust towards others. They will not trust helping hands and are not willing to extensively talk about their previous traumatic years. Next to that, migrants experience lots of cultural barriers. Making connections with others is difficult due to other religious beliefs, attitudes and behaviour. On the other hand, in some countries, people are afraid to ask for support and help, because they believe this may decrease their dignity. Lastly, most refugees have been through many traumatic experiences. The psychological impact of these experiences is impossible to imagine.





Most of the refugees do not have the possibility to deal with these traumas and are not able to receive support from an expert on this matter.

Youth who are unaccompanied or separated from parents are especially vulnerable. Even though some children are resourceful and positive about their future when arriving, children experience high rates of mental health problems (Eide & Hjern, 2013). Mostly depression, post-traumatic stress disorder and anxiety disorders are common outcomes of forcibly moving to a different country (Fazel & Stein, 2002). Youth migrants and refugees require access to opportunities and experiences that enable them to develop knowledge, skills and competencies and to play a full part in all aspects of society. According to the European Network Against Racism (Lynch & Pfohman, 2013), integrating refugees in the society has many benefits not only for refugees, but also for their community, and for those who support their inclusion. These benefits include economic independence and purpose, political and scientific engagement, increased diversity in the workplace, possibly increased inhabitants in societies with ageing population and economic advantages (Lynch & Pfohman, 2013). When considering how to include this target group into societies, many experts argue that sport is a platform for refugee children to forget their daily struggles, but also to develop life skills and to become empowered. Firstly, sport is a tool to develop self-confidence and self-awareness in young people. Secondly, sport is a great way to meet others and make friends. Thirdly, sport can be seen as a fun activity for children in which everyone can participate. By bringing children together, barriers between refugees and European children will break down (Amara et al., 2005; Spaaij et al., 2019).

The purpose of this Best Practices Manual is to support organizations designing their own project to implement a refugee inclusion programme in their local communities. As reflected by The UN Refugee Agency, sport constitutes an opportunity for refugees and migrants to be included and protected, to heal, develop and grow (United Nations High Commissioner for Refugees, 2018).

# 3. FRAMEWORK OF THE WELCOME THROUGH FOOTBALL PROJECT AND BEST PRACTICES

The Welcome Through Football project aims to assist in the integration and inclusion of recently arrived young refugees, asylum seekers and young people with a migrant background. In this project EFDN will develop and test an European methodology, together with the project partners, that uses football as a tool to reach refugees and migrants from different ages (7-25 years old). The goal of the methodology is to get them physically and socially active in European communities, and therefore feel more included.

For the older participants, the ultimate goal is to provide with employability opportunities at the end of the project. The project also wants to train staff members of participating organisations in this new methodology, to empower and help developing personal skills of young refugees. For this reason, we decided to develop a Welcome through Football Best practices handbook.





# WELCOME THROUGH FOOTBALL

2019

The current Welcome Through Football project is a follow up programme of our EFDN 2019 Welcome through Football programme. The 2019 Welcome through Football programme was a 12-month project funded under the EAC/S16/2018 called ‘Sport as a tool for integration and social inclusion of refugees’ and officially ended on 31-12-2019. This short pilot project has shown significant EU added value and is the main inspiration for the development of this Welcome Through Football 2021 project.

The pilot project was delivered by EFDN in five European communities in partnership with Apollon Limassol FC, Everton in the Community, FC Emmen, KAA Gent Foundation and Werder Bremen. Within the Welcome through Football 2019 project and based on our research of existing programmes, EFDN developed a 3-step methodology to support refugees to integrate in European society:

STEP

1

## Socialisation to sports:

providing different football offerings for young refugees of both genders related to their specific requirements such as language skills or dealing with traumatic experiences. In these first 12 weeks, the participants are offered football sessions to guide them to sport activities at a foundation or grassroots clubs’ level. The sessions can also include some assistance with learning the local language, but the main aim is to offer the participants a structured sports offer at a grassroots club/level and to build a new social network in their new community.

STEP

2

## The socialisation in sports:

working on team structure, giving more responsibility to the participants, and offering additional opportunities (like training and coaching skills) with the sports training sessions. Step 2 of the Welcome through Football Methodology still includes weekly football sessions, but the participants are offered an additional training curriculum which will provide them with skills to take more responsibility and for instance assist with the training sessions of their peers who just started with Step 1 of the Welcome through Football Methodology. The participants learn what it is to volunteer on grassroots level and together with the participants the partners will develop individual learning paths to guide them to Step 3.

STEP

3

## The socialisation through sports:

focusing on the skills the participants learn from taking part in the available offers so they qualify for further education, volunteering, or work placement in and outside of sports. Step 3 of the Welcome Through Football Methodology also offers weekly football sessions but the main focus is to guide and assist the participants to education or internship opportunities. Depending on their age and skills, the participants are introduced to sponsors of the professional football club during the so-called Scoring for Jobs Matchdays. A unique occasion for both sides to sit at the same table, erase any potential prejudice and bilaterally discuss employment opportunities.



## WELCOME THROUGH FOOTBALL

2021

The Welcome Through Football project aims to build upon the previous Welcome Through Football project and deliver a specific European methodology that uses football as a tool to reach refugees aged 7-25 years old. To successfully develop this project, EFDN has analysed and reviewed the Welcome Through Football pilot project in great detail, ensuring we are able to learn and improve upon the previously delivered project to provide greater value to communities across Europe.

The Welcome Through Football project will work to facilitate that all participants are physically and socially active in their European communities and prepare them for entering the European labour market. As previously mentioned, the project will use the current best practices from our previous project, and then provide further testing and delivery phases to prove the best practice methodology on a European level.



# 4. DESCRIPTION OF THE MAPPING PROCESS AND PROJECT ACTIVITIES

The collection of the information provided in this document has been gathered in the following order:

1

SELECTION OF BEST PRACTICE CRITERIA, LITERATURE REVIEW AND FRAMEWORK.

2

PRESELECTION OF BEST PRACTICES, USE OF MAPPING DOCUMENT AND BEST PRACTICE TEMPLATE.

3

SELECTION OF BEST PRACTICES, CREATING A DRAFT.

4

SEEKING FOR APPROVAL FROM ORGANIZATIONS, REQUESTING PHOTOS AND LOGOS.

5

FINALISATION OF BEST PRACTICES, CATEGORISATION AND CONCLUSION.

6

DISSEMINATION OF BEST PRACTICE HANDBOOK, COMMUNICATION IN COLLABORATION WITH ALL ORGANISATIONS INVOLVED.

7

MONITORING AND EVALUATION OF DISSEMINATION, HANDING IN THE HANDBOOK FOR REPORTS.





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# 5. BEST PRACTICES

NON-COMPETITIVE – CHILDREN AND YOUNG ADULTS







## SV WERDER BREMEN

# WELCOME THROUGH FOOTBALL/SPIELRAUM

SV Werder Bremen implemented the SPIELRAUM program in the city of Bremen. The aim of the program is to use sports as an opportunity to gain access to children and young refugees between the ages of 10 and 14, thus offering a supplement to the traditional youth social work services in the city. By providing weekly training sessions in five city districts, newly created spaces are transformed into lively places together with young people. These spaces can be used for team sports, sharing fun and personal development. The program has been organized together with public organizations, institutions and other local stakeholders in Bremen.

By providing sports activities for young refugees, together with the SV Werder Bremen network, young people meet each other, specific needs are held into account and available work and education possibilities are offered.

For more information, visit the website:

EFDN:



Spielraum:





**Special  
Olympics**

## SPECIAL OLYMPICS EUROPE EURASIA

# UNIFIED WITH REFUGEES

Special Olympics Europe Eurasia is the regional office of Special Olympics, Inc., and oversees programmatic implementation in 58 nations across the region, with its principal regional office in Dublin, Ireland and satellite offices in Spain, Poland, and Belgium. Special Olympics Europe Eurasia is utilizing the power of inclusive sports with the Unified with Refugees program. It brings individuals with intellectual disabilities and refugee youth onto the same team to train, compete and use the power of sport to create sustained social inclusion for both demographics in communities around the world.

Special Olympics strives to forge greater social integration for refugee youth of all abilities through sport, to highlight the need for increased social inclusion worldwide, and to provide more sports training and competition opportunities for Special Olympics athletes.

The methodology includes the utilization of the SO Unified Sports program as well as the SO Global Health Initiative. The main partners of SOEE in this project include UNHCR, Special Olympics, Lions Clubs International Foundation, EFDN and UNICEF.

Thanks to this programme, there has been a great receptivity on the part of reception centres, UN agencies, Special Olympics national organizations and refugee youth and their families, in addition to an increasing number of national organizations engaging in the concept, growing the demand for activations and promotion.





## THE WELCOMING

# THE WELCOMING

The Welcoming is a Scottish charity dedicated to supporting asylum seekers, refugees and migrants of all ages in Edinburgh. The Welcoming strives for a diverse and inclusive Scotland, where everyone feels welcome and can achieve their potential. Activities for improving health and wellbeing, including cycling, swimming and meditation are organised. There is also the opportunity to join friendship groups and one-to-one befriending for refugees and migrants in Edinburgh. The New Scots have free weekly English classes and support with finding work, developing skills and career planning. At last, there are activities to promote sustainable living, including a Community Fridge and Sustainable Garden.

By March 2023, it is expected that 3.500 New Scots will have made use of these services. 80 nationalities will have been represented among New Scots, while 600 established Scots will have participated in the service as volunteers. Next to that, 95% will report that their English skills have improved, that they understand life in Scotland better, that they have met new people and made new friends and that they have broadened the social and cultural understanding. On top of that, 75% will have found a new job.



For more information, visit the website:

The Welcoming:  
volunteers



The Welcoming:  
reports and  
financial  
statements





## BERLINER FUSSBALL VERBAND

# FUSSBALL GRENZENLOS

The program 'Fussball Grenzenlos' of the Berliner Fussball Verband aims to support refugees through football. By playing football, they facilitate the integration of refugees, men, women and children of all ages. The Berliner Fussball Verband cooperates with football clubs, offers coaching courses, creates networks between football clubs, sponsors and social projects. Lastly, they organized tournaments and workshops for the target group.

The project modules consist of football training in cooperation with football clubs, refugee camps and social projects, to integrate refugees into the football clubs. Next to that, events like football tournaments, are organized together with cooperation partners.

Thirdly, networking has been stimulated to improve cooperation between football clubs, refugee camps and social projects. Lastly, qualification courses to become a coach or referee are designed and offered to refugees.

The main outcomes and impact are clearly visible. Participants are introduced to the work as coach, get to know the club system and receive the opportunity to acquire a "UEFA Grassroots License". The coaches are allowed to work voluntarily in the clubs. This experience is valuable for the participants and the club's benefit from the new coaches.



For more information, visit the website:

Fussball Grenzenlos:







## DRAGONES DE LAVAPIÉS

# DRAGONES DE LAVAPIÉS

The Dragones de Lavapiés rose from the dirt of a vacant, inner city Madrid block 7 years ago. Lavapiés is the most multicultural neighbourhood in Madrid and the Dragons founders (Jorge, Dolores and Ana) saw the need to build a club around the global game in order to offer children a safe space to nurture inclusion, diversity and foster ties between all cultures. The club has grown rapidly and has 340+ players from 51 different countries, speaking 40 different languages, making it a symbol of Lavapiés' diversity and spirit of resistance. They are focused on projects involving refugees and immigrants seeking residency. The success of the Dragons is mainly due to the extremely involved and passionate people, together with some great sponsorships, such as the leading elevator company Orona.

The Dragones have accomplished many activities to support refugees in their community:

- National Anthropology Museum Football Tournament. This annual football tournament opens a pathway to make their players understand the refugee challenge, by making them understand human differences and what humans share. Realizing the relevance of the relationship between Lavapiés and refugees is important to create a meaningful change in the integration of refugees.

- Senior Dragons Refugee Football Team. The Dragons decided to reserve a pitch in Retiro park on a weekly basis for refugees to train on, under the guidance of two of their professional coaches. The team now plays in a local league representing the Dragons. The difference that this simple solution has made has been immense in the lives of these young players.
- Coaching for future refugee coaching program. Refugees in the team learn from their club coaches, by working as assistant coaches for a period of three months. Whilst the program is not a formal coaching qualification it does offer the opportunity for refugees to discover if they enjoy coaching, planting a seed of hope that can one day progress into a professional qualification and path.

For more information, visit the website:

Dragones de Lavapiés:





## ATHENS COMICS LIBRARY

# NO DIRECTION HOME: STAND-UP COMEDY

The Athens Comics Library in collaboration with Counterpoint Arts brought the no direction home in May 2022: a stand-up comedy project. The program is based on the power of storytelling as a healing, transformative and community empowerment tool. In this case, the channel of inclusion is not strictly sport. The aim of this project is to provide training, opportunities and career development and to help shift the narrative about who and what can be funny. Teenagers and young adults from local migrant communities and refugees are the focus of this project.

In total, 10 workshops with storytellers, stand-up comedians and experienced facilitators were designed. During the workshops the participants learnt the basics of storytelling and presentation skills, but mostly made themselves comfortable to open up in front of others. When connected to each other stories, the participants felt that they also possess the ability to make positive changes. During this project a few different outcomes were discovered. A mixed group of refugees and locals were brought together which created a better understanding and collaboration. They also build self-confidence, worked on language and their public speaking skills. Next to that, a safe space was created for sharing personal stories, mutual listening and empathy. At last, the project contributes to the change of narrative around refugees and migrants.



For more information, visit the website:

Athens Comics  
Library:



The Guardian:







## PALESTINE YOUTH FOOTBALL CLUB

# BASKET BEATS BORDERS

Palestine Youth Football Club was established in the Palestinian Refugee Camp of Shatila in Beirut - Lebanon in 2010 but it had been playing informally since 2005. It hosts over 70 members, consisting of boys and girls of different ages. The PYC has no access to any communal sport space and no access to any official sport tournament. Nevertheless, the club continues to practice its sport activities and to find the best everyday practices to improve its situation.

Thanks to the Basket Beats Borders project the better and a strong community network was built giving the possibility to participate in international competitions: they traveled four times to different European countries (Italy in 2017 and 2018, the Basque Country in 2019, Spain in 2022).

The project believes in the power of sport for a positive change in society as it is one of the powerful tools able to build bridges for cohesion, cooperation and peace.

The Basket Beats Borders aims to enhance the role of girls, develop their abilities and give them new opportunities in order to build their confidence and choose their role in life through sport, education and gender equality practices.

The methodology utilizes basketball and football trainings for both girls and boys in order to improve physical and life skills. Furthermore, children attend the remedial classes and awareness session about challenges that teenagers face in their everyday life. The main outcome that the association reached in these years is the creation of the center in Shatila to make its own activities in its own space. The center is now a safe place where girls and boys can improve their confidence and can find their role in society. Some of their girls have their own job and they are now coaches and teachers of the association. Moreover the association gave them the possibility to travel abroad as a basketball team and to participate in international basketball tournaments. The team won the Sport Culture Arabic Award for youth initiatives in 2023.

*This initiative is shared by Atletico San Lorenzo from Italy*

For more information, visit the website:

Basket beats borders:



L'Orient Today:





## CAP CIUDAD DE MURCIA

### TEAM CIUDAD-CEPAIM

The CAP Ciudad de Murcia, fan-owned football club, was created in 2010, after the disappearance of CF Ciudad de Murcia. Since then, the club has had a well-known community spirit that has led to a marked social dimension. In addition to the commitment to teams with women, disabled people and minority sports, the club has always been concerned about the vulnerable situation of immigrants and refugees in Spain.

The CAP Ciudad de Murcia participates in the “fútbol popular” movement since 2010. They also participate since 2010 in the FARE Action Weeks and ‘Football People’ campaigns that the FARE network organizes each season.

Fundación CEPAIM has been working for coexistence and social cohesion since 1994. The organization has used football as one of the tools of social inclusion for immigrants and refugees. It is implanted throughout the Spanish territory and its lines of intervention are interculturality, coexistence and equality.

In 2018, CAP Ciudad de Murcia and Fundación CEPAIM decided to join and create a team of refugee and immigrant players. The Ciudad-Cepaim was created, a football team registered in the Second Autonomous category. The squad, made up mostly of refugees (80%) and people at risk of social exclusion, is also the affiliate of the CAP Ciudad de Murcia's first men's team. This team is the only refugee team in Spain and was promoted to a category for sporting merits.

Using football as a motivational tool, the project gives refugees access to social resources, employment or training, as well as sport,

thus dignifying their lives and building a diverse and cohesive society. The team's goal is to develop an intercultural project that is committed, in a pioneering way, to the social inclusion through a universal language that everyone understands: football.

The team participates every year in the ‘Network Tournament for Inclusion: Murcia deface exclusion’: a 3-month tournament in which the main social entities of Murcia that work on social exclusion participate with their beneficiaries with the objective of make these groups visible and work on social cohesion and create networks.

In 2019, the first Social Responsibility Football Conference organized by the RFEF (Royal Spanish Football Federation) took place in Seville. During this day, the inclusive football project of the Fundación Cepaim and CAP Ciudad de Murcia was presented as an example of good practices.

The team Ciudad Cepaim participates also in the European project Erasmus + ‘Play Football Together’: the objective of the project is to articulate and stabilize a soccer team made up of people with Refugee status and applicants in process of said status in order to promote a model of intercultural, inclusive and cohesive society, as well as enhance the role of sport as a tool of social inclusion.

The inclusive football project that Fundación Cepaim and CAP Ciudad de Murcia carry out jointly was nominated among the three finalists for the Integration of Refugees Through Sport (IRTS) Awards 2021 at the ISCA's MOVE Congress, which was held in Brussels.





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# 5. BEST PRACTICES

## WOMEN AND GIRLS



## LIBERI NANTES ASSOCIAZIONE SPORTIVA DILETTANTISTICA

# S(UP)PORT REFUGEES INTEGRATION

The Liberi Nantes Associazione Sportiva Dilettantistica started a pilot programme, in February 2018. The aim is to foster social inclusion for young female refugees through sport by taking part in sports activities that linked them to the community. By providing sports opportunities, the project contributes to the development of a viable, sustainable and multi-actor ecosystem for social inclusion of third country nationals at local level. In the end, this could improve participants' psycho-physical wellbeing, self-awareness and sociability.

In total, 100 female refugees (aged 15-40) living in reception centres located in Rome with four different sport activities: football, touch rugby, postural gymnastics and kicking. All the sport activities are for free. The memories of violence tend to remain in the body of migrant women, and therefore discovering new activities, like playing different sports, to do with their own bodies, they get to experience pleasure and relaxation. This will contribute to a positive psycho-physical wellbeing, self-awareness and socialization.

At the end of the project, multiple outcomes and impact were measured. Firstly, the project was recognized as a successful social inclusion practice by the European Commission. Next to that, an innovative and replicable approach towards the empowerment of young refugees has been implemented. This approach takes specific needs of the target group into account, like fragility, fears, culture differences and family commitments. To tackle multiple challenge, refugees can make flexible appointments for sports activities, use adequate sport materials and cultural mediators are always present.

For more information, visit the website:

Liberi Nantes Associazione  
Sportiva Dilettantistica:







## GIRL POWER FOUNDATION

# GIRL POWER

The Girl Power Foundation was founded in 2014 by Khalida Popal, a refugee from Afghanistan living in Denmark who founded the first female national football team in Afghanistan and continuously advocates for gender equality and more women in leadership. Her mission is to use sport and tools to empower, connect and unify women and girls from all cultures and social backgrounds. Young women experience a lack of sports and educational activities, a lack of network opportunities and a lack of possible leadership roles. Big barriers can be differences in language, cultural & social norms between ethnic and minority women and local women, which can make the process of integration and inclusion feel difficult, even negative, and at worst these differences can feel more like divisions between two communities.

By teaching and inspire young women and girls from Kenya, Pakistan, Afghanistan, Jordan, Turkey, Greece, Germany and Denmark, Girl Power strives for more engagement of women in society and give women more responsibility for creating changes in their communities.

The foundation organizes multiple programs. Firstly, football training and empowerment programme for refugees and immigrants between the age of 8 and 10 year. Secondly, they provide strength & fitness training for older women who have limited access to sport activities due to social or cultural barriers.



For more information, visit the website:

Girl Power Foundation:





**BARÇA  
FOUNDATION**

**BARÇA FOUNDATION**

## BARÇA FOUNDATION PROGRAMS FOR REFUGEE AND MIGRANT CHILDREN AND YOUTH

The Barça Foundation is currently implementing programs in Catalonia, Greece, Malaysia, Turkey, Uganda and Colombia that promote physical and emotional well-being and social inclusion of refugee and migrant children and youth. Previously, the Barça Foundation run this programme in Denmark, Germany and Lebanon as well.

The Barça Foundation implements these programs in a wide range of contexts including refugee camps, informal settlements, within the Physical Education school curriculum, and on municipality fields. The organization trains educators and coaches of local organizations to deliver a sports-based curriculum which includes cooperative games, inclusive football together with other sports, dialogue, and discussion.

It is important to point out the holistic intervention approach of the Barça Foundation. Sport is not the final objective of the projects, but the magic tool to go further, and work on other needs such as the lack of access to health and sanitation, education, the lack of protection against violence, or social inclusion, among others. These objectives beyond sport are achieved thanks to the joint work between expert entities in different areas of intervention.

Over time, Barça Foundation realized that active participation of girls in the project required programs to be adjusted or re-designed based on an understanding of the wider norms, cultural issues and social structure and obstacles to girls' participation and through communication and engagement with participants, coaches, families, and communities.

Since 2017, 450+ coaches and educators and 20,000+ children and youth have participated in the programs. Barça Foundation prioritizes the identification and development of women as proactive coaches and promotes the visibility of female leaders. Besides that, the foundation measured that girls and boys build deeper and more respectful relationships with each other due to the program.

For more information, visit the website:

Barça Foundation:







## HESTIA FC & INTERNATIONAL OLYMPIC TRUCE CENTER

# REFUGEE AND MIGRANT WOMEN FOOTBALL PROGRAM IN URBAN ATHENS

Hestia FC is a foundation, founded in 2019, with the goal to provide solidarity and support to refugees and asylum seekers. Nine educational sport programs are designed and implemented for both adult and youth population with more than 960 athletes. The overall aim of the project is the protection, empowerment, social integration and psychological well-being of refugee and migrant women, as well as the promotion of the Olympic values and the United Nations Sustainable Development Goals (SDGs) through sport. The goal of this project is being reached by creating the first football program for refugee and migrant women in Greece. While playing, new ways are developed to engage women in society and keep them onto the field. Participants enjoy two training sessions per week, discussions regarding the UN Sustainable Development Goals and the Olympic Values, motivational speeches from professional athletes and workshops about nutrition, photography and films.

Until September 2020 the programme has benefited approximately 65 female refugees and asylum seekers ages 18+ located in Athens.



The team consists of 20 players, from Syria, Afghanistan, Iran, Iraq, Cameroon, Congo, Morocco, Algeria, Somalia, Turkey, Tajikistan, Eritrea, Sierra Leone and Egypt. The team has played 8 friendly matches, participated in 3 local and 4 international football tournaments, organized 14 events, attended 13 local and 16 international conferences.

In April 2020, Hestia FC was recognized as a best practice in the research “Football and refugees – Cultural Anthropology of the Balkan corridor”, conducted for UEFA.

For more information, visit the website:

International Olympic Truce Centre:





## BIKE BRIDGE

# BIKE BRIDGE MITEINANDER STATT NEBENEINANDER

Bike Bridge is a non-governmental and voluntary-based community leisure organization targeting primarily (newly arrived) female asylum seekers and refugees. The main objectives of Bike Bridge are to combat social isolation of female refugees and asylum-seeking, foster their spatial and social mobility and enable community cohesion mainly through recreational biking. They use biking as a meaningful instrument to create space for interaction, movement and exchange.

Bike & Belong cycle courses are the main activity of the organization where women learn how to ride a bicycle with the support of volunteers. As cycling is a tool that can empower women from ethnic minority groups and provide them with the freedom of mobility. Bike Bridge also organizes various collective recreational activities like open trainings, bike excursions and picnics for locals, newcomers and their families as well as communal cooking events and multicultural festi+vals.

In the sixth year after the initiation of Bike Bridge, it organizes leisure activities in several cities in Germany (Freiburg, Stuttgart, Frankfurt, Hamburg, Cologne, Munich and Augsburg).

For more information, visit the website:

Bike Bridge:







**spin**  
Sport Inclusion Network

## SPORT INCLUSION NETWORK

### SPIN REFUGEE

SPIN Women (Sport Inclusion of Migrant and Minority Women: Promoting sports participation and leadership capacities) is a project of the Sport Inclusion Network (SPIN), co-funded by the Erasmus+ Programme. This project has multiple objectives. Firstly, SPIN Women is making an effort to enhance the social inclusion and participation of asylum-seekers and refugees on the local sport level through training, education and capacity building of local sport stakeholders. Secondly, they organize educational opportunities for sport coaches how to practically foster intercultural openness and inclusion in sport organisations. Thirdly, empowering refugee initiatives to sport the role of refugees, in particular women, as volunteers in sport clubs. The focus lies mostly on the involvement and capacity building of sport stakeholders. To get multiple actors involved in the program, more awareness has been raised for the inclusion of the refugees, financial support was available, and more opportunities were created.

The project will end in December 2022 and the outcomes and impact will follow after the end of the programme.



For more information, visit the website:

Sport Inclusion Network:







## 6. CONCLUSIONS



The best practices presented in this manual offer practical examples to sport organizations on how to support and include refugees arriving in their communities.

With the presented information, sports organizations, clubs and associations are encouraged to develop their own programmes to help refugees and asylum seekers transition into their new society. This manual shows that refugee inclusion programmes are not only a football related activity, or a boys and men, but they can be developed through other sporting activities and have a focus on all ages, abilities and genders.

Despite the limitations that may appear when working with this target group, and the different contexts and laws that apply to each country, all the projects collected in the manual can be adjusted to the specifics of each organization willing to create or further develop their own programme.

Welcome through Football partners will use the insights of this manual to further improve their own methodology across the different European countries in which they are participating in the programme.





# GLOSSARY

**ASYLUM SEEKER:** people who left their country to find protection for human rights violations in another country. These people are not recognized as a refugee and are waiting on a decision on their asylum claim (Amnesty International, 2022).

**EMPLOYMENT:** An agreement between an individual and another entity that stipulates the responsibilities, payment terms and arrangement, rules of the workplace, and is recognized by the government (What is Employment? - Definition | Meaning | Example, 2018).

**IMMIGRANT:** From the perspective of the country of arrival, a person who moves into a country other than that of his or her nationality or usual residence, so that the country of destination effectively becomes his or her new country of usual residence (UNdata | glossary, o. D.).

**INTEGRATION:** A dynamic, two-way process of mutual adaptation between migrants and the societies in which they arrive (Challenges and prospects in the EU: Quality of life and public services Chapter 7, o. D.).

**MIGRANT:** A migrant can be defined as any person who changes his or her country of usual residence (Definitions, 2016).

**REFUGEE:** Refugees are a type of migrants. Refugees are defined as people who are unable or unwilling to return to their country of origin owing to a well-founded fear of being persecuted of reasons of race, religion, nationality, membership of a particular social group, or political opinion (UNHCR, The UN Refugee Agency, o. D.).

**SOCIAL INCLUSION:** The process of improving the terms of participation in society, particularly for minorities and people who are disadvantaged, through enhancing opportunities, access to resources, voice, and respect for their rights (Social Inclusion | Poverty Eradication, o. D.).



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