

For Social Inclusion

Activity Box 2.2

Module 2: Different PURPOSES



**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

Key Facts

- +400.000 indigenous people in Europe, the vast majority in the Arctic: Samits, Inuits, among others (50)
- The number of [people fleeing war, persecution and conflict exceeded 79.5 million](#) in 2019, the highest level since the second world war.
- A billion people in the world, of whom over 70 million in the EU, live with disabilities today (74)
- Prone to social exclusion is the status NEET 'not in employment, education, or training', which encompasses about 14 million Europeans aged 15-29 (114)

Specific purposes this Activity Box applies to:

It refers to using Sport and physical activity as a response to excluding minorities and marginalized groups:

- Indigenous people
- Homeless
- Persons with disabilities
- Migrants and refugees (one of the central themes on the international agenda)
- Unemployed/jobless
- People from lower socio-economic backgrounds

It also applies to groups whose rights are not being respected in many circumstances: **Elderly and LGBTI+**

Why is it so important

Contribution

The power of Sport

- It is a determinant tool for social inclusion as it enables a safe and harmonious integration of minority groups.
- It is an effective tool for the integration or introduction of minorities of all kinds and for connecting with socially excluded groups often hard to reach.
- Powerful social connector brings people together and provides a sense of belonging

Relatedness with development frameworks

- Programmes/activities should be delivered in an integrated manner with other local, regional and national development and peace frameworks. The most universal at the moment is the 17 Sustainable Development Goals
- Sport combined with other non-Sport components should be encouraged to enhance the effectiveness of development and peace purposes

**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

At the individual level, Sport can:

- Lower risk of violence and positive effects on forced or familiar volunteer separation.
- In case of refugees/asylum seekers, Sport can help to heal and to overcome trauma
- These benefits help individuals to increase their store of human capital
- Capacity building and empowerment
- Enable the acquisition of life, Sport and language skills
- Active citizenship, crime reduction and community safety, positive economic impact and regeneration of local communities, education and lifelong learning

At the societal level: Sport is a tool for building community and social capital.

- It can help improve communication and build relationships, of age, gender, ethnical group, religion, sexual orientation and physical ability.
- Builds the values and communication skills to resolve social tensions/conflict
- Promotes community identity, coherence and community integration
- Opens up possibilities for civic engagement designed in such a way that minorities can be assigned important offices and positions (e.g. trainers, group workers, etc.)

International endorsement

United Nation's SDG No. 10: Reducing inequalities and ensuring no one is left behind. **Goal 10.2** seeks, by 2030, to empower and promote the social, economic and political inclusion of all.

TAFISA Mission 2030 – Social Inclusion: In 2030, all migrants, refugees, minorities, levels of ability, gender and sexual orientations are understood, welcome, appreciated and integrated.

Barriers to Sport that should be overcome

- Lack of facilities
- Prejudices with target groups
- Non-inclusive accessibility
- Lack of awareness, skills and adapted delivery approaches among Sport stakeholders (clubs, coaches...)
- Lack of awareness among public authorities
- Too much focus on the competitive side of Sport
- Actions isolated from integrating institutions
- Action that targets a specific group without mingling them with society at large

**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

Tips and key success factors

Understanding the different social inclusion challenges

- Understand the specificities of group to be included through Sport. Walk in their shoes!
- Define criteria related to inclusive language, legal status, among others
- Articulation with different groups of interest (community leaders, NGOs, local councils, among others) is one way to discover how your club might do something new or different to meet these needs

Type of participation

- **1. Through direct participation:** Sport can bring people together, expand and strengthen social ties, link people to resources and provide them with a sense of belonging. Sport can also reduce the social stigma experienced by marginalized groups, such as persons with disabilities, people with HIV and AIDS, and former child combatants.
- **2. Through indirect participation:** Sport can play a valuable role as a communication, education and social mobilization vehicle. At the community level, popular Sport events offer local platforms to deliver health information and education. E.g., health promotion, vaccination, and disease prevention and control efforts.

Ideas for programmes and activities

- “Challenge” participants to do something: make it visual and keep it simple to secure their involvement.
- Structure and disseminate an anti-discrimination policy so any forms of inequity and/or racism can be addressed quickly.
- Regular open days encourage local people to visit the club and become familiar with its facilities and members.
- Invite the whole family to participate, e.g., cutting oranges, umpiring, equipment maintenance, etc.
- Classes and competitions should target just the minority target groups to encourage those too shy to approach recreation centres and sporting clubs. Dismiss activities that prevent group attachment.

Adapt facilities to the different necessities of minority groups

- Create “Feel at home” atmospheres.
- Facilities and services may need to be designed in ways that resolve potential faith or cultural barriers, and there is often a need for more relevant and better signposting and support.
- A club or facility represents a meeting place opportunity to find social support and advisory. Creating a cardboard with different posts, such as jobs, legal information could be a smart idea to attract minorities.
- Be careful with unintentional language access barriers

**INCLUSIVE.
INSPIRING.
SPORT FOR ALL.**

Other tips

- Awareness should be raised to include minorities, not just participants but as volunteers, coaches, board members, trainers, managers and other professionals involved in Sport.
- Programmes focussing on integration can help to break down barriers and contribute to integration.

Available Resources

- Inclusion makes the world more vibrant. [Click Here](#)
- Inclusion Starts with I. [Click Here](#)
- Additional applications of Sport in the consecution of Social Inclusion. [Click here](#)

Sample Case

Sport Is Your Gang

(International Federation of Muaythai Amateur - FMA)

- FMA's latest campaign, in collaboration with the Peace and Sport Organisation.
- It aims to use Muaythai as a social inclusion programme for youth and to inspire young people with positive self-development.
- Uses Muaythai as a platform to bring structure to their lives.

More information:

Case study. [Click Here](#)

TAFISA OFFICE

c/o Commerzbank / Filiale Höchst
Hostatostraße 2
D-65929 Frankfurt am Main
Germany
Email: info@tafisa.org
Tel: +49 (0) 69 973 935 990
Fax: +49 (0) 69 973 935 995

