GET IN THE GAME

PROMOTING SOCIAL INTEGRATION THROUGH FOOTBALL-BASED PROGRAMMES
Within the European host communities on the other hand, economically disadvantaged and socially excluded groups already existed prior to the arrival of millions of refugees. When trying to integrate refugees into society, these marginalized groups should not be overlooked in order to curb the currently rising xenophobia and the success of right-wing parties across the European Union. Thus, there is a growing need for innovative and target-group-specific interventions to prevent violence and radicalisation and to fight intolerance and racism in order to support the integration of disadvantaged groups and individuals and subsequently enabling cohesive and peaceful societies.

Currently, a body of good practice football-based social inclusion programmes exists across the European Union to support the integration of refugees into host communities. However, these examples remain segmented and largely independent from one another. This Get in the Game Manual aspires to ensure that cross-border and cross-sector learnings and impact are maximised and that a coordinated approach to football-based integration programmes is established, that builds capacities amongst local sport organizations, disseminates best practices, connects the various actors and raises public and political awareness for the integration of refugees through sports.
ABOUT THIS PUBLICATION

GET IN THE GAME CONFERENCE

Training-of-Trainer Practical & Methodological Seminars

Widening the Focus: Exploring Football as a Tool to Foster Social Cohesion

FOOTBALL-BASED PROGRAMMES FOR SOCIAL INTEGRATION

Common Challenges of working with Refugee Communities

Outcomes of Football-based Programmes for Social Integration

ASSESSING THE LANDSCAPE IN EUROPE & BEYOND

Assessing the Landscape in Europe: Initiatives within the EU

Widening the Focus: Initiatives outside the EU

STORIES FROM THE FIELD
“Get in the Game – Social Integration through Football-based programmes” publication aims to inspire, mobilize and expand the promotion of innovative practices to tackle the European migration crisis. The methodologies in this toolkit have been developed and tested to become a working tool for trainers and social workers throughout Europe, creating spaces for migrants to better interact with and integrate into their host communities and to gain valuable life skills.

Football-based integration programmes are programmes that combine football and activities to build life and social skills. The aim is to help young refugees and migrants ease into their new lives and, for example, find employment, enter/resume education or training. There is not one universal model for delivering football-based integration programmes. It can be done in many different ways. For example, one organisation might deliver 52 football sessions a year with regular life skills workshops once per month, another organisation might offer football sessions for locals and refugees, and yet another organisation might provide non-formal education courses for 30 hours per week with built-in football sessions for two hours per week. The possibilities are endless and vary depending on each organisation’s priorities, experience, expertise and the demographics and needs, in context, of the engaged audience. The aim of the “Get in the Game – Social Integration through Football-based programmes” is not to recommend a rigid approach to follow – but to instead showcase different approaches and good practices used by organisations across the EU and beyond.

From a theoretical standpoint on how football for good programmes work to practical examples of activities implemented by different organisations – the toolkit touches on topics such as how to approach refugees, how to implement football activities and individual participants’ journeys. This manual is an attempt to both, portray the players and the field at large, as well as identify and disseminate best practices and impact-proven methodologies to key players in the sectors of sports, social work and non-formal education.

The “Get in the Game – Social Integration through Football-based programmes” has been designed for three distinct types of organisations:

1. Football or sports organisations that want to start delivering integration activities
2. Organisations who work with refugees and want to start delivering football activities as an engagement tool, and
3. Organisations that so far deliver neither football activities nor integration activities but want to launch a football-based integration programme

Each individual organisation may use the “Get in the Game – Social Integration through Football-based programmes”, and tools devised, as a basis to create their own system. Contributing organisations outlined their programme strengths and challenges and shared specific recommendations for organisations or individuals who are new to the field but keen to use football as a means to positive social integration outcomes for refugees and migrants.

Furthermore, the toolkit allows for people inexperienced in the realm of football for good, such as youth organisations, schools, football clubs and social workers, to learn and understand various methods to approach and engage refugees by means of football. Accomplished through:

1. A section on the underlying methodologies and best-practices used
2. Personal impact stories of refugees who successfully participated in the programmes.
From November 29th to 30th 2018, the Football for Good Summit - Get in the Game Conference 2018 (which will be referred to as the “Get in the Game Conference” in this report) took place at former Tempelhof Airport in Berlin which, in light of the 2015 European Migrant Crisis, has once again been thrust into the limelight. 127 organisations from across streetfootballworld’s network members, representing 85 countries, including 14 European countries and spanning five continents, as well as a range of external guests from the football industry and government officials participated in the conference. The event united the vanguard of the world’s top leaders in the field of football for good in order to maximize football’s contribution to building inclusive, more peaceful, and fairer societies.

The conference was opened with welcoming words by Tentaja, a local not-for-profit organisation offering free of charge sports activities to refugees and locals in the hangar of the former Tempelhof airport – the place that at one point held 3000 people in its role as shelter within Europe’s refugee crisis. The task of the Get in the Game Conference was to review and develop its own vehicle surrounding football for good, specifically guided by the topicality of how to integrate refugees into European host communities through sport, a corporeal responsibility.

As part of the first installment of the Football for Good Summit, the conference brought together local organisations alongside international experts in the field, as well as representatives of the public and private sector, politics and media, for two days of presentations, panel discussions, interactive workshops and practical trainings with the aim to gather, present and disseminate local knowledge and best practices for using sport as a tool for integration and social inclusion of refugees.

EDUFOOTBALL

Channeling experience amassed from running local sport programmes in Berlin and bringing together both refugees and native Berliners, Ole Brandmeyer and Marius Gutwoski exhibited Amandla’s Edufootball workshop. The workshop was divided into a theoretical part and active implementation on the pitch.

First, the organization introduced their work and the methodology of Fair Play football, thereby laying the ground for the coaches’ competencies and the Fair Play values. This was followed by a section on supervision and training in both theory and practice. The workshop concluded with discussion and feedback by the participants.

Amandla’s goals:
• Creating a safe environment for young people
• Combining a special football training with teaching social competencies and Fair Play values such as respect, team work, dealing with setbacks and dealing with frustration.

While conducting a ball possession activity designed to harness collective values and build self-confidence and social competences within a team dynamic, the Amandla coaches explain their approach, “We try to combine a holistic approach to education through football, creating safe spaces to play while focusing on how to convey social competences and values through football.”

Shooting and passing drills first seen from afar transpire up-close as teamwork and cooperation exercises aiding the perspectives of those who come from different countries, holding different backgrounds and opinions. “The more heterogeneous the group, the more interesting and diverse the exchange of ideas are” explained Brandmeyer.

Marc Slide from Albion in the Community in Brighton, England, was in attendance. Marc has been providing opportunities to the socially disadvantaged children within his programs for a number of years. “In the warm-up we looked at areas such as teamwork, communication and healthy eating, which we later brought into match situations”, praised Slide. According to him, “The enjoyment helps encourage team to appreciate the other team. Respect towards your opponent, built off of mutual agreement to abide by the set out principles, is displayed even when conceding a goal”.

TRAINING-OF-TRAINER PRACTICAL AND METHODOLOGICAL SEMINARS

Conducting Training-of-Trainer practical and methodological seminars, coaches demonstrated their expertise through specific football based methodologies, incorporating tools which participants could later implement within home communities or use as inspiration in the creation of individual programs to leverage the power of football in building inclusive societies and integrating refugees. The selection of methodological trainings followed the same logical framework as the theme setting for the workshops during the summit: Organisations presenting their method did not necessarily work exclusively with refugees, but their programmes instilled the necessary skills within both refugees and local youth to help build more just and inclusive societies, curb xenophobia and religious extremism and promote tolerance and other social values.
Such sentiments were shared by RheinFlanke and E+ Sport Collaborative Partnership football3 for Respect facilitator Robin Schroeder, an organization working to integrate people with and without refugee status. “We as coaches are always learning, we often get new ideas and gain inspiration from those that are recently and formerly acquainted to the football3 methodology”. f3 for Respect displays how a particular variation of football, through the focus on dialogue, inclusion, self-awareness and fair play values, holds the capacity to tackle specific social issue.

The name of the methodology is derived from the strcture of the sessions, each session featuring three halves: pre-match discussion, match, post-match discussion. During the pre-match discussions, participants reflect on social challenges in their communities and try to come up with specific rules for the pitch that could tackle these problems. One example is gender discrimination: often experienced on and off the pitch, this social issue can be addressed by rules such as: a team can only score if the girls on the team touch the ball at least once before the shot at the goal. The rules are then integrated into the football match. During the post-match discussion, players reflect on their ability to follow the rules and how this changed the way the teams acted. Instead of having referees, football3 matches are observed by mediators, who take notes and guide the post-match discussion.

The football3 for Respect workshop was held by a consortium of football for good organisations from across the European Union, who had jointly developed a detailed train-the-trainer manual in a project also funded by the European Union. Their sessions opened with ice-breaking drills, so participants could get to know each other before diving into the practical football3 session. The trainers aimed at answering questions such as: what is f3? where does it originate? and how does it work? The trainers also assessed the knowledge of the audience on the methodology. Subsequently, participants were encouraged to reflect on the concept and, potentially, come up with new rules. The group was split into mediators and players before the start of the first football3 match.

Without a referee, this particular group decided fouls would only be awarded in the event of two players appealing in unison. In another f3 session, for example, a rule could be established requiring both teams to join in a joint celebration for every goal scored. Both rules demonstrate the focus on self-determination. By allowing players to create a game with their own rules, agency is affirmed by owning the gameplay.

United Generation aims to create champions for an inclusive generation by helping young people develop tolerant attitudes and the skills and confidence to become leaders of such values in their communities. To create champions for an inclusive generation, this module seeks to support young people in three areas of personal development and improvement:

- Healthy mind: to help participants develop self-confidence and self-esteem and to promote inclusion and key skills, such as communication and working with others.
- Healthy attitudes and behaviours: to support participants in developing and implementing values such as inclusivity, indiscrimination, respect and gender equality.
- Healthy body: to empower young people with knowledge about protecting and enhancing health, in relation to generic well-being and specific health conditions.

The coaching sessions are ordered logically in order to take participants on a journey that starts with building self-esteem, which is seen as a critical attribute for the rest of the programme. Following this, the content focuses on key life skills such as teamwork, loyalty and resisting negative peer pressure, as well as encouraging positive behaviours and attitudes around topics including gender equality, inclusion and indiscrimination. These skills are important in all walks of life, and are extremely important in equipping young people, be they refugees or local residents, with the confidence and resilience to adopt and maintain healthy behaviours on a sustainable basis.

The sessions include multiple activities, such as discussions, interactive games and football matches with adapted rules that relate to fair play, as well as reinforced messages integrating specific skills and behaviours learned earlier in the session. Ideally two coaches, including one lead coach, deliver the sessions.

During the Get in the Game Conference, master coach Michael Richardson transferred knowledge from the whiteboard to the green astro-turf. He followed the methods’ key structure: Prepare – Learn – Implement – Reflect.

“Football, by default, is a game that teaches valuable life skills, through one’s exposure to success and failure”, Richardson explained. “However, when the rules are altered, we can achieve a specific outcome, accommodating, for example, how young, disaffected or vulnerable people can build self-esteem to deal with issues after the final whistle”. Individual boxes were laid out, creating safe spaces on the pitch, giving those within the confines time to make a decision with the ball. “The life skill element is to provide transferable decision-making opportunities within a safe environment”.

SOUVERÄN PLUS

Souverän Plus, a football based social competencies training, targets the social and mental capacities of the participants. Using football and elements of experiential pedagogics and “coolness” training, the method provokes specific behaviours by way of different tasks. The provoked behaviour of the participants serves as the basis for post-match reflection. Souverän Plus is not a rigid method, rather it adapts to individual needs and the different learning speeds of its target groups.

During the post-match discussion, participants reflect on their experiences and, by way of transferring this experience to everyday situations, internalise the learned positive behavioural changes. Especially in the target-group-specific approach, select physical
exercises, well-structured content and reflection on their experiences demonstrates to participants that a behavioural change will positively impact their living situation.

The concept of Souverän Plus has been successfully tested in multiple different settings. In its application to refugees, it has proven its ability to playfully overcome language barriers and enhance employability skills. During the live training session for trainers, Younis Kamil, the developer of the method, addressed the mental and social capacities of young people and how Souverän Plus can improve their social behavior. Younis focused on dialogue, however his game of three halves places as much emphasis on non-verbal communication as it does on the sensitivity of verbal communication.

The first half encourages dialogue amongst both teams, followed by a second where upon it was prohibited. The final third places the option to either talk or not, the only rule that a decision would have to be respected for the duration of the entire third. “Today, the team who opted not to talk eventually won the game, which is not unfamiliar in this exercise”, Younis reveals, as he praised the positive feedback of the participants, “the point being, to make clear through winning a game for example, that communication can also be non-verbal and can complement traditional means which in themselves can lead to stress and misunderstanding”.

Guided by the experts, participating organisations collaboratively discussed each topic in small groups before returning to the plenary session to share ideas for the benefit of everyone working in the field on (1) how to approach and overcome common challenges and (2) how to further strengthen football’s contribution to solving the global refugee crises and building peaceful and just societies.

The theme of the summit had to widen its focus from solely “Integration of refugees” to a more encompassing approach recognizing that integration and inclusion is not a one-way street must be walked down by refugees. Rather, it is a reciprocal process between refugees and host communities.

The working group thus developed a cloud system with “Integration and Inclusion” at the center and looked into related topics such as life skills development, employability, post-conflict and post-disaster relief, creation of safe spaces, female empowerment, formal and non-formal education, sustainable funding mechanisms and cooperation and advocacy for football for good as a means to build more inclusive and just societies.

Consequently, streetfootballworld tapped into its global network of experts on each topic and created – where possible – female and male co-chairing teams for each workshop, with experts representing different regions to highlight multiple perspectives on each of the identified topics based on the specific circumstances in the respective communities.

In addition, the conference took the opportunity to engage organisations and stakeholders working with refugee communities outside Europe, in order to enable exchange and further learning for EU-based organisations.

A good example was the expertise brought by the organisation FUDELA, represented by programme manager Edith Paredes. Sharing her wealth of knowledge from years of working with refugees and asylum seekers alongside host communities in Ecuador, Paredes presented an in-depth look into the work that FUDELA is doing in the field. The workshop provided a unique insight for participants to understand the impact that football-based programmes have in communities affected by forced migration in Latin America. The workshop, which included testimonials from refugees participating in FUDELA’s programme, led to a wider discussion on how to transfer this experience and expertise to organisations working in the EU.

“Discussing situations from Colombia to Jordan and the European Union enables a global contextualization, aiding us with our goal to use sport as a positive influence through focused and thematic intervention”, reflects Bilal from Right to Play in Jordan as he reflects on the importance of such gatherings. “Before today, I was unaware of the tools used in Venezuela for short-term asylum seekers, even as short as one or two weeks, as I have only been exposed to more permanent settlement. This transition between contexts is very useful”. 

WIDENING THE FOCUS

EXPLORING FOOTBALL AS A TOOL TO FOSTER SOCIAL COHESION

EXPLORING BEST PRACTICES BEYOND THE EU

Guided by the experts, participating organisations collaboratively discussed each topic in small groups before returning to the plenary session to share ideas for the benefit of everyone working in the field on (1) how to approach and overcome common challenges and (2) how to further strengthen football’s contribution to solving the global refugee crises and building peaceful and just societies.
Football is not only a powerful engagement tool. It can also directly support refugees to achieve important outcomes. Many of these outcomes lay the “foundation” – such as simple improvements in soft skills or mental well-being – that enable refugees to set into their new environment and find a sense of purpose and belonging in their host communities.

Many refugees arriving in Europe, especially children and young adults, are mentally scarred and traumatized by their individual experiences of suffering and forced migration. This mental baggage, the confrontation with a foreign culture, and the stress of the legal procedures for recognition of their refugee status can prevent them from participating in or having a social life outside of their closest circle. By slowly improving their mental well-being by attending weekly football sessions over a number of months, these individuals will eventually become ready to adjust to their new environment and start building their new life, be it by interacting with the host community, by integrating into the education system or entering the labour market.

Across the European Union, organisations implementing programmes for refugees are confronted with similar challenges that endanger the impact of the programmes. In the following, the publication explores good practices for overcoming these challenges before moving on to demonstrating the positive outcomes football-based social integration programmes can create.

### FOOTBALL-BASED PROGRAMMES FOR SOCIAL INTEGRATION

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### COMMON CHALLENGES OF WORKING WITH REFUGEE COMMUNITIES

| CHALLENGE: POOR MENTAL HEALTH | • Work with social workers and licensed professionals
| • Make sure basic needs are satisfied
| • Provide easily accessible safe spaces
| • Positive reinforcement and celebrating achievements
| • Life skills training sessions |
| CHALLENGE: LACK OF GOVERNMENT SUPPORT AND PROBLEMS WITH LEGAL STATUS OF REFUGEES | • Provide legal support
| • Cooperate with expert organisations and local authorities
| • Use volunteers to support refugees throughout the bureaucratic processes
| • Work with private and public sectors to raise awareness |
| CHALLENGE: LANGUAGE BARRIER | • Deliver language courses
| • Integrate fun language exercises in your football-based programmes
| • Foster a safe learning environment |
| CHALLENGE: NEGATIVE BEHAVIOR FROM HOST SOCIETY | • Raise awareness of discriminatory behavior and thinking
| • Emphasize similarities and shared passions
| • Organize activities that include refugees and locals |
| CHALLENGE: LIMITED NUMBER OF STAFF MEMBERS | • Recruit volunteers
| • Build capacity of refugees as peer mentors
| • Foster co-operations with similar organizations and share workload |
| CHALLENGE: INABILITY TO MEASURE LONG-TERM IMPACT DUE TO CONSTANT PARTICIPANT CHANGE | • Hold regular sessions and reward regular participation
| • Distribute uniforms to give a sense of unity
| • Promote a teambuilding environment |
| CHALLENGE: TENSIONS WITHIN THE REFUGEE COMMUNITY | • Advocate for social acceptance
| • Strengthen tolerance and intercultural understanding
| • Train your staff members in mediation and conflict resolution
| • Encourage participants to design and lead interventions |

### OUTCOMES OF FOOTBALL-BASED PROGRAMMES FOR SOCIAL INTEGRATION

| FOOTBALL AS A TOOL TO ENGAGE | • Brings back joy and fun
| • Offers opportunity to leave the house
| • Attracts people who love football, but would not join formal “integration courses” |
| • Retains participation through playful engagement |
| FOOTBALL AS A VEHICLE TO EMPOWER AND GIVE HOPE AND A SENSE OF PURPOSE | • Empowers, gives meaning to life where opportunities lack
| • Gives hope
| • Changes behavior
| • Builds a community
| • Connects people |
| FOOTBALL AS A VEHICLE FOR SOCIAL INTEGRATION AND CONCILIATION | • Builds bridges between local community and refugees playing in mixed teams
| • Breaks stereotypes
| • Opens doors to other activities (language, education, training, etc.)
| • Reinforces intercultural skills
| • Strengthens tolerance
| • Prevents racist or discriminatory behavior
| • Provides understanding of social and cultural norms |
| FOOTBALL AS A TOOL TO PROVIDE PSYCHOLOGICAL WELL-BEING AND PHYSICAL HEALTH | • Enables exercise and stress release
| • Reduces anxiety
| • Improves physical fitness
| • Supports production of happiness hormones
| • Creates opportunity to receive praise by coaches and peers
| • Builds self-confidence
| • Teaches anger management skills
| • Increases trust in own abilities |
| FOOTBALL AS A TOOL TO BUILD SOFT SKILLS | • Improves communication
| • Teaches team work
| • Trains positive leadership behavior
| • Fosters punctuality, self-discipline and resilience |
Engage them in football-based activities with specific organisations that reach out to refugees via the popular sport to support social integration of refugees. A number of organisations are currently active across the European Union and beyond, providing football-based activities for refugees. Among these organisations are football clubs, who opened up their teams and are actively approaching refugees to integrate them into their regular teams and are actively approaching refugees to support social integration of refugees. A number of organisations are currently active across the European Union and beyond, providing football-based activities for refugees.

The following list provides a selected number of organisations using football, and sports more generally, to foster social integration in Europe. It provides an idea of the multiple initiatives in Europe; a more extended version of this list can be found on farenet.org/campaigns/refugees-football-database

**ORGANISATIONS IN EUROPE WORKING WITH REFUGEE COMMUNITIES**

The following list provides a selected number of organisations using football, and sports more generally, to foster social integration in Europe. It provides an idea of the multiple initiatives in Europe; a more extended version of this list can be found on farenet.org/campaigns/refugees-football-database

**AUSTRIA**
- Kicken ohne Grenzen (Austria, 2015)
  - Email: kontakt@kicken-ohne-grenzen.at
  - Website: kicken-ohne-grenzen.at

**BULGARIA**
- Association Fostura (Bulgaria, 2012)
  - Email: info@fostura.com
  - Website: fostura.com/

**CROATIA**
- NK Zagreb 041 (Croatia)
  - Email: kontakt@nkzagreb041.hr
  - Website: nkzagreb041.hr

**CZECHIA**
- INEX/ Futbal pro Royvoj (Czechia, 2006)
  - Email: fotbal@nexida.cz
  - Website: fotbal.cz

**CYPRUS**
- AC Omonia Nicosia (Cyprus, 1948) – professional football club
  - Email: N/A
  - Website: facebook.com/ACOmoniaNicosia/

**DENMARK**
- Cross Cultures Project Association (Denmark, 1998)
  - Email: ccpa@ccpa.eu
  - Website: ccpa.eu/

**FINLAND**
- Mondial Stars ry (Finland)
  - Email: thibault@cscc.fi
  - Website: facebook.com/Mondialstars

**FRANCE**
- Sports dans la Ville (France, 1998)
  - Email: hblandeclin@sportdanslaville.com
  - Website: sportdanslaville.com/

**GERMANY**
- AMANDOLA (Germany and South Africa, 2007)
  - Email: brandmeyer@edufootball.org
  - Website: amandola.net

- KICKFAIR (Germany, 2007)
  - Email: info@kickfair.org
  - Website: kickfair.org

- RHEINFLANKE (Germany, 2006)
  - Email: meinflanke.de
  - Website: meinflanke.de

**HUNGARY**
- Oltaom Sportegyezulet (Hungary, 2005)
  - Email: andras.rakos@utcaifoci.hu
  - Website: utcaifoci.hu

**ITALY**
- Balon Mundial (Italy, 2012)
  - Email: info@balonmundial.it
  - Website: balonmundial.it

**IRELAND**
- Sports against Racism Ireland (Ireland, 1997)
  - Email: info@sari.ie
  - Website: sari.ie

**LUXEMBOURG**
- Sportunity (Luxembourg, 2014)
  - Email: team@sportunity.org
  - Website: sportunity.org

**MALTFA**
- Spark 15 (Malta, 2015)
  - Email: sparkfif@gmail.com

**NETHERLANDS**
- Stitching Life Goals (Netherlands, 2010)
  - Email: info@stitchinglifegoals.nl
  - Website: stitchinglifegoals.nl

**PORTUGAL**
- Associação CAIS (Portugal, 1994)
  - Email: cas@cais.pt
  - Website: cas@cais.pt

**ROMANIA**
- Policy Center for Roma and Minorities (Italy, 2008)
  - Email: office@policycenter.eu
  - Website: policycenter.eu/en

**SCOTLAND**
- Scottish Action for Refugees (Scotland, 2015)
  - Email: scotsactref@gmail.com
  - Website: scotsactionforrefugees.org

**SERBIA**
- Football Friends (Serbia, 2005)
  - Email: z.avramovic@football-friends.org
  - Website: football-friends.org

**SPAIN**
- Atlética de Pinto (Spain) – amateur football club
  - Website: clubatleticodepinto.com

**SWEDEN**
- Tillsammans Cup (Sweden)
  - Email: hello@tillsammanscup.se
  - Website: tillsammanscup.se

**SWITZERLAND**
- Sport – The Bridge (Switzerland, 2002)
  - Email: stb.liyan@football-friends.org
  - Website: sportthebridge.ch

**UKRAINE**
- LOFT League of Tolerance (Ukraine, 2016)
  - Email: loft.cfco@gmail.com
  - Website: footballfriends.org

**UNITED KINGDOM**
- Street Child United (United Kingdom)
  - Email: john@streetchildunited.org
  - Website: streetchildunited.org

- Tigers Sport & Education Trust (United Kingdom, 1990)
  - Email: office@tigerstrust.co.uk
  - Website: tigerstrust.co.uk

**UNITED KINGDOM**
- Street Child United (United Kingdom)
  - Email: john@streetchildunited.org
  - Website: streetchildunited.org

United by the common belief that football is a great tool to support social integration of refugees, a number of organisations are currently active across the European Union and beyond, providing football-based activities for refugees. Among these organisations are football clubs, who opened up their teams and are actively approaching refugees to integrate them into their regular teams and leagues as well as social and non-profit organisations which reach out to refugees via the popular sport to engage them in football-based activities with specific objectives and pedagogical methodologies. While the methodologies might differ, all of these organisations are contributing to social integration in Europe.

For the purpose of providing more detailed understanding of how different organisations work with regard to fostering social inclusion of refugees, this publication zooms in on programmes and best practice activities of six European organisations, before widening the focus to programmes in two other regions affected by forced migration movements, namely the Middle East and Latin America.
AMANDLA, GERMANY

PROGRAMME OVERVIEW

AMANDLA has developed a football training methodology which combines practicing football skills with social competence training and value education. In order to spread the methodology, they organize train-the-trainer workshops where football coaches learn how to apply the methodology in their football sessions. The coaches either have a refugee background themselves or train kids with a refugee background.

The Berlin-based organisation reaches out to their participants by joining forces with amateur football clubs or other NGOs such as Kicken ohne Grenzen, who focus on refugees as a core target group of their activities.

In 2018, 10% of AMANDLA’s participants were refugees or had a migration history. The most common challenge in working with this target group is usually the language barrier. However, also finding strategies to resolve conflicts on the pitch are key for successful programme implementation: Often times, conflicts and resentments between different ethnic groups impact the group dynamics during the activity. A proven best practice to overcome these situations is to identify key players that can help the coach to resolve conflict and act as a link between coach and team. Overall, AMANDLA’s methodology aims at establishing an atmosphere of mutual respect and cooperation which makes conflicts less likely to occur over time.

INTERVIEW

How could your work be supported through change of policies at the national or EU level?

We would like the topics that we address in the train-the-trainer workshops to become part of the German FA’s coach education curriculum.

Q&A WITH OLE BRANDMEYER, PROJECT MANAGER @ AMANDLA

Top Tip from Amandla

Social integration does not happen automatically just because you play football together. In order to use football as a tool it is necessary to directly address issues of social integration for example with a specific methodology that combines football practice with social skill training.
BEST PRACTICE ACTIVITY: FAIRPLAY SCORE CARD

WHAT IT IS: For competitive matches, AMANDLA uses a Fair Play score card which rewards extra points for positive behaviour. Before the match all players/coaches come up with additional rules that address social behaviour on the pitch. If the team follows the extra rules they receive an extra point that counts as much as a goal. That way, AMANDLA creates an incentive for players to adopt a certain positive behaviour which over time hopefully normalizes so the score card becomes obsolete eventually.

WHAT IT DOES: The Fair Play score card is quite flexible in terms of the issues that can be addressed depending on the kind of rules that are added. Whatever problem is identified within the group of players can be addressed by adding a specific rule. It is most suitable for conveying very basic principles of fair play. So far, AMANDLA has framed fair play in 4 categories that are broad enough to use them for social and self-skill training:
- Respect
- Dealing with set-backs
- Dealing with frustration
- Teamwork

OBJECTIVES: The aim is to establish a mutual understanding of how to behave on the pitch and eventually cause positive behavioural change in the participants on and off the pitch.

WHO IT IS FOR: The activity can be used with participants of any age group. One opportunity could be a tournament with teams from amateur football clubs and other organisations who are interested in sending teams. AMANDLA regularly banks on their network in amateur youth football to help with the recruitment process.

HOW TO DO IT: Before the match starts the coach explains how the score card works. Afterwards, either the participants come up with the additional rules or the coach supports by defining the additional rules. Once the match starts, an external observer – comparable to a referee - checks whether the teams should be rewarded additional points for playing according to the rules.

WHAT IS NEEDED: Football pitch, bibs, balls, Fairplay score cards

WHO IS NEEDED: Coach, observer, referee
PROGRAMME OVERVIEW

Balon Mundial trains their Senza Frontiere Football Club team, which is composed of 35 male Italian players and refugees from September until May. They also run a football-based training called SELFIE (Soft skills, Empowerment, Leadership, Football, Inclusion, and Education) which is based on five modules that utilize football for good. Balon Mundial is also popular for organizing a yearly football tournament in May, where the main target group is refugees and migrant communities living in Torino. They reach out to their participants by inviting all the refugee shelters around Torino to take part in the tournament – this tournament is also designed to promote female participation. Throughout the year, Balon Mundial organizes other tournaments that specifically target women refugee shelters. In 2018, their programming has reached 1,400 refugees, which accounted for 70% of their total participants.

Among the most common roadblocks refugees face are finding a place to live once they can leave the shelter, getting an education or looking for a job. In a worst-case scenario, they are transferred to a different location or have to leave the country. Hence, it is sometimes challenging for Balon Mundial to track the long-term impact on the lives of their beneficiaries. Regular training sessions, playing different games, and handing out team uniforms to create a sense of unity are among the many methods Balon Mundial relies on to tackle these challenges. Fostering a teambuilding environment among their participants allows them to develop a sense of commitment to their programming.

In order to reach their target group, Balon Mundial maintains close relationships with refugee shelters, social workers and football clubs. Additionally, the organisation has active social media profiles, where they promote their activities and invite everyone to participate.

INTERVIEW

Q&A WITH
ELENA BONATO,
PROGRAMME MANAGER
@ BALON MUNDIAL

How could your work be supported through change of policies at the national or EU level?
We strongly believe in the power of sports. Sports should be incorporated into the integration programmes of all refugee shelters, just like Italian language classes.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?
We can try to build a collective monitoring system in order to collect data to track the power of football.

BALON MUNDIAL, ITALY

Top Tip from Balon Mundial
Connect with social workers and give them tools to understand how football can be used as a means of social integration. Make sure your programming has activities with mixed teams. This will facilitate social integration and deconstruct stereotypes and prejudices on both sides.
BEST PRACTICE ACTIVITY: SELFIE

WHAT IT IS: The SELFIE project is a training program to develop the transferable skills useful not only to be a good sports manager or player, but also a community leader or a good coach. A training program to promote the potential of “football4good”, football capable of creating social impact through its educational potential. The course is developed into 5 training modules held by different partners: 1- "Ethics and sport": Sport and discrimination, how to recognize and fight them (Partner: Nodo anti-discriminazioni Regione Piemonte); 2- “UISP Basic Values Course”: what is Uisp (Unione Italiana Sport Per Tutti), history, mission, purpose of sport for all (Partner: UISP); 3- Course BLSD: course on first aid and use of the defibrillator; 4- “Recognizing and mediating sporting conflicts” course on the dynamics that go around the conflict, in the sporting context, and how to manage them (Partner: Centro Studi Sereno Regis). 5- “football4good”: education through sport (ETS), sports and soft skills, recognizing and enhancing them, football the figure of the sports mediator (held by Balon Mundial). Participants will receive a certificate after training.

WHAT IT DOES: SELFIE seeks to empower participants to build their communities and/or teams and feel integrated in society. It aspires to prevent exclusion, racism, and discrimination, while celebrating cultural identities and community building.

OBJECTIVES:
• Promote social cohesion
• Train participants to become community leaders and implement football for good programmes
• Raise awareness on the impact that football can have as a tool for social transformation
• Transfer life skills from the world of sports to other fields
• Promote active citizenship through participation in the training programs promoted by the association

WHO IT IS FOR: The training course is designed for all those who want to use football to create social impact. It is intended for those who recognize the important role sports play in helping one realize their full potential. The programme targets coaches, managers, social workers, educators, and more generally those who are passionate about sports.

HOW TO DO IT: For this specific activity, organisations need to tap into a network of partners who are experts on the individual topics of the sessions and plan the workshops in advance. To be able to deliver the full set of activities, you would need:
1. An expert on Ethics and Sport, who will develop the capacity of participants on how to recognize and fight discrimination on the pitch and teach football-based activities to overcome intolerance
2. An expert on Sport for Good, who will deliver a classroom-based activity addressing history, mission, purpose of sport for good and demonstrate best practices from the sector
3. A paramedic to organize a course on first aid and the use of a defibrillator; this is also a classroom based activity with practical elements
4. An expert on recognizing and mediating conflicts, especially in the context of sports. This training is focusing on conflict dynamics and creative solutions to mediate on the pitch. An essential part of this training are role plays and games.
5. A football3 expert to deliver a pitch-based training of trainers’ seminar to teach the implementation of the football3 methodology for a variety of objectives such as education through sport, soft skills, conflict mediation, gender equality, and the like.
PROGRAMME OVERVIEW

Diogenis launched the “Kick Out Poverty” campaign in Greece in 2007. The main aim of the campaign is to provide support to the most vulnerable members of Greek society. The main target groups are homeless people, people on drug rehabilitation programs and asylum seekers. The core objective of the program is social integration and social inclusion through sports. “Kick Out Poverty” also seeks to raise awareness on homeless and refugee issues, and strives to get people actively involved in various forms of activities against social exclusion.

They visit refugee camps with their mobile pitch and their Homeless Team plays football with refugees. In 2018, they reached over 500 migrant and refugees and about 70% of them have a migration or refugee background. Diogenis recruits participants through their regular visits to refugee camps and shelters. Their regular training sessions are also open to everyone. They specifically target women by going to women shelters and organizations that work with women refugees and migrants. In the last three years, Diogenis participated in the Homeless World Cup with a women’s team.

Although they do not experience any problems while working with migrants or refugees, but the lack of football fields hinders their ability to organize more training sessions and the limited number of staff members often restricts their programming capacity. The main problems Diogenis face relate to national policies, especially required procedures related to the asylum granting process. A successful strategy to cope with these issues is having a network of volunteers who support participants in overcoming bureaucratic problems.

INTERVIEW

G&A WITH SERGIOS MILIS, DIRECTOR @ DIOGENIS

How could your work be supported through change of policies at the national or EU level?

A change to the current asylum policies would allow us to increase our number of beneficiaries, especially when we conduct programming abroad.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?

This would play an important role because it would give us the opportunity to exchange knowledge and best practices with other organizations from different countries with different cultures and experiences.

Top Tip from Diogenis

Be open to all refugees, regardless of their sex, colour, or age. Make sure to emphasise the role of football in social integration and keep the football3 principles in mind.
**BEST PRACTICE ACTIVITY: HOMELESS FOOTBALL TEAM**

**WHAT IT IS:** The Homeless Football Team consists of people facing poverty and social exclusion. Homeless people, asylum seekers, migrants, people in drug rehabilitation programs are the main groups involved. The program welcomes all participants regardless of their sex, age, nationality or football talent. The team visits refugee camps with their mobile pitch and then plays football with men, women and children who live in these camps.

**WHAT IT DOES:** This program allows refugees to communicate and get in contact with different people and it gives them the opportunity to experience the joy that comes with playing football. This is also an opportunity for Diogenis to talk to refugees about their programs and to invite them to their training sessions.

**OBJECTIVES:** Through football, these matches provide a sense of belonging and social inclusion. The program is also used as an opportunity to connect participants to other services Diogenis provides, like homeless shelters, legal services, or medical services.

**WHO IT IS FOR:** The activities target all refugees.

**HOW TO DO IT:** Contact local authorities to secure permission for the date, time, and location of your visit. Organize the members of the Homeless Team that will go on tour and secure a truck driver to transfer the pitch. Make sure there is someone who knows how to implement the football methodology present to lead the sessions.

**WHAT IS NEEDED:** Mobile football pitch, bibs, balls, transport for the pitch, food and beverages.

**WHO IS NEEDED:** Referee, coach, volunteers
Fútbol Más was founded in 2008 in Chile and has 8 years of experience in the field of sports for development and social inclusion. Supported by a team composed of 170 professionals and about 5,000 beneficiaries, Fútbol Más currently implements programs in Chile, Ecuador, Haiti, and Peru. In 2017, they started a program called Fútbol Más Emergencies. The program seeks to restore and protect the rights of refugee children through the implementation of life skills activities in emergency shelters. In 2018, they reached a total of 250 migrant and refugee beneficiaries.

Their presence in emergency shelters allows them to reach out to participants for their refugee-focused programming. In 2018, they sought to reach everyone at the emergency shelters. In 2015, they plan to specifically target girls and women with directed activities.

Fútbol Más learned that their beneficiaries have varying levels of trauma based on their backgrounds and experiences. They often find it difficult to communicate with their beneficiaries, especially the parents, due to the language barriers. Positive reinforcement, recognising achievements and progress, along with holding kids responsible for their actions have all proven to be successful strategies in overcoming these challenges.

Q&A WITH AUGUSTIN GIMENEZ, DIRECTOR @ FÚTBOL MÁS

How could your work be supported through change of policies at the national or EU level?

The allocation of more funding for emergency shelters, since the French government recently decreased its funding.

Top Tip from Fútbol Más

Work at the smallest scale you can, local solutions are the most effective way to mobilize actors and to solve concrete issues.
BEST PRACTICE ACTIVITY: FÚTBOL MÁS EMERGENCIES

WHAT IT IS: Fútbol Más organizes weekly life skills sessions in a free access pitch located near the emergency shelter.

WHAT IT DOES: The program tackles the lack of sports opportunities and lack of self-development activities faced by refugee kids. It also addresses the lack of a safe environment that would allow refugees to interact with the host community.

OBJECTIVE Fútbol Más Emergencies wants to give the right to play back to refugee kids, along with the promotion of life skills development, and positive social integration.

WHO IT IS FOR: The main target group is refugee kids and they are recruited from the emergency shelters.

HOW TO DO IT: In order to replicate this program, you need an educator and a social coordinator to lead the implementation of the activities. The program can be implemented on an outdoor or indoor pitch that is easily accessible to the beneficiaries.

WHAT IS NEEDED: Football pitch, bibs, balls, green cards, sport materials, pedagogical materials, plots

WHO IS NEEDED: Educator, social worker
PROGRAMME OVERVIEW

Oltalom Sport Association (OSA) has been using sports and specifically football as a tool for education since 2005. Their main target groups are disadvantaged youth, homeless people, refugees, and minorities. One of the main characteristics that distinguishes OSA from other organizations is that a social worker is present at football trainings. They serve as a bridge between OSA and the participants. Participants can also be referred to services offered by partner organizations, such as health care, accommodation, financial aid, legal support, and access to employment.

OSA is in contact with the Residential Home for Unaccompanied Minors and with a refugee shelter. All the offered services are open to the residents of both facilities. In recent years, the OSA team representing Hungary in national and international tournaments always included players with migrant and refugee backgrounds. Since the building of a fence on the Hungarian-Serbian border, the number of refugees has declined. OSA does not explicitly target women, but their activities are open to everyone. The female refugees at OSA mainly come from Africa and the Middle East. Females of these two regions have faced additional difficulties compared to others, due to gender inequality and cultural related issues in their countries of origin.

One of the main challenges OSA faces while working with refugees and migrants is that they often spend a short period in the Residential Home for Unaccompanied Minors until they are reunited with their families, which interrupts their participation in social support programs and language courses. The lack of a common language when the refugees arrive at the Residential Home is another obstacle. Upon arrival, their mental health is usually suffering due to everything they have been through.

INTERVIEW

How could your work be supported through change of policies at the national or EU level?

We are a non-governmental organisation and the current political climate does not favour the work of civil society organizations. The new NGO laws oblige NGOs to report foreign funding and add regulatory challenges to organizations specifically working with migrants and refugees. On a national level, amending these new regulations would greatly facilitate our work. We are not directly impacted by any EU policies.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?

Playing together in tournaments organised by various cross-border organisations can increase the role of football in the integration of migrants and refugees. The addition of workshops to these tournaments can give organizations a place to exchange knowledge and best practices. This exchange would contribute to the capacity-building and methodology development of all the participating organizations.

Top Tip from Oltalom Sport Association

The combination of football as an educational tool together with the support of a social worker proved to be effective. Maintaining close contact and using the tools of individual or group social work contribute to the deeper understanding of the problems faced by migrants and refugees.
BEST PRACTICE ACTIVITY: FAIR PLAY FOOTBALL ROADSHOW

WHAT IT IS: In a portable pitch, Oltalom Sport Association tours Hungary and sometimes tours refugee camps that are close to the border in neighbouring countries. The OSA mixed team plays against local teams that usually consist of local police, local government officials, local firefighters or amateur teams. Oltalom Sport Association uses football3 methodology in all of the matches. Football 3 is a football match that consists of ‘three halves’. The first half is a pre-match discussion between the two teams to set up the rules and the point system of the game with the support of a trained mediator. Special rules are included to tackle different social issues. The second half is the game itself, which is usually 2x10 minutes and has no referee. The final half is when the teams and the mediator come together to reflect on the match and how well they respected the rules.

WHAT DOES: Highlights the similarities and the common passions refugees and members of the host society share – in this case, the love of football!

OBJECTIVE: Foster the integration of migrants and refugees into the Hungarian society, while preparing Hungarians for the different societal environment.

WHO IT IS FOR: Oltalom Sport Association players and local community members. They recruit participants through contacting representatives at the venues their holding the matches at and through their social media channels. They also make posters and flyers to promote the event.

HOW TO DO IT: Find and rent a venue for the event – since the aim is the diffusion of hostile attitudes towards minority groups, a refugee camp would be a perfect location. Take into account that you might need permission from the authorities to organize the event in the venue you choose. Generally, six teams is the minimum amount to organize a tournament, so make sure you promote the event. Arrive three hours before the event to set everything up and then registration can start an hour or two before kick-off. When all the teams sign up, setup a timetable of all the matches. In the end, there will be a tournament champion and a fair play champion, but all the participants receive medals.

WHAT IS NEEDED: Football pitch, bibs, balls, registration sheets, paper and pens, food and refreshments, sport clothes.

WHO IS NEEDED: Referee, observers or mediators
Project HOPE is an integration program initiated in response to the influx of refugees coming to Germany. HOPE developed from a project offering sports in refugee camps into a diverse, inclusive, gender sensitive and job-integrative programme combining sports and one-on-one mentoring. The main target groups are vulnerable young refugees (16-27) and young Germans, mostly with a migrant background, from urban settings. HOPE started in Cologne and has recently been replicated in Berlin. In 2018, HOPE reached 303 refugees, who made up 98% of the programme’s participants.

The key objectives of the programme are:
• Reaching young people and building trustworthy relationships
• Bringing young people from different backgrounds together and promoting social inclusion
• Fostering life and employability skills through sports
• Creating equal opportunities for all through an individualized career plan for each participant

Several steps in the programme support the social inclusion and integration process:

Step 1: Young people, especially refugees, join the open sports training. During training, the local youth and young refugees get in contact with each other and develop friendships. Consequently, stereotypes and prejudices diminish. Through the trainers and pedagogues, all participants feel welcomed, safe and have the room to express themselves.

Step 2: Coaches identify participants who require support in dealing with family issues, authorities or employability issues. This support system allows them to thrive and think about their future.

Refugees face similar challenges, especially the uncertainty of securing a job, which is similar to the reality of young Germans. Refugees RheinFlanke work with face a number of challenges:

• Limited knowledge of the host country’s technical language needed in the job market
• Documentation of schooling or previously held jobs in their home countries is either missing or not recognized by the host country
• Lack of professional mental and psychological support
• Desire to be a part of an inclusive group rather than being treated as a distinct category
• Difficulty of finding stable housing

To overcome these challenges, RheinFlanke started to open their activities to all young people, while encouraging mixed gender activities. They are cooperating with other sports organisations and institutions like football clubs and dance studios.

And last but not least: Do not forget to have fun!

RHEINFLANKE, GERMANY

PROGRAMME OVERVIEW

How could your work be supported through change of policies at the national or EU level?
Our work could be boosted by the facilitated recognition of the refugees’ foreign documents. In addition, working permits are sometimes not granted because their right of residence is not clear. Still, it is most important to work against the prejudices and the ways refugees are treated in public. Especially in a country like Germany, where migration serves as a supporting factor to the labour market.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?
Through cross-border cooperation, we can share experiences and best practices of refugee-integration approaches. For us, knowledge exchange, especially with international partners, is crucial. International cooperation has the ability to generate bigger impact and raise awareness on the issues refugees face and the progress that has been made to tackle these issues.

Q&A WITH ANDRÉ GERSMEIER, MONITORING AND EVALUATION @ RHEINFLANKE

Top Tip from RheinFlanke
It is important to be aware of your organizations goals and to take small steps instead of having ambitious and unrealistic expectations. Football has a lot of potential, but it is not a magic box. RheinFlanke emphasizes the significance of having strong professional partners. Cooperating with other organizations is key because the situation with refugees is too complex to be tackled alone.

And last but not least: Do not forget to have fun!
BEST PRACTICE ACTIVITY: PROJECT HOPE

WHAT IT IS: In 2017, Rheinflanke started a cooperation with an official football club that allowed young refugees to play in the official league system. They got to know their players’ challenges and needs, which enabled them to sit down with the players individually to work on the next steps for their future. Football was always the accompanying activity to have fun, to see each other regularly, to spread important messages and to train social skills. The weekly matches against other teams had a strong effect on Rheinflanke’s youth because they got to see different locations around Cologne and regularly played against other German teams.

WHAT IT DOES: The process of signing participants up for the official league system to get them a player’s passport was complex and time consuming. They needed signatures and private data, which risked creating a sense of distrust from the participants. Some opponents and audiences confronted Rheinflanke’s players with racist statements, which makes it hard for the team to feel like a ‘normal team’ and not a ‘refugee team’.

OBJECTIVE: The aim of the program is to build trust amongst participants and to allow them to have fun together. Rheinflanke supports its participants in setting steps towards achieving their future goals.

WHO IT IS FOR: The activity is designed for young refugees between 15 and 19.

HOW TO DO IT: Tailor the program to your target group, make sure the activities are taken seriously, and that talent is not the focus of the activity.

WHAT IS NEEDED: Football pitch, balls, bibs, cones, means of transportation, resources for membership fee, jerseys, jumpers. Players need to have their passports.

WHO IS NEEDED: Project Manager and coaches.
ANERA, LEBANON
PROGRAMME OVERVIEW

ANERA aims to provide support to Palestinian and Syrian refugees in Lebanon in a number of areas. They implement their youth and sports programming at refugee camps in order to reach the highest possible number of beneficiaries. Through their programming, they seek to develop the life skills of youth that have been affected by conflict and war. Their programming includes life skills workshops, providing psychosocial support, and implementing sporting events and tournaments. ANERA has also built football fields that serve as safe spaces for the kids to play in.

In 2018, they reached a total of 300 migrant and refugee beneficiaries. They reached out to participants by communicating with civil society organizations, by building partnerships with sports institutions and sports clubs, and through social media. They specifically target refugee and migrant women through daily sporting activities, by raising awareness on social inclusion, by providing social and community support, and by providing services geared specifically towards women – like the building of a gym in the Basra camp.

ANERA sometimes finds it challenging to accommodate all the different cultures. They often face the issue that the individual groups do not accept each other because of their distinct cultural backgrounds – that each come with diverse customs and traditions. ANERA advocates for social acceptance and inclusion by training their coaches on mediation, conflict resolution and social inclusion, which in turn reflects on their target community.

Their experience in utilizing sports, especially football, as a means of social integration and inclusion has shown them the significantly positive impact sports has on the difficult lives of refugees. Sports has helped, and continues to, alleviate negative cultural habits and in turn, helps promote positive behavior like respecting different opinions and gender equality. The establishment and development of safe spaces to implement their programming has facilitated their contact with refugees.
BEST PRACTICE ACTIVITY: FOOTBALL FOR SOCIAL COHESION

WHAT IT IS: Inclusion of life skills within the football sessions that focus on social cohesion, problem solving and conflict resolution, among others.

WHAT IT DOES: Lebanon has the highest proportion of refugees per capita in the world, understandably, this means increased tensions between the different populations.

OBJECTIVES:
- To bring children together from different backgrounds to practice a fun activity (football) in a safe environment.
- To introduce basic life skills to the children through the sports sessions that will aid them in their daily life.

WHO IT IS FOR: This activity is for both refugee (Syrian and Palestinian) and host community (Lebanese) children who are recruited through small local sports clubs.

HOW TO DO IT: The coach would plan to include football-based games that teach the life skills mentioned above during the sports sessions. The activity would then be delivered through an active participatory approach.

WHAT IS NEEDED: Football coach/trainer (trained on life skills), safe play area (ideally football field), balls, cones, bibs

WHO IS NEEDED: Program Manager, Field Coordinator,
Right To Play is originally a US-based NGO founded in 2000. They believe that the power of play has the ability to transform a child’s life. The United Nations recognises play as the right of every child. They work in disadvantaged communities and seek to engage girls, people with disabilities, children affected by HIV/AIDS, former child soldiers, and refugees. The core goals of their programming are enhanced quality education for refugees, the promotion of cohesion through sport for development to support peaceful co-existence, and youth development in vulnerable communities.

In 2018, they reached 10,235 migrant and refugee beneficiaries of which 60% have a migration or refugee background. Right To Play Lebanon reaches out to their participants through local partners. They always target women in their projects and view them as a valuable part of their sport for development programmes.

Commitment, lack of financial incentive, and limited access to safe spaces in the winter are among the challenges identified through their work with refugees and migrants. Community tensions and racist attitudes sometimes arise because of the diverse intercultural groups present. In all female groups, the challenge is often community acceptance and lack of access to safe spaces. In order to tackle these challenges, Right To Play Lebanon allowed youth to design and lead interventions, promoted their work to community leaders, mentored and coached youth participants, and ensured that the developed safe spaces are used as access points for youth.

INTERVIEW

How could your work be supported through change of policies at the national or EU level?

More effective engagement with international platforms through UNESCO, Barcelona Foundation, and UNICEF to push for the Sport For Development agenda.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?

Football expertise in Europe could be very beneficial to local coaches in Lebanon. In turn, the experience of Lebanese, Palestinian and Syrian coaches in regards to the promotion of social inclusion and social integration through sports could be very useful – especially to the European countries welcoming refugees.

Top Tip from Right to Play Lebanon

We highly encourage the use of football as a tool to support the social integration of refugees and migrants. Football serves as a significant way to integrate people of different nationalities, to help youth build new relationships, and to help raise awareness on the issues refugees face.
BEST PRACTICE ACTIVITY: 5-DAYS FOOTBALL FOR DEVELOPMENT TRAINING

**WHAT IT IS:** The 5-day training focuses on building peaceful communities and integrating life skills through football. The course enhances the participants' knowledge on child development, play-based learning and football for development, communication and facilitation, managing group behaviours, ensuring safety, and promoting inclusion.

**WHAT IT DOES:** Promotes inclusion of three different nationalities (Lebanese, Palestinian, and Syrian), mixed genders, and builds relationships between coaches of different backgrounds.

**OBJECTIVE** Builds peaceful communities, allows coaches to practice positive interaction with children through a sport for development methodology, and increases the coaches' knowledge and expertise in the field of sport for development.

**WHO IT IS FOR:** The activity is for leaders and coaches, who are interviewed by Right To Play International before their recruitment.

**HOW TO DO IT:** First, all participants must be informed about the activity 2-3 weeks in advance. The coaches, staff, and volunteers plan the event and divide the topics amongst them. Reserve the pitch and get quotations for refreshments.

**WHAT IS NEEDED:** Pitch, balls, bibs, cones, stopwatch, whistle, ball pump, agility ladder, slalom poles, stationery (pens, paper, etc.), means of transportation, refreshments, manuals, promotional material, jerseys

**WHO IS NEEDED:** Instructor, videographer
FUDELA, ECUADOR

PROGRAMME OVERVIEW

FUDELA is an Ecuadorian NGO founded in 2005 with the objective of supporting at risk youth through the design, application and execution of sustainable initiatives. They have weekly training sessions that aim to use football as a means to teach children about their universal rights. The practical workshops organized for young leaders, coaches, and teachers allows them to replicate the knowledge acquired in their communities. FUDELA also hosts football festivals to raise awareness on the issue of refugees and migrants in local communities in the hopes of strengthening the relationship between these groups.

Programmes are inclusive and include children, women, and men in any vulnerable situation. In 2018, FUDELA reached 1,951 migrants and refugees of which 67% have a migration or refugee background. They mainly reach them through their partners that work with the refugee and migrant population in Ecuador like UNHCR and the International Organization for Migration.

There are three main challenges in working with refugees and migrants in Ecuador:
1. Legal status: FUDELA offers support to refugees to get access to a legal migratory status, so that they can benefit from basic services such as health, education, work and access to the financial market.
2. Improving living standards: FUDELA helps refugees, migrants and local communities improve or get access to better living conditions to secure a family’s basic needs.
3. Personal development: FUDELA holds life skills training sessions.

FUDELA works with public and private actors to raise awareness on the issues refugees face. Through football for good, they reinforce values and soft skills in the migration processes of children, adolescents, men and women, so that they have an emotional support system and access to safe spaces in a foreign country.

INTERVIEW

Q&A WITH
EDITH PAREDES,
PROJECT
COORDINATOR @
FUDELA

How could your work be supported through change of policies at the national or EU level?
Help ensure financial sustainability with private and public organizations, for projects working with refugees, migrants and local communities.

What role could cross-border cooperation play to increase football’s contribution to refugee integration in Europe?
Help ensure and support financial sustainability with private and public organizations, for projects working with refugees, migrants and local communities. Famous football players should join these kinds of initiatives, so that they can be key ambassadors of social projects, and help raise awareness on social integration through football.

Top Tip from FUDELA
Make sure you are using an innovative methodology that allows you to use football as an impactful tool for social inclusion.
BEST PRACTICE ACTIVITY: PLAY FOOTBALL IN SILENCE TRAINING

WHAT IT IS: Play Football in Silence emphasises the significance of non-verbal communication.
In an environment where refugees and the local community are challenged by the lack of a common language, this activity allows them to find a shared non-verbal language that facilitates their communication.

Play Football in Couples is another way to promote social inclusion and integration, namely by creating mixed couples that consist of people with different backgrounds (refugee, migrant, or local) and ideally also of a different gender.

WHAT IT DOES: Both activities allow participants to develop their teamwork skills, while promoting social integration and social inclusion.

OBJECTIVE Strengthening soft skills such as communication, teamwork, self-esteem, and social integration.

WHO IT IS FOR: Any group of people could carry out the activity. There are no barriers on the football pitch.

HOW TO DO IT: The activity needs a coach to lead the session and explain what non-verbal communication means, the different means of non-verbal communication, and the significance of non-verbal communication. Participants should pair up with people from different backgrounds throughout the session to promote social integration. At the end of the activity, ask participants to reflect on their experience and on lessons learned.

WHAT IS NEEDED: Football pitch, bibs, balls

WHO IS NEEDED: Coach, volunteers
ZIA QASEMI, 27, MALE

Budapest, Hungary, Europe

Oltalom Sport Association, Budapest, Hungary

I am a motivated, open and enthusiastic person. I was ready to be independent. Recently, I have opened a small gyros place which cannot yet secure my living, but maybe in some months I will make enough money.

Originally I am from Afghanistan. I arrived to Italy on a boat with a lot of people. From there by train and from time to time on foot, I went to Germany where my family stayed. From there, I came to Hungary because I heard that getting the citizenship takes less time than in Germany.

I arrived to Hungary in 2015. I experienced a lot of negativity from people here in the country. People were not really open to us and they were angry. I was staying in Fót, a city close to Budapest, the capital. There is Home for Unaccompanied Minors, where all the refugee children go.

At Fót I heard from the other kids from Afghanistan and from other countries that there is this team that comes to hold trainings at Fót and they are really nice. So I decided to go to the trainings.

I have been playing football since I was a kid in Afghanistan. I always wanted to be a professional football player. And I heard that the coach is nice and trainings are good at Oltalom, so I joined.

I met a lot of people at the trainings. I have Hungarian friends now and they helped me to find a job. Then, through my Hungarian friends, I met a Hungarian girlfriend and we moved in together.

They should not come to Hungary. I think they are a little bit discriminatory towards foreigners and try to exclude them from society. It is very important to learn the language of the country they go to. It helps to find friends, to connect with people.

For example, they can have coaches who have similar experiences. They were also refugees and they know what the newcomers went through.

The Hungarian language is very hard to learn, I had a lot of difficulties. Some Hungarians are really xenophobic. I can say that the salaries are very low but the cost of living is getting higher and higher.

To make people less afraid of foreigners, I think someone should help them to know more about what refugees or migrants went through. About the language, I don’t know what to say, it is hard one, and only practice can help. Help the refugees to connect with people from the country will help to speak the language faster and better.

Female coaches at the trainings would be helpful to engage more women and girls to play football.
KEDEDA KALACH, 17, MALE

Cologne, Germany

I am Kededa Kalach, from Iraq. I am 17 years old and have been in Germany for the past 3 years. I love to play soccer and I am visiting the 10th grade of a German school now.

The journey lasted 7 days, we travelled through 6 different countries and arrived in Germany in January 2016. We passed through Turkey, Bulgaria, Macedonia, Slovenia, Serbia and Croatia. We went by ships, by car and walked.

It was difficult because I didn’t know the language and we didn’t talk to a translator. So we were not able to understand what people said and what we had to do. I was surprised, because many things are different in Germany in comparison to Iraq. The people, the cars, the trains, the houses and so on.

I got involved in football because of a friend of mine. He said come join us at Arminia and RheinFlanke and play with us. He said they are part of a regular German league and talk German during every training, so I could improve my German as well as my soccer skills.

Because I love football and I like talking to people.

Right at the beginning the trainer said I can ask any question I have, for example if I don’t understand letters or if I need help with the application process in Germany then he and his colleagues will help me. I practiced my German because we talked German all the time and this really pushed me and my language skills. RheinFlanke organized a soccer event in co-operation with a company during which I got in touch with this company and was able to apply for an internship. At the they end of the internship, they even offered me a training course.

They have to learn the language, go out and talk to people. It is helpful to join a sport team to get in contact.

It would be helpful if they promoted their programmes in schools and so on.

It is important for example to offer the programs in the afternoon, because in the evening it might be too dark especially for women. Sometimes the parents don’t believe that their children just play and do applications training etc. and they worry that something is dangerous might be going on. It might be helpful, if organisations hosted parents’ events which inform the parents about the offers/the program. Then they would be able to trust the people in charge more.

Often people trust in recommendations of friends and family, so as soon as some participants enjoy the offers, there will be more to join.

It is very difficult to find a new flat for me and my family. At the moment we live in a dirty area with a lot of crime and unemployed people. So we want to move to another area, but it is very difficult.

My parents don’t have a fulltime job at the moment and this circumstance is a big obstacle concerning getting a flat. The landlords favour tenants who have a fulltime job instead of receiving financial support from the state. So my parents need a job to convince the landlords to offer them a new flat.

It would be helpful to advertise in schools and to organize offers in the afternoon, because it might be too dark in the evening. I think the peer to peer communication and recommendation is very important and successful.
I am a young boy who loves to build new friendships. I love studying and playing football.

Originally, I’ve been born in Lebanon, the country I feel my mother country. But my family are refugees from Palestine and I always feel homesick for Palestine. I wish I could visit it.

Since I was born in Lebanon, I always think about the day I can be back to Palestine, the place where I really want to play football on a high level.

The first time I played football, I had no idea on any technique and no skills at all. With time, I got so attached to this sport, I asked my cousins to teach me how to play since I was 7 years old, until the Generation Amazing coach, Nourhan Awad, started giving training sessions and now I am part of her team.

Because I love football as a hobby and I wanted to improve my skills and to get involved more in sport and to build new relationships.

Firstly, I developed my technical skills in a very good way as well as my intellectual instinct, it makes me think twice in any step before taking it. In addition, I am gaining important life skills that we are focusing on in our training sessions.

I recommend them to play football or any kind of sport, because this is the best way they can be integrated with each other in the community without racism and with much love.

I do not think I have a clear image about that.

Maybe in offering more services and better equipment for the players.

The social issues like drug abuse sand problems between youth.

To conduct awareness sessions during football sessions.

To have more programs specifically encouraging girls.

What would you recommend to other refugees/migrants who want to get involved, and integrate in a new community?

How could organisations reach out better to refugee and migrant populations?

How could they make their offer more relevant?

What challenges did you experience settling in where you live now?

What could be a solution for these challenges?

Do you have suggestions for programmes specifically targeting migrant women and girls?

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FARID HAMAMA, 35, MALE

Athens, Greece.

Greek Homeless Team – Diogenis MKO

Social, active, polite.

In 2011, I left Algeria and went to Turkey. From there, together with many other people, we took a boat, passed the river Evros and arrived in Northern Greece. Then, I got in a truck full of people and arrived in Alexandroupoli. Some people there gave us water and food, because our supplies had finished, and showed us the way to take the train to Athens.

I felt fear and insecurity when I arrived in Greece, but also humanity when they gave us water and food.

I was playing football in Algeria, I love it a lot. In Greece, I am taking Greek language lessons and there I learned about the football program of Diogenis, from an Afghan schoolmate who was playing in the group.

Apart from my love for football, it is also a way to forget the problems of everyday life. I found love and humanity in the team.

I was able to socialize, to make new friends. I found love and warmth from the people in the program and I consider them as family.

What would you recommend to other refugees/migrants who want to get involved, and integrate in a new community?

I would suggest being engaged in sports and join any group that would please them. I would suggest also, to come to our trainings and see how the program works, because it is not only football, it’s something more than that, it has to do with socialization.

How could they make their offer more relevant?

By having empathy and understanding.

What challenges did you experience settling in where you live now?

It was very difficult with the language, my family was missing and I did not have any job or money.

What challenges did you experience settling in where you live now?

It helped me a lot that I went to school to learn the language. Also, it was important that I felt good with myself.

What could be a solution for these challenges?

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HANNIER EBEIRO HURTADO MORENO, 26, MALE

Current Location: Quito, Ecuador
Active in: Fundación de las Américas para el Desarrollo, FUDELA.

Please describe yourself:
I am a collaborative person, with a great musical spirit, I’m a science lover and curious about how it works in the world. I’m very sincere and I listen very carefully to what is told to me. I look for ways to help people, regardless of their differences, thinking about the general welfare and motivating them to help other people. I was studying medicine at a public university and I liked teaching mathematics and physics to those who needed it.

Please describe your journey from your home country to your new place (include temporary locations on the way):
The trip was quite stressful. A couple of days before leaving the country, I received the strongest death threat and, faced the pressure from the groups that threatened me and I didn’t want to involve my family, so I decided to seek protection in another country. So I undertook a trip to Ecuador, the country closest to my location and my budget, in the most careful way possible, without telling anyone, with some savings and with two changes of clothes. I crossed the border as a tourist and went to the Quito city, where I imagined that there would be institutions and NGO’s in charge of receiving and analyzing my case.

How did you feel when you first arrived?
I felt distressed, worried and anxious at the same time. When I arrived at a completely new place, knowing no one and no idea what to do. Fortunately, on the way there were people who supported me and little by little they opened doors for a better integration process.

How did you get involved in football after you arrived in Europe / new home?
It was through UNHCR, who referred me to their local partner FUDELA to continue my studies in medicine, which I interrupted due to threats to my safety. The foundation works with a football methodology for development, which I loved and continued working and expanding to other disciplines and areas of knowledge.

How did you get involved in football after you arrived in Europe / new home?
Although I’m not a football lover, the methodology of sport for development that proposes the training in values and soft skills through sport with some different rules and reflection moments about what was done was attractive for me. Besides, it was a space to meet and relate to people with cases similar to mine. All this encouraged me to participate in these processes and to propose new integration forms and training in values.

How could organisations reach out better to refugee and migrant populations?
First, I was improving my physical condition through sports, which had been affected by what happened on my journey. Second, by forming strong links with people who support me and are aware of my situation, and reciprocally I support and appreciate them. Third, by deepening my life skills, as values and soft skills, important for the development of all my activities.

The most important is that they’re not afraid, there are always people or entities willing to help you on the way, not only with monetary support. The soft skills transmitted through football are great tools to ease the integration process and support your personal development. And by any means, football is a universal language.

What could be a solution for these challenges?
I consider very important to break these prejudices about different nationalities through assertive communication of their realities and experiences, emphasizing the similarities with the host country and showing how differences can be overcome altogether. It’s also of great importance to include the refugees and the host communities, so prejudices on both sides can be deconstructed.

Do you have suggestions for programmes specifically targeting migrant women and girls?
I think programs should be created to specifically target the needs of female refugees that can lead to equality and smooth inclusion processes in their host communities, preferably through sports and arts.
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