SPORT ID
Sport for Intercultural Dialogue
HANDBOOK

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INTRODUCTION
DESCRIPTION OF THE PROJECT

Sports and physical activity are important and effective vehicles to improving health and well-being. Furthermore, sport is a tool to promote integration and combat discrimination and racism since sports are inherently based on participation and nonviolent values at their core.

The primary aim of the project is to create awareness-raising activities for amateur athletes, coaches, trainers, educators who work in the particular fields of sports connected with solidarity and social inclusion, sharing good practices and creating Open Educational Resources about how sports can support social inclusion.
The aim of the SPORT ID Project is to create a process whereby sport and physical activities become tools to achieve the goal of intercultural dialogue, where sport plays the main educational role. Therefore specific goals of the project are:

- Create operators qualified to play a role in the process of integration through sports.
- Update and formalise knowledge, competencies and methodologies of social promotion and community building through sports.
- Share best practice of integration, inclusion, socialisation through sport within EU.
- Alert European citizens to the social role of sports in promoting intercultural contact and integration.
- Acquire and share new abilities at a national, European and international level
- Prepare for professional education in the field.
- Network among organisations working with migrants and refugees using sport as a vehicle for integration.
In order to achieve those goals, we are going to use non formal education, active and co-operative learning and autobiographical techniques amongst the methods.

**Why Use Non-Formal Education?**

We will use non-formal education because it refers to any planned programme of personal and social education for young people designed to improve a range of skills and competencies, outside the formal educational curriculum.

In this case we want people to strengthen their intercultural dialogue skills and intercultural exchange competencies through sport. Therefore this manual will share with all organisations and operators interested in sport an intercultural dialogue our research on practices across Europe and the partners’ shared analysis and proposals to successfully put into being initiatives that promote intercultural dialogue through sport activities.
PROJECT PARTNERS

Bulgaria
Sport Club Integra www.integra.bg

UK
Community Action Dacorum www.communityactiondacorum.org

Spain
Fondacion Red Deporte y Cooperacion www.redeporte.org

Italy
ONMIC - Opera Nazionale Invalidi civili www.onmic.it
Asinitas Onlus www.asinitas.org

Cyprus
Centre for Advancement of Research and Development in education www.cardet.org
Learning center for youth www.lcyouth.org

Portugal
1000/00 Aventura - Assocacao de Desporto e Natureza

Belgium
Perspectives www.performat.be
WHAT IS IN THIS MANUAL

In this manual you will learn about:

**Sport and Intercultural Dialogue**
- Why we need intercultural dialogue – facts, grounds and numbers
- Refugee crisis in Europe
- Definition of sport and intercultural dialogue
- 10 reasons why sport is a most effective tool for integration
- How sport at present helps with intercultural dialogue in Europe

**Best practices using Sport for Intercultural Dialogue found in the partnership**
- Best practice examples found
- What sport institutions do
- Types of sports used
- Gender equality in sport for intercultural dialogue practices across EU

**How to set up an activity on sport and intercultural dialogue**
- Create your own activity
- Hints on how to create your own activity

**Sport ID Training of trainers module**
- Introduction
- Learning objectives

**Resources and useful materials**
SPORT and INTERCULTURAL DIALOGUE
WHY WE NEED INTERCULTURAL DIALOGUE – FACTS, GROUNDS AND NUMBERS

Multicultural Europe

Most European countries nowadays are multicultural due to the free movement of citizens across Europe and also migration from non-EU countries. These movements design new social patterns and phenomena. People with different cultural, social and religious background interact on a daily basis in most European cities. Diversity is a great opportunity but also a very great challenge for the communication and cooperation of individuals and communities. Habits, customs, assumptions on what is appropriate behaviour in different situations may differ, as well as education background and socio-economic standards. While this multiplicity may cause difficulties in communication and conflicts,
it may also help to find better answers to life problems and foster the way to find innovative solutions. This is why is of paramount importance to overcome those difficulties in order to harvest the crops of multicultural thinking and social cohesion. First of all, we have to understand the full scope of those phenomena, the social and historical context that brings together all these people in EU nowadays. Few numbers and facts will give us an overall idea of multicultural Europe at present.
Which are the most intercultural countries in Europe?

In absolute terms, the largest numbers of non-nationals living in the EU Member States on 1 January 2017 were found in Germany (9.2 million persons, counting 11% of the population), the United Kingdom (6.0 million, 9%), Italy (5.0 million, 8%), France (4.4 million, 7%) and Spain (4.4 million, 9%) (Eurostat, 2017 - last data available).

In relative terms, excluding Luxembourg, which by tradition has a very high percent of non national residents (48%), the more influenced by international movements were Cyprus (17% of the population), Austria, Latvia and Estonia (15%), Belgium, Malta and Ireland (12%).

These figures include EU nationals living in another EU country, as well as non EU nationals living in European countries, giving an overall picture of major established intercultural contexts within EU territory. N.B. UK is still considered a EU country until Brexit negotiations will better define its status and relations with EU.
Changing nationalities

All those mobilities often times come to a stable relocation, with migrants acquiring the citizenship of the host countries, and children being born and raised away from their parents’ homeland. In absolute terms, the number of people acquiring the citizenship of an EU Member State in 2016 was 994.8 thousand, corresponding to an 18 % increase with respect to 2015. (Eurostat, 2017 – last data available). Italy had the highest number of persons acquiring citizenship in 2016, at 201.6 thousand (or 20 % of the EU-28 total). The next highest levels of acquisition of citizenship were in Spain (150.9 thousand), the United Kingdom (149.4 thousand), France (119.2 thousand) and Germany (112.8 thousand). In relative terms, the EU Member State with the highest naturalisation rate in 2016 was Croatia (9.7 acquisitions per 100 non-national residents), followed by Sweden and Portugal (with 7.9 and 6.5 acquisitions per 100 non-national residents respectively). Viewed in terms of original citizenship, as in previous years, the largest groups were Moroccans (101 300, corresponding to 10.2 % of all citizenships granted), followed by Albanians (67 500, or 6.8 %), Indians (41 700, or 4.2 %), Pakistanis (32 900, or 3.3 %) and Turks (32 800, or 3.3 %). (same source).

Many of them hold a double citizenship along with a double identity and cultural belonging, thus redefining national and European sense of self.
Europe migration crisis

But this picture is constantly moving, especially in the last years, with what was called “the refugee crisis”. Since 2014, massive flows of people reversed into the continent, most of them demanding asylum or other forms of humanitarian protection. In 2015 more than a million migrants and refugees crossed into Europe and only after agreement with Turkey did the flow of migrants diminish.

In 2017, there were 728,470 applications for international protection in the EU. This figure represents a decrease of 44% compared to 2016, when there were almost 1.3 million applications.

In 2017, EU countries granted protection to more than 538,000 people, down by almost 25% on 2016. Almost one in three of these were from Syria while Afghanistan and Iraq rounded up the top three. Of the 175,800 Syrian citizens granted international protection in the EU, more than 70% received it in Germany. (Source: European Parliament Think tank on migration – see resources).
REFUGEE CRISIS IN EUROPE
WHAT IS THE DIFFERENCE BETWEEN A REFUGEE AND A MIGRANT?

• An economic migrant normally leaves a country **voluntarily** to seek a better life. Should he or she decide to return home, they would continue to receive the protection of his or her government.

• Refugees flee because of the **threat of persecution** and cannot return safely to their homes.
WHO IS A MIGRANT?

Massive migration floods have been registered since man’s origin. Europeans colonized and migrated towards all the continents from the 16th – 17th century to the first half of the 20th, while Roma and Jewish peoples migrate respectively since medieval and prehistoric times. A migrant is someone who:

- Can move from one country to another usually to find work or to join family members.
- Some move voluntarily, while others are forced to leave because of economic hardship or other problems.
- People can migrate ‘regularly’, with legal permission to work and live in a country, or ‘irregularly’, without permission from the country they wish to live and work in.

Regardless of their status in a country, both regular and irregular migrants have human rights, including the “right to freedom from slavery and servitude, freedom from arbitrary detention, the right to freedom of assembly, the right to education for their children, equal access to courts and rights at work.”

*Declaration on human rights*
WHO IS A REFUGEE?

Refugee floods also happened countless times in human history, as different communities were trying to escape wars, natural disasters, dominations and persecutions. Many Europeans flew Europe (mostly Germany, allied countries and occupied territories) as refugees during WWII. A refugee is someone who prior to leaving experiences either:

- War.
- Severe discrimination or persecution.
- Violence, enprisonment or torture inflicted by dominant groups, parties or occupation forces controlling the territory of their homeland.

Which often make it too dangerous for people to remain in their homeland.

“And now we are
As straw in the wind
We can’t take roots,
Our heart is in an endless mourn
And our mouth does not know what it says”

*Biagio Marin, refugee*
<table>
<thead>
<tr>
<th>PRIOR TO LEAVING</th>
<th>ESCAPING</th>
<th>ARRIVING IN NEW COUNTRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear of detection</td>
<td>Fearful for their safety or lives</td>
<td>Just arrived and never going back home</td>
</tr>
<tr>
<td>Anxiety about conditions</td>
<td>They may leave secretly or are chased out</td>
<td>Loss of family and friends</td>
</tr>
<tr>
<td>Pressure about escape</td>
<td>Many die trying to escape</td>
<td>Loss of familiar culture and concern over cultural adaptation</td>
</tr>
<tr>
<td>Fear of persecution</td>
<td>Those lucky enough to escape their country are considered refugees</td>
<td>Concern for economic survival</td>
</tr>
<tr>
<td>Anticipated sadness over losses</td>
<td></td>
<td>Language barriers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>They entered a new context but they are not part of it</td>
</tr>
<tr>
<td></td>
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<td>They are often labelled by the new society</td>
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<td></td>
<td></td>
<td>Their time is marked by waiting they wait for documents</td>
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<tr>
<td></td>
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<td>They are not self-sufficient</td>
</tr>
</tbody>
</table>
In 2015 Europe faced the so-called “refugee crisis” with more than half (54%) of all refugees worldwide coming from just 3 countries.

- Syrian Arab Republic 4.9 million
- Afghanistan 2.7 million
- Somalia 1.1 million

But in fact 9 out of 10 persons found protection in the Global South.

**Asia** 29.7 million forced displaced people + 5.7 million Palestinian refugees under UNWRA protection, settled in Jordan, Lebanon, Syria, Gaza and the West Bank.

**Africa** 20.3 million.

**Central and South America** 7.7 million.

**Europe** 5.5 million.

**North America** 715,000.
THE WORLD’S TOP 10 REFUGEE HOST COUNTRIES

- Turkey (2.5M+)
- Iran (979,400)
- Pakistan (1.6M)
- Lebanon (1.5M+)
- Chad (369,500)
- Jordan (2.7M+)
- Ethiopia (736,100)
- DRC (383,100)
- Uganda (477,200)
- Kenya (553,900)

I WELCOME

Amnesty International
DEFINITION OF SPORT AND INTERCULTURAL DIALOGUE

“Intercultural dialogue is an open and respectful exchange of views between individuals and groups belonging to different cultures that leads to a deeper understanding of the other’s global perception.” (Council of Europe). Regarding the contribution of sport to intercultural dialogue, annexes to the Amsterdam Treaty (1997) specifically refer to its potential and the necessity for the EU to develop consistent policy in the field.

“Played and watched by people from a variety of social backgrounds, it has an educational and socialising effect that makes it an ideal vehicle for intercultural dialogue and social integration. Indeed, when we speak about “integration through sport”, there is wide acknowledgement of the positive contribution sport makes to social integration, for ethnic minorities and immigrant communities in particular. This consensus has been highlighted by various opinion polls in Europe and by references in political and institutional discourse. Regular participation in sport is thought, for example, to help young people of immigrant origin to develop key skills and to integrate better into society.” (Sport facing the test of cultural diversity – Council of Europe – EPAS, 2010). But what exactly does make sport work for intercultural dialogue?
10 REASONS WHY SPORT IS A MOST EFFECTIVE TOOL FOR INTEGRATION

1 - The concept of sport is transcultural
While different cultures and societies praise and practice different sports, the concept of sport itself is spread and valued worldwide nowadays. It unites people from all over the world at any level, from Olympic competitions to grassroot level.

2 - Sport is for all
Sport activities can involve everybody: men and women, children, adults and elders, people belonging to different social categories and with different mindsets, habits, needs and beliefs.

3 - Respite/sense of normality
Sport is a frame where energies can be spent in the present, the body enjoys movement, the mind enjoys peace and the company of others. Thus, motivation to life and goals arises, even after the disruption of major traumatic events, such as refugees often experiment.
4 - Body interaction
Physical interaction is a very important tool for intercultural dialogue for two different reasons:
- it creates a more immediate contact with the others (natives and migrants from other parts of the world) which social, mainly verbal, interaction more rarely provides (especially when there are language barriers);
- it empowers through the full expression of will, force, and abilities.

5 - Rules
As reported by many trainers, sport, like games, is a space where social interaction and goals are simplified and defined by a simple set of rules: integration and equal interaction is easy and provides a start up point for a full integration into society, providing a temporary community.

6 - Fair play
Fair play develops moral skills in migrants and natives: tolerance, acceptance of the other, respect for rivals, conflict resolution and objectivity on the playground are important mindsets which help interaction and foster equality and solidarity.
7 - Breaking down linguistic barriers
Words are accompanied by physical action which is more self evident and helps clarify the speaking. Emotional involvement enhances motivation, so little language proficiency is not an obstacle to the last come in the community to practice sport and be involved.

8 - Sport as a mean to know different cultures
When people from different cultures meet they exchange common life cultural heritage such as food, music, stories and clothes. Learning new sports or games brought from different countries is a very interactive, emotional and immediate way to participate in a different culture.

9 - Sense of belonging
All of these aspects tend to create a sense of belonging: making teams, living pleasant and stimulating experiences in a group, sharing goals and resolving disputes with fair play are inherent sports features. In the context of projects which include migrants and refugees all these concepts are of paramount relevance.

10 - Holistic approach
After the match the encounter is not over: it really begins. Different complementary activities can be associated to sport events and carried out to break barriers and create bonds among individuals and communities.
HOW SPORT AT PRESENT HELPS WITH INTERCULTURAL DIALOGUE IN EUROPE

A study on sport and multiculturalism in 2004, showed that sport has been used to reduce intercultural tensions in the (then) 25 EU member states.

The approaches at present focus on the following:
- Interculturalism, promoting intercultural exchange with equality of each culture, separate but equal.
- Cohesion rather than diversity, with ‘unitary’ notions of national culture.
- Incorporate groups into existing national culture.
- Non-intervention, where populations are regarded as homogeneous and there is no perceived need for provision.

Regarding the contribution of sport to intercultural dialogue, a declaration annexed to the Amsterdam Treaty (1997) “emphasises the social significance of sport, in particular its role in forging identity and bringing people together”. Several surveys show that almost three in four EU citizens view sport as a means of promoting integration, while two thirds perceive sports as a means of fighting discrimination.
«The role of sport in promoting social integration, in particular of young people, is widely recognised. Sport ... is a recognised social phenomenon. Sports offer a common language and a platform for social democracy. [Sport] creates conditions for political democracy and is instrumental to the development of democratic citizenship. Sport enhances the understanding and appreciation of cultural differences and it contributes to the fight against prejudices. Finally, sport plays its part to limit social exclusion of immigrant and minority groups».

The Council of Europe’s study on Diversity and Cohesion Niessen 2000
BEST PRACTICE ACROSS THE PROJECT PARTNERSHIP
Introduction

The “best practice” involving sport and migrants/refugees has been examined and researched in this project, in order to define the existing background and also to raise awareness about what best practice looks like across Europe.

Main findings

Major countries such as UK and Italy have developed and supported official integration policies from governmental and non-governmental organisations through sport for many years. There are various permanent initiatives that help a significant number of refugees and migrants each year. On the contrary, small countries like Cyprus have not developed yet official policies and there are only some good practices with local impact.

The best practices collected by the partnership from each country are summarised as follows.
Background

The UK is one of the countries with a significant multicultural background and is a pioneer in policies about social integration and inclusion. But the process of integrating isolated communities, according to a review from Dame Louise Casey, has been seen to be too much for some local communities especially since the economic downturn, and concern about the strain on public services has increased.

In addition, ethnic or migrant groups in local areas have become increasingly divided. Consequently, there is a “vicious circle” in which Muslims feel they are being blamed for terrorism and extremism, leading to suspicion, mistrust and hostility.

There is constant work to promote greater involvement in sport and physical activity by disadvantaged communities particularly the Black, Asian and Minority Ethnic (BAME) population. There are many current initiatives and projects around sport and integration in the UK. Sport Coach UK provides a wide list of projects aimed to support people currently under-represented in sport and coaching, like “Women in Sport” supporting female participation and “Sport Equals” supporting minority ethnic groups.
Examples

**Madeley Youth and Community Centre (Derby)** aims to bring together Asian British and Kurdish asylum seekers through football.

**Voluntary Action Leicester, Asylum seekers and Refugee Sports Development Project** develop and support sporting projects, amongst the refugee and asylum seeker community in Leicester.

**United Glasgow Football Club (UGFC)** competes in an anti-racist football league in Glasgow, Scotland comprised of a mixture of Scottish nationals, refugees, asylum seekers, and immigrants. The project was initially targeted at young men in the asylum system, but was then open to all.
BEST PRACTICE - SPAIN

Background

Spain has had a considerable increase in the migrant population during the last 20 years. In 1998 the total population was 38 million, with just over half a million people coming from other countries, while in 2017 the total population has reached almost 42 million, with more than 4 and a half million foreigners living in Spain. According to the Instituto Nacional de Estadística (Spanish Statistical Office) Morocco is the country that contributes most foreigners to the Spanish population, with more than 750,000 migrants, followed by almost 720,000 Romanians, 255,000 British, 200,000 Chinese and a little bit more than 160,000 from Ecuador. As for the asylum seekers, the conflicts in Syria and Ukraine caused a spike in petitions and reached a record high, with 15,000 people applying for protection in Spain. Non-governmental organisations, football teams of the Spanish Professional League “La Liga”, and private companies develop or support social projects related with sport to promote interculturality in society, with special emphasis on minorities.
Examples

*Sports and Co-operation Network*, based in Madrid, gives support to other international organisations, governments, public and private associations and sport federations. It has completed more than 100 development projects in Europe, Africa, Asia and Latin America, helping more than 160,000 people to improve their quality of life and integrate into society.

*The Spanish Olympic Committee* organises the “Intercultural Olympics”, a “big” day to put into practice all the learning acquired during workshops and trainings.

*Real Madrid Foundation’s social sport soccer school* benefits girls and boys between 5 and 17 years old, offering an education based on values through sport, encouraging inclusion of vulnerable people.

*Judokan Program*, socio-educational integration through judo, for young people of Ruzafa neighborhood.
BEST PRACTICE - ITALY

Background

Italy is one of the countries most affected by the waves of refugees, especially from northern Africa. The Italian population is 60,795,612 citizens, while 5,014,437 (8.2%) have a foreign nationality and 3,929,916 of them have a residence permit. The majority of those who have a residence permit came from the countries of central and eastern Europe (30%) followed by North Africa (20.7%) to Central Asia (13.9%) and East Asia (13.4%). The main reasons related to the need for residence permits mainly concerns working (52.5%) and family (34.1%) issues. Most of the immigrants in Italy (60%) live in the north, while from 2009 to 2015, the percentage of foreigners with a job rose from 5.9 to 7.8.

Since 2014, Italian Olympic Committee, in co-operation with the Ministry of Labour and Welfare, promotes the “Sport e integrazione: la più bella vittoria” (Sport and integration: the most beautiful victory) programme, which awards the best practices of integration through sport in Italy. In 2016, 45 projects were included in a national selection of best practices which provides a representative point of reference of the current state of the art in our field. From these projects 21 involve football (as the only activity, or in association with other sports).
Examples

National level organisations

CSI – Italian Sports Centre promotes sport and Christian values. It counts 13,000 clubs in different sports, with over 1,000,000 members.

UISP – Unione Italiana Sport Popolare major national not for profit organisation organises every summer the Mondiali antirazzisti (The Anti-Racist World Cup) event.

SSF (Sport Without Borders) unites a solidarity Network of 109 clubs across Italy.

Local most renowned practices

Associazione Italiana Cultura Sport (AICS) of Campania organises a Cricket Regional Championship in Naples, 8 teams made up by refugees and asylum seekers.

Afro-Napoli United football team, made up of migrants from Africa and South America, Italians of second-generation and Neapolitans.

Liberi Nantes football team in Rome, entirely composed by refugees and asylum seekers.
Background

Since 2013 Belgium has had a structural resettlement programme, which offers protection to a number of vulnerable refugees every year. In 2015 Belgium resettled 300 refugees: 225 Syrian refugees from Lebanon and 75 Congolese refugees from the Great Lakes region. In 2016 Belgium aimed to resettle a total of 550 refugees, a majority of whom were Syrian. Belgium has over 25,000 reception places in total, and the network comprises collective and individual reception structures. The reception centres are ‘open’ centres, meaning the residents are free to come and go. They receive accommodation and meals, clothing and also social, medical and psychological support, a daily allowance (pocket money) as well as access to legal assistance and services such as interpreting and training. Following a negative decision, the ‘failed’ asylum seeker receives an order to leave. Since 2012 and the establishment of the ‘return procedure’, those whose negative decision has been confirmed by the Council for Alien Disputes are invited to go to one of the four Fedasil centers that organise ‘open return places’. 
Examples

In the field of social integration through sport, the Red Cross has created several sports initiatives, some involving popular sports and others for sports that are little practiced at a national level, for refugees.

**Mini football championship** is organised every year between all the centers of the Francophone Red Cross for refugees.

**Kick-off** association undertakes initiatives to facilitate access to sport for anyone.

**Football Club Kraainem** in the Flemish area of Kraainem (Brussels region) has been opened for refugees. The majority of people who joined the club are unaccompanied minors - refugee children aged 8-9 to 16-17 years old (80% of the public), around 700 young people per year; a little more than 1,300 young people since the beginning of the project.
BEST PRACTICE - CYPRUS

Background

Cyprus is relatively small, but a unique island country. It is located in a highly significant and strategic position near the Middle East and has a long history as a crossroad for cultures. Cyprus has been a divided country since 1974 and the Turkish invasion that led to the so-called “Cyprus problem”. The population was 838,897 on the 1st of October 2011 (for the Republic of Cyprus, the southern part of the island). There are estimates of total population of 1,133,803, from which 80% are Greek-Cypriots, 18% Turkish Cypriots and Turkish settlers and 2%, other minorities (Maronites, Armenians, Latins and others). Since 2004, relationships between the two divided communities have improved, thanks to the decision of Turkish Cypriot regime to partially allow the opening of the borders and bi-communal activities, in which sport played a significant part (doves Olympic project, Peace Players).

There are no official policies yet concerning sport and integration. In the refugee reception centre (Kofinou) there are no organised sport activities.
Examples

The most relevant recent initiatives were from the Cyprus Olympic Committee. In Rio 2016, the leader of the refugee team ‘Tegla Loroupe’ inspired officials of Cyprus Olympic Committee to develop good practices for refugees.

Sport stand with refugees initiatives and conference “Women and Sport” which was dedicated to refugee women, helped many refugees in Cyprus to learn about Olympism, play sport, meet Tegla Loroupe and interact with Cypriot sporting society.

Omonoia Nicosia which is the most popular football club in Cyprus and has a leftwing background, develops several initiatives to support refugees and provides a good example in Cypriot football.
Background

Portugal, has a rich multicultural and cosmopolitan history. Portugal is today one of the European countries with a vivid African descent that came up with the decolonisation process, economic growth, public construction projects with a need for human resources, the democratic consolidation and (in 1986) integration into the Economic European Community have all become structural factors that increased immigration. Portugal is one of very few European countries where a single public body - the High Commission for Immigration and Intercultural Dialogue - takes responsibility for policies on intercultural dialogue. There are the two National Immigration Support Centres (CNAIs, in Lisbon and in Porto, offering services for immigrants at national level and also Local Immigration Support Centres (CLAI)s) across the country. In addition, there is a Portuguese Network of Intercultural Cities which promotes the development and implementation of policies for the integration, diversity management and intercultural dialogue, and promotes best practices. It has a connection with the European Network of Intercultural Cities.
Examples

**National Corfball tournament** this was a mixed tournament which aimed to promote equal opportunities, combat bias and discriminatory behavior through sports. The goal was to practice the sport and create a local team for representation in the Intercultural Tournament which took place on May 19, 2013. Joining the celebrations of the “World Day for Cultural Diversity for Dialogue and Development”.

**Corfebol sem Fronteiras** Corfebol is a sport of mixed teams, composed of equal numbers of men & women, the teams must integrate native and foreign citizens, thus promoting the reinforcement of cultural diversity, as a way of expressing and appreciating their presence and diversity in Portuguese society.
WHAT SPORT INSTITUTIONS DO

Olympic committees

A common finding in most countries is that National Olympic Committees develop projects related to social inclusion and integration. These include:

- Italian Olympic Committee - Sport and integration: the most beautiful victory programme, which makes awards to examples of the best practice of integration through sport in Italy.

- The Intercultural Olympics and the recent agreement between Spanish Olympic Committee and the Spanish Commission for Refugee Assistance CEAR to promote actions and programs that use sport as a tool for the integration of refugees into Spanish society.

- Cyprus Olympic Committee – ‘Sport stands with refugees’ and ‘Women and Sport 2017’ conference.
TYPES OF SPORTS USED

Football

Football, being the most popular sport in Europe, is also the most popular sport for this type of initiative. Major European football clubs (Real Madrid in Spain, Omonoia Nicosia in Cyprus) have developed initiatives that promote the social inclusion of refugees. Also, local football clubs develop initiatives about refugees and migrants as well (Kraainem Football Club in Kraainem Brussels region). In Italy football is the sport through which refugees express themselves most easily. (Afro-Napoli United & Liberi Nante). Similarly, in the UK, football clubs like United Glasgow Football Club (UGFC) compete in an anti-racist football league in Glasgow. It is comprised of a mixture of Scottish nationals, refugees, asylum seekers, and immigrants.

Other sports

There are other traditional sports played by migrants/refugees which now take place in European countries. For example, Sikh, Bengali, Sri Lanka and Indian communities become the representatives for their Italian city in national cricket competitions. In Belgium, cricket is practiced by Afghan and Pakistani nationals. In the same vein, Corfeball tournament in Portugal used this unfamiliar sport to bring Portuguese citizens and foreigners together. There was also the opportunity for men and women to play together as the teams were mixed.
This is perfectly coherent also with the countries of origin of most migrants and refugees on EU territory, mostly coming from Asia, Africa and Latin America. Given the most practiced sports throughout the world as shown in the map above, we can easily understand which sports can be targeted depending on the communities involved.
Gender equality in sport for intercultural dialogue practices across EU

Gender equality

There is a special interest in promoting gender equality in sport projects. For this reason, we highlight the “Women in Sport” project in the UK which supports female participation as well as the “Women Only Exercises” which develop creative learning in Muskaan - Pakistani Muslim Women. In Italy, out of 45 relevant projects about sport and refugees, only 21 were open to both sexes, and 3 were targeted at women/girls (featuring yoga, volleyball and softball), while the remaining 21 were only open to males. In Cyprus the 2017 annual congress of Women and Sport of the Cyprus Olympic Committee was dedicated to refugee women. General conclusions of the congress show concordance with our present findings, considering the practices we analysed: there are some very good initiatives, and many are emerging, yet they are still a small minority. This indicates there is a long road to gender equality in sports at present, but we are making very good steps to begin with.
HOW TO SET UP AN ACTIVITY ON SPORT AND INTERCULTURAL DIALOGUE
Creating Your Own Activity

From our research it has been shown that the following aspects should be taken into account when creating your own sport activity for Intercultural dialogue.

- **Strategy**
- **Needs**
- **Specific Skill Set**
- **Define the Activity Programme**
  - Best sport activities for ID
  - Complementary activities
  - Ease of access
- **Network**
- **Communication**
HINTS ON HOW TO CREATE YOUR OWN ACTIVITY

STRATEGY

Sport for Intercultural Dialogue activities should be part of a wider strategy for the organisation. This is important, because by defining a strategy, the organisation:

• will be more aware about the vision, the values, the motivations that underlie the activity provided;
• will operate in a way that improves the skills and abilities needed to plan and manage the activities.

NEEDS

Needs analysis

Sports activities should meet the needs, expectations, and desires of those involved. This means that an important part of the preparation of these activities will also be dedicated to understanding the needs and aspirations of this group. It is important to be able to identify the “main target group”, as well as secondary targets. In addition, take into consideration the educational goals of the organisation.
Enhancing the skill sets of staff, trainers, instructors, and volunteers, is a key part of the success of sports activities aimed at intercultural dialogue. In particular, the staff should have knowledge of:

- the issues of migration, minorities, cultural difference, intercultural dialogue;
- sporting practices suitable for the purpose of promoting intercultural dialogue.

As well as the ability:

- to organise a sporting activity or event aimed at promoting intercultural dialogue, integrating sports activities with complementary activities;
- to facilitate groups of participants or work groups composed of people from different cultures.
**ACTIVITY PROGRAMME**

This section we are exploring the issue: what type of activity can we organise?
- Sport events.
- Set up a sport training courses programme.

**SPORT ACTIVITIES**

**Best sport activities for Intercultural Dialogue**

Activities adapted for intercultural dialogue, can include:

1. Sporting activities that draw attention to intercultural dialogue, for example:
   - Include participants from different cultures, and tailor the activities to their needs (like the “Women-only exercise”, UK).
   - Include contents aimed at fostering intercultural dialogue (like “Intercultural Olympics”, Spain).
   - Play sports such as Football Three, which involve participants in deciding the rules of the game, and agreeing amongst themselves.

2. Sporting activities adapted to enrich them with educational activities through play and movement, allowing participants to work on the issues of intercultural dialogue.
NOT JUST SPORT

Complementary activities

As well as sporting activities, it is important to organise complementary activities that are aimed at encouraging the integration of migrants or people from other cultures in general, and promoting intercultural dialogue within the community.
Examples include:
• Language courses
• Provision of assistance to migrants and minorities
• Cultural activities in general, to create awareness of the cultures of the countries of origin of migrants, as well as the host culture itself.
These activities often require other organisations to be involved, hence the importance of establishing a network with other stakeholders and organisations in the area.

EASE OF ACCESS

Other important aspects of planning sports activities are:
• Timing
• Place
• Cost

All of these need to be in place to make the activities accessible to participants, respecting their needs from a social, economical and cultural point of view.
**NETWORK**

Aim to establish a wide network of contacts, to partner or work with you on various elements of the activity. These can be:

- Stakeholders (community leaders, experts, etc.)
- Organisations
- Public sector administrators

It is also important that the organisation and the activities it offers represent the needs of the community, especially the need to integrate the different communities and encourage intercultural dialogue.

**COMMUNICATION**

Communication of the activities you are planning will be needed, in order to make sure the wider community is involved. This must be planned in advance, in coordination with the development of the strategy for your project.
SPORT ID TRAINING OF TRAINERS MODULE
INTRODUCTION

The Sports ID partnership has created and tested a training module. Differences between European nations – such as different sport traditions, different migration routes and different approaches to informal education – were taken into account. The partnership developed a common set of practices and activities, with different teaching strategies, training structure and context. Each part of the training course focuses on specific aspects of the learning objectives and uses different materials and activities. You can find the SPORT ID Training module plan, together with whole range of materials and activities on SPORT ID website.
From the initial project work, the partnership agreed on six specific learning objectives.

- Introduction to Sport and Intercultural Dialogue in Europe
- Diversity cohesion
- Rules and conflict resolution
- The role of the facilitator
- Sport programmes for intercultural dialogue within the community
- How to plan and perform sport and sport related activities with multicultural groups
<table>
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<tr>
<th>LEARNING OBJECTIVES</th>
<th>ACQUIRED SKILLS – LEARNING OUTCOMES</th>
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| Sport for Intercultural dialogue in Europe               | • Being aware of how different traditions socially construct sport and sport related activities  
• Being aware of what kind of organisations are there operating at national and european context in the field of Sport for intercultural dialogue and which kind of programmes are they implementing at present |
| Diversity Cohesion                                       | • Being able to prevent and tackle discrimination and racism within a multicultural group  
• Being able to promote tolerance and communication within a multicultural group  
• Being able to foster sensitivity towards cultural diversity and sport diversity |
| Rules and conflict resolution                            | • Being able to negotiate common rules in a multicultural group  
• Being able to foster active listening among all members of the group  
• Being able to mediate conflicts in a multicultural group |
| The role of the facilitator                              | • Being aware of problems that may arise while training a group, and a multicultural group specifically  
• Being aware of possibile solutions  
• Being able to experiment and choose solutions on the field |
| Sport programs for intercultural dialogue within the community | • Being aware of which criteria a sport for intercultural dialogue activity should fulfill  
• Being able to plan a program/activity for a specific community/group  
• Being able to involve the community |
| Plan and perform sport and sport related activities with multicultural groups | • Experiment the activities and programs with a specific target group  
• Being able to get the feedback from the group  
• Being able to change one’s facilitating style based on the feedback of the group |
RESOURCES AND USEFUL MATERIALS
REFERENCES

On migration issues:


ec.europa.eu/eurostat/statistics-explained/index.php/Migration_and_migrant_population_statistics#Acquisitions_of_citizenship:_EU_Member_States_granted_citizenship_to_almost_1_million_persons_in_2016

ec.europa.eu/eurostat/statistics-explained/index.php/Migration_and_migrant_population_statistics

www.hrw.org/tag/europes-migration-crisis

On sport and intercultural dialogue in the EU:

www.euractiv.com/section/sports/linksdossier/sport-and-intercultural-dialogue/

rm.coe.int/sport-facing-the-test-of-cultural-diversity-integration-and-intercultu/1680734be5

ppj-eu.coe.int/documents/1017981/1667865/Sport.pdf/2500e8fb-e89d-47f7-bdec-baa01c28f828

www.coe.int/en/web/sport/epas

www.coe.int/en/web/sport-migrant-integration-directory/home
On SPORT ID website you can find:

- **SPORT ID Handbook**: a useful tool to orientate your organisation’s activity towards sport for intercultural dialogue

- **SPORT ID Training module plan**: you can use it to plan and deliver your own SPORT ID training module

- A set of activities and games you can use during trainings

- **SPORT ID DAY Guidelines**: you can use it to organise your own SPORT ID Day Event

- Links to the **SPORT ID Network**: you can use it to contact or take inspiration from all the organisations joining the network across the EU or even become a member yourself

- Other useful links to news, events and initiatives across Europe and materials developed in different projects and contexts
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