

TIPS FOR INCLUSION IN SPORT

The aim is to provide some tip on how to offer suitable participation opportunities for refugees, migrants and asylum seekers in and through sport, physical activity and play.

PATIENCE

Try to keep, resilient and persistent: sports instructors may tend to feel frustrated, if they engage in volunteer work, but do not succeed in establishing stable groups. However, it takes time and requires a great deal of commitment on the part of the volunteers to reach refugees and build team and engagement

EMPOWERING

Facilitating empowerment: Instead of sympathizing with refugees over their fate and organizing everything for them, it is essential to foster individual initiative and commitment among them and to encourage them to assume responsibility as early as possible.



TRUST BUILDING

It is crucial to build trust and to establish a personal relationship between sports instructors and refugees.

LIMITS

Being prepared to help, but not weighed down by the refugees' problems: In this respect, it is crucial to recognize one's own limits, regarding the psychological burden as well as regarding one's competences, and to refer refugees to the appropriate experts, if necessary.

GENDER CARE

Selecting female instructors and making use of female role models: It is recommendable to select female instructors and to make reference to female role models who are successful in the discipline in question, since women and girls with no or little experience in sports often lack such female idols. Within this context, digital media showing women as active athletes or players (e.g. videos of female Syrian rugby team) can be used.



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LOCAL INTEGRATION

Mixing refugees and locals: Refugees have an interest in establishing contact with native inhabitants of the host country; therefore, mixed groups can be useful. Activities that are open to all are particularly recommendable with a view to encouraging both groups to mingle (during hiking trips for families, for instance).

TRANSFER

Training refugees to become instructors: With the help of suitable training programmes, refugees can become instructors themselves and assume greater responsibility as volunteers within the club, e.g. as assistant coaches. This also boosts their self-esteem and facilitates a change of perception on the part of native club members, as they see refugees play an active part.

INTERCULTURAL MATTERS

Accepting dress codes based on religious rules: In the sports club, it is important to accept the women's ideas as to what constitutes appropriate sports dress and to fathom in how far the sport's requirements can be reconciled with these dress codes.

LANGUAGE

Learning a few words of the language of the others: This helps when it comes to building personal relationships and creating a relaxed training atmosphere. It also demonstrates an interest in understanding one's counterpart and their circumstances.

