



# Sport in the work with youth

Booklet created in the frame of the project "Be healthy Europe"





## Introduction, so why did we create this booklet

The booklet is the result of the training course "Be healthy Europe" which took place in Slavske, Ukraine in June 2016, 15<sup>th</sup>-25<sup>th</sup>. The project was funded by the Erasmus+ Programme of the European Union (Kay Action 1).

The project aimed to promote cooperation between bodies responsible for sports development. Implementation of the project "Be-Healthy-Europe" had a positive effect on the strengthening of cooperation among the youth leaders in the development of social capital building in Europe, contributed to reducing the social and economic costs of the lack of physical activity.

Within 10 days of training course 25 youth workers from 6 countries met the need for:

- To develop the ability to provide social services at a high professional level in the field of management - organization of different types of physical activity, healthy eating issues, first aid during sports for the stakeholders and the target groups of youth organizations in Europe.
- To exchange and transfer of knowledge, know-how aimed at improving the level of motivation and interest in daily physical activity and sport among European youth.
- To develop of cooperation among youth organizations in order to implement joint projects in the sphere of youth involvement to an active lifestyle and sports in the future.
- To better understand similarities and differences between the cultural characteristics within Europe.

*Speaking about sport I improved my knowledge about how to work with youth and how to management different conflicts. I could to know where is my limit and I discovered that there is not anything impossible if you believe in that.*

Maria (Sweden)

## Reasons for using sport in the work with youth

- Integration - everyone can be included, doesn't matter of age, language, economic situation
- Inclusion - tool to include newcomers into the society
- Promotion of healthy lifestyle
- Development of hobbies and keep occupied their free time
- Improvement their own skills:
  - self-confident
  - communication with others (interaction)
  - creativity
  - motivation
  - strategy
  - empathy
- Team building (trust to others)
- Intergeneration communication (to be close with them and better understand their feelings)
- Learning of conflict management
- Increased responsibility and fair play rules in the life
- Learning of respect others
- Increased the competence of collaboration and management of different difficult situation in the life





# Electricity game

**Aim:** team building game

**Materials:** totem, coin

**Number of participants:** minimum 10 people

**Time:** 30 minutes

## Description:

The participants have to be divided in two groups with the same number of people. They stay in two lines, face to each other. Each person hide the hands in the back and catch the hand of his/her neighbor from right and left side. The opposite team cannot see your hands. In one side of both line, in the middle, stays the person holding totem and from to her/him, in the second side of the line - person holding coin. This person is responsible for giving sign for electricity, it means he/her flips the coin and if it's "face" of the coin the first person from both groups have to strongly hold the hand of her/his neighbor. In the whole game only the first person is looking on the person with coin. The rest have to turn the eyes to totem. The last person, who feels the signal catch the totem and go to the beginning of the line. We can start the second round. The game is over when all persons from one team were in the beginning of the line.



# Narodna game

## Aims:

- Team building game
- Good energizer

**Time:** 20 minutes

**Number of participants:** 10 and more

**Materials:** ball, market border, space (inside or outside)

## Description:

Task: the group has to be divided in two teams. Each team has one leader who stays separately of them, just behind the opposite team. Each team is aimed to eliminate the opposite players through throwing ball.

## Rules:

- a) participant is eliminated if she/he is hitting with the ball and the ball falls down
- b) if participant catch the ball from the opposite team, than she/he has chance to try to eliminate players from opposite team by throwing the ball
- c) only the leaders are out of the field, all others are inside and can't go out of the field
- d) in order to have better position the leader and the rest of the team can pass the ball to each other (inside the team)

## Tip:

-you can use more than 1 ball in the same time





# "Square of minds" game

## Aims:

- Team building game
- Good energizer

**Time:** 20 minutes

**Number of participants:** 10 and more

**Materials:** ball, market border, space (inside or outside)

## Description:

Task: the group has to be divided in two teams. Each team has one leader who stays separately of them, just behind the opposite team. Each team is aimed to eliminate the opposite players through throwing ball.

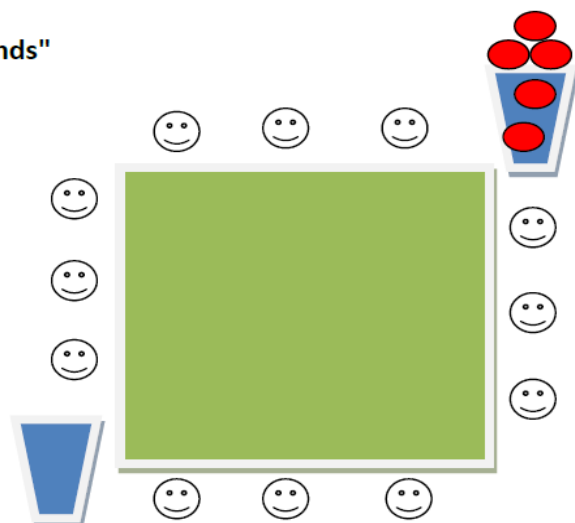
## Rules:

- participant is eliminated if she/he is hitting with the ball and the ball falls down
- if participant catch the ball from the opposite team, than she/he has chance to try to eliminate players from opposite team by throwing the ball
- only the leaders are out of the field, all others are inside and can't go out of the field
- in order to have better position the leader and the rest of the team can pass the ball to each other (inside the team)

## Tip:

-you can use more than 1 ball in the same time

## "Square of minds"



# Ninja game

## Aims:

- Good energizer
- Team building
- Testing and improving movement abilities

**Time:** since 10 to 30 minutes

**Number of participants:** 8 and more (good for big groups)

**Materials:** comfortable clothes, space (indoor or outdoor; especially with big groups)

## Description:

The group has to create the circle, after that the participants have to test if they cannot touch their mates (on the left and on the right). The next step is start with the scream “ninja” then the participants one by one will try to touch to his mate who is on the left. For doing that she/he can take only one step, for avoiding the touch the second participant can move his self but always staying at the same position. If some participant touch another the second one is eliminated. Because of participants are eliminated the circle is making smaller and the participants are closer eachother. The game is over when the circle disappears.

## Tips:

- Don't harm your mate, remember that is a game.
- With big groups this game could be boring when many participants are eliminated





# Yoga

## Aims:

- relax
- stretching muscles
- warm up the body

**Time:** 15-30 minutes

**Number of participants:** 1 leader and 1-30 participants

**Materials:** comfortable clothes, inside-gym, outside-open area

## Description:

The leader show and describe the exercises and all participants repeat the task. The breathing is very important during the exercises.

## Tips:

- focus on breathing
- doing correct
- don't force yourself





# Hiking

## Aims:

- team building
- improvement of cooperation competency

**Time:** few hours - one day

**Number of participants:** 8-12 persons

## Description:

### 1. Technical organisation

- We need to be a group (team) from the beginning to the end (be careful with the number of participants, if they are more than 10-12 you need to divide them in smaller groups).
- The leader must have a fixed route and an alternative one and know the distance.

### 2. Social organisation

- Take care about people with some physical problems (=be a team).
- Think about any situation it could be happened (injured, accidents, someone doesn't want walking more).
- Divide the responsibilities between the participants during the hiking: decide who will go in the beginning and in the end of the group. Think about the communication between the leaders.
- Inform participants about emergency numbers and decide about the steps in case someone will get lost.

### 3. Food

- Prepare the plan of breaks you are going to do. Don't forget to start the break when everyone is on the place.
- Think about drinks and food needed for the break.

### 4. Equipment

- food and drinks
- sun glasses
- cap and hat
- solar cream
- raincoat
- proper shoes and long trousers
- long socks
- medicines and medical box
- spray and cream against insects
- map/compass
- full battery in the mobile phone

### 5. Risks

Pay attention if everyone is in the place and feels good.



## Safety in sport activities

- Warm up before starting the workshop/activity



- Wear comfortable clothes
- Don't force yourself - everyone should work in his/her comfortable zone
- Ask about healthy problems and also about previous injuries each participant. Adapt the programme to their possibilities.
- Have medical box with you
- Take care to have at least one person, who passed a first aid course in the group (optimally leader)
- Think twice about risks

*Learning how to work with youth and with a group of people has the best result when the experience is first person and we were that group, with good moments and bad ones, discussions and agreements.*

*I'm going back to Spain knowing much more about dynamics activities and ways of working in training course, as well as knowing nice people.*

**Teresa (Spain)**





## Tips for youth workers used sports



- ✓ Team building activities - try to involve everyone and make them feel comfortable as a group
- ✓ Adapt the activities to everyone. Pay attention to the age, physical condition etc.
- ✓ Be aware of cultural differences
- ✓ Rules change from one country to the another - make common rules for everyone
- ✓ Involve youth in planning activities. Take into account suggestions/comments of participants
- ✓ Test the game/activity before you use it (for instance with friends, volunteers)
- ✓ Pay attention to:
  - time management
  - number of participants
  - place and weather
  - equipment

*Even it's my last project-it is worth about! I learned a lot about using sport and sport activities with youth and I will try to use it in the future.*

Tomche (Macedonia)



## Partners organisations

### Foundation Institute for Socio-Economic Balance (Poland)

The mission of the Foundation IRSE is to create favorable conditions for development informal education and dissemination of life long learning concept. The Foundation realizes its goals through educational activities aimed at the development of social and civic activism of all groups and institutions working in this space.

Activities provide by IRSE focused on three areas:

1. Intercultural education, Anti-discrimination, Global education
2. Development of local communities
3. Ecology and Eco-education

### Green Cross Society (Ukraine)

Main mission of the Society is educating people and bringing them up to be interested and involved citizens. The Society reaches this aim in the way of engaging people in practical activity on:

- research and preservation of places of historical and cultural significance,
- development of youth movements;
- integration of disabled persons in society,
- development of democracy and local self-governance.
- work with volunteers,
- youth exchange programmes.

### Centro di Servizi Culturali U.N.L.A. (Italy)

U.N.L.A.'s cultural activities are: working with the libraries of the territory on reading and moving image education; working with schools to carry out cultural activities, promoting autonomous initiatives (U.N.L.A. provides its own organization and equipment); organizing cycles of cultural events, meetings, workshops, presentations of new books, movies, plays, concerts, etc.; cooperating with organizations and associations as well as cultural and professional local groups in the formulation and implementation of their programs, while also providing documentation and helping to train volunteer group leaders; supporting activities aimed at strengthening social services, to promote technical and professional development as well as territorial mobility.



### **ValdeSport (Spain)**

The Association claims to promote the socio-economic development of "Sierra Sur", claiming the participation of all people.

Due to the fact the organisation is working in a region, which is considered as the "heart" of Sierra Sur", is aimed to develop different areas in each town.

The most important activities:

- Information and advice to business initiatives.
- Training and updating of the groups involved in development.
- Activities in the field of youth related with the sports, culture, citizenship.

### **Integration För Alla (Sweden)**

IFALL is volunteer based organization. The main objective of the organization is to promote integration between cultures and counteract violence between cultures in Sweden and in another countries. With culture we mean Individual. In this way we would like state that we are not only working with integration of refugees but also we are working with integration of cultures in different level.



### **Zdruzenie MLADNISKI SOVET BOSILOVO Bosilovo (Macedonia)**

Youth council Bosilovo is an organization focuses on projects that promote social-inclusion, informal learning, and youth participation. We want to help root out prejudice not only in our community, but also in a wider circle. Our organization operates on a local, national, and international levels with hopes for improving the region we live in. With participation in projects in and around Europe we will help our members to gain the abilities and competences necessary for international youth work, and also so that they can take up more active roles in our community and help it grow, and be more compatible on the labour market.



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