



BEST PRACTICES

FOR THE INCLUSION OF YOUNG WOMEN AND GIRLS (WITH MIGRANT BACKGROUNDS) THROUGH SPORT

A Handbook



Co-funded by
the European Union

THE PARTNERSHIP



THE TIMELINE



THE NUMBERS



- **3** ASSOCIATIONS INVOLVED FROM ITALY, GREECE, BULGARIA
- **20** YOUTH WORKERS TRAINED IN SOFIA
- **18** WORKSHOPS IN EDUCATION HUBS IN GREECE, ITALY, BULGARIA (500+ PEOPLE INVOLVED)
- **6** PODCAST EPISODES AVAILABLE ONLINE
- **3** ONLINE FINAL EVENTS

- Engage with a diverse range of actors, from activists to national sport federations

→ thus creating the conditions to reach outside the bubble

- Allow local organisations and activists to take the centre stage, own & drive the project

- Be intentional in including as much diversity as possible in all steps

the perspectives of people with different abilities, gender identity, sexual orientation, social and cultural background etc..., **enrich the exchange**

- When working with and through sport, you can be as flexible as your environment requires you to be

What are some of the best practices of this initiative?

→
In our workshops we used yoga, skating, athletics, boxing, theatre!

The winning element is the use of the body.



SOME ELEMENTS WE IDENTIFIED

- Try to reach more (and different!) organisations, sport federations, activists
- Involve local (hosting?) communities and make sure they are on the same page as you
- Guide involved organisations in supporting themselves and their work through available funds. A training might be needed
- Try to bring in the game policymakers and decision makers at any level you have access to. It is essential to create a lasting change.

What about scaling up
the project and
granting its
sustainability?



**MOST IMPORTANTLY
ALWAYS**

**ASK FOR
FEEDBACK**

AND THEN TAKE IT INTO ACCOUNT!