



YOUTH
EXCHANGE

Red card for social exclusion

MURSKA SOBOTA, SLOVENIA

20- 28 SEPTEMBER 2019

HANBOOK

The project was funded by



Erasmus+

The background image shows a group of young men in a meeting or discussion. They are looking towards the right. On the wall behind them are posters for 'ERASMUS+ MLADI V AKCJI' and 'MOVIT'.

LET'S TALK ABOUT ERASMUS+

The Erasmus Programme (European Region Action Scheme for the Mobility of University Students) started in 2014. It promotes education, training, youth and sport in Europe through individual mobility.

AIM

Growth, jobs, social equity and inclusion are some of the aims of the programme. It also promotes sustainability, boosts skills and employability

FUNDINGS

The European Commission provides a budget of 14,7 billion giving the opportunity to over 4 million Europeans to study, train and gain experience abroad.

The programme supports institutions and organisations to work with peers in other countries to innovate and modernise teaching practice.

WHAT WE WERE DOING

	20. 9. 2019	21. 9. 2019	22. 9. 2019	23. 9. 2019	24. 9. 2019	25. 9. 2019	26. 9. 2019	27. 9. 2019	28. 9. 2019	28. 9. 2019
8.15-9.15	A R R I V A L S	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00-9.15		Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting	Leader meeting
9.30-13.00		Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Evaluation of previous day	Final evaluation And Granting Youth passes
		Presentation of Erasmus + and Youthpass	Presentation of organizations	From another perspective	Chameleon	A visit to the mayor and city run	Making video	Let's show the video to the whole world		
13.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
16.00-18.45	Welcoming of the participants. Presentation of the accommodation and the surrounding	Team building activities	Show Show	We make the unhappy happy	Let's make a touching video	Photo workshop In Spa	Grassroots games in a Roma village	Let's prepare a manual		D E P A R T U R E
18.45-19.00	We get to know each other	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary	High moment of the day + learning diary		
19.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
21.00-22.15		Nightclub	Nightclub	Nightclub	Nightclub	Nightclub	Nightclub	Nightclub	Nightclub	

"This project was good, thanks for good time and hope to see you soon."

At a youth exchange, 41 young people from Croatia, Slovakia, Italy, Slovenia and Lithuania learned through workshops how to improve youth relationships, how to build their social network and find opportunities for inclusion through sports in their area. We learned about the problems that people with disabilities face and how they can integrate into society through sport. We realized what went wrong with sports. Through outdoor activities, we learned how to care for the health of young people in the project. The project improved the social and psychological indicators of youth exclusion.

During the project, participants gained a set of skills and competences that will contribute to their work in the context of cultural diversity, where discrimination still persists. We find that human rights are not always respected, and democratic values and principles are misunderstood or not put into practice: human rights and values, critical thinking, peace-building, non-violent communication, media-graphic facilitation, intercultural leanings.

What we did:

Conducted workshops to identify:

- Does social exclusion belong to sports fields
- Discussed: we discussed with municipality representatives and stakeholders who should receive a "red card" in sports
- Role play: We have set up workshops to integrate young people into society through sport
- Made a photo workshop: integrating into society through sports
- made a complete graphic image of the project (developing ICT competences)
- Prepare a video: Prepare a short video about what does not fit on and off the sports field
- Prepared a Handbook on Games for Social Inclusion through Sport

PARTNER ORGANIZATIONS



PARTNER ORGANIZATION



A.D.E.L. - ASSOCIATION FOR DEVELOPMENT,
EDUCATION AND LABOUR



ASOCIACIJA APKABINK EUROPA



SCAMBIEUROPEI



INSTITUT ZA POTICANJE MLADIH



ŠPORTNO DRUŠTVO BOGOJINA

WHAT IS SOCIAL EXCLUSION



"Topic is very interesting and has potential. it made me aware of problems in my country"

Social exclusion, marginalization or social marginalisation is the social disadvantage and relegation to the fringe of society. It is a term used widely in Europe and was first used in France.[1]

It is used across disciplines including education, sociology, psychology, politics and economics.[2]

Social exclusion is the process in which individuals are blocked from (or denied full access to) various rights, opportunities and resources that are normally available to members of a different group, and which are fundamental to social integration and observance of human rights within that particular group[3] (e.g., housing, employment, healthcare, civic engagement, democratic participation, and due process).

1. Silver, Hilary (1994). "Social Exclusion and Social Solidarity: Three Paradigms". *International Labour Review*. 133 (5–6): 531–78.

2. Peace, R., 2001. Social exclusion: A concept in need of definition?. *Social Policy Journal of New Zealand*, pp.17-36.

3. "About". Institute on Public Safety and Social Justice. Adler University.

ABOUT PROJECT



*it was really fun.
programme was
interesting, workshops
were great. i liked
that we spent time all
of us together.*

This project promotes diversity and values such as acceptance, equality and empathy. It involves young people from Croatia, Lithuania, Slovakia, Slovenia and Italy. The participants stay in Dvorec Rakičan from 20th to 28th September 2019. The project named "Red Card for Social Exclusion" is intended to spread awareness about the marginalization in social environments, trying to teach how to prevent or solve social exclusion through sport thanks to workshops concerning social problems and physical exercises. At the end of the project every participant will receive a "Youth Pass" that certifies participation and skills gained during the project.

ACCOMODATION

There are 54 beds in RIS Castle Rakičan. They offer single, double, triple, quadruple and quadruple rooms.

Both individuals and groups are welcomed into the rooms to sleep in the mansion and thus experience the magic of the castle rooms and, consequently, the surrounding park, which with its many mighty trees invites travelers to explore it and enjoy the beauty of nature. All rooms are equipped with a bathroom with shower, internet, telephone and TV.

In addition to the overnight program, we also offer a daily rest program.



"Place is very nice for future projects. I hope you will continue to have projects and work on quality even more"

"The accomodation is provided with facilities which allow us to play volleyball, football, horse-riding and cycling. Daily workshop are organized to teach us sports like volleyball, football, dodgeball, boxing and kick boxing"



GETTING TO KNOW EACH OTHER

World Map (30 minutes).

Participants stand in the middle of a large room. The moderator explains that the room represents the world and asks participants to split through the room according to their place of residence.

Participants must agree on where each country lies. If there are more than one participant from one country, then also where each city is. After everyone gets their space in the room; they say:

his name;

the city and country they come from;

something about themselves that they want to share with the group;

Adjectives and Names (30 minutes)

Each person in the group thinks of an adjective that describes them, beginning with the same letter as their name. Then have the first person say their name along with their adjective, e.g. Moody Mark. The second person tells his name and adjective, then adds the first person and his adjective to the group. The third person tells his name and adjective, then repeats the first and second person, etc.

The curtain falls (30 minutes)

The participants are divided into two groups. Two group leaders hold a curtain / cloth / sheet separating the two groups. Each group decides who should stand in front of the curtain for their part. When one person from each group stands on each side (not visible to one another), the leaders leave the curtain and the first of the two who says the correct name wins.



"I had made lot of friends from different countries. I could visit them in the future"



WORKSHOPS



The methodology of the project is non-formal education through learning-by-doing workshops. They consist of various activities: the mornings are usually dedicated to energizers which tries to warm up, evaluation of the previous day's tasks and team building activities to get the people to better know each other. The main attention is focused on sports.

How we can point out social exclusion in sport:

- Discussing whether social exclusion on sports fields and how to solve the problem,
- Presentation / discussion: discuss with the municipality representatives and stakeholders who should receive a "red card" in sports,
- Role-play: Set up workshops to integrate young people into society through sport,
- Photo Workshop / Discussion: Prepare a Contest for Integration into Society through Sport,
- with video preparation: to make a short video about what is not on and off the sports fields,
- Preparation of a manual on games for social inclusion through sport.

"The moderator was really great. She was friendly, nice, funny, spent time with us. All of us were on the same page."



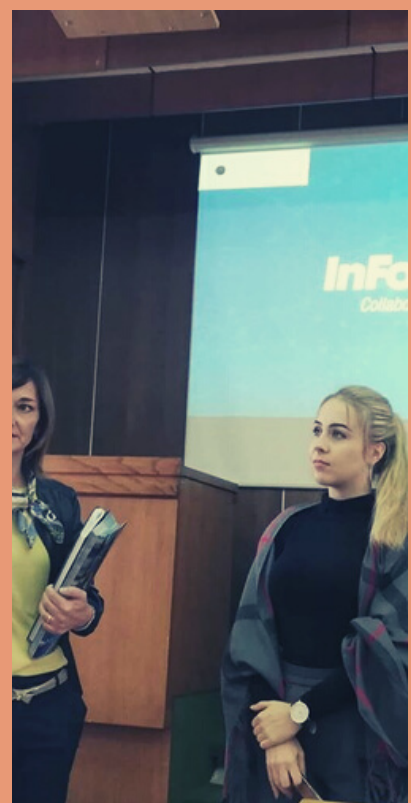
STAKEHOLDER VISIT

All stakeholders (sports organizations, schools, decision makers) were informed about the issue. The manual and the video will change their minds. They will get a clear idea, examples of good practices in dealing with the issue of intolerance and inclusion, and get tools to tackle the problem. This will influence the integration of young people into society through sport, and will remind us through sport that intolerance does not belong to sports fields.



In creating this newsletter, it'll be helpful to keep in mind that the focus should be on the employees more than anything. While it's an opportunity for employees to hear from their higher-ups, it's also a chance to create a community that's built up on positive morale within the office. You can get started on that goal by dedicating a couple of pages of your newsletter to profiles on different departments, teams, and individuals and recognizing their most recent achievements. You can even invite more sociable aspects into the playing field by including pieces of fluff information, such as newlyweds and parents-to-be within the office.

Creating a newsletter that's of practical use around the office can also motivate your employees to peek into it every once in a while. In the final page, you can add a calendar of events that everybody can look forward to.



BREAKING PREJUDICES

Understanding the problem and exchanging views and experiences from different countries can be a great start to the fight against social exclusion and the dangers of extreme radicalism. We come from organizations and young people from rural areas where we are even more at risk of social exclusion. The cooperation and mutual respect that young people can find in sport (in different disciplines) and transfer these examples of good practice to the countries where the applicants come from. Through the "Red card for social exclusion" project, young people in sport sought and promoted diversity, dialogue, tolerance and a sense of initiative by promoting calls for the radicalization of young people who are considered the most vulnerable and vulnerable.



Young people from the countries applying for the project note that intolerance and discrimination on the basis of race and ethnic origin is a significant problem common to many European countries. The most common victims are migrants, refugees, ethnic and sexual minorities. Many young people are unaware of what constitutes a human rights violation. Research shows that as many as 24% of all EU citizens (more than 120 million people) are at risk of poverty or social exclusion - this includes 27% of all children in Europe, 20.5% of those over 65 and 9% of those who are employees. Young people are finding that all the countries involved in the project face these problems.

"I was thinking about the exclusion, i mean social or disabled, etc. and i realized that people really judge a lot. We should be more friendly and open to them. I really loved this project."



LEARNING ABOUT CULTURES

The project also tries to sensitize about multiculturalism. Each night, one of the national groups is called to introduce their country through music, pictures or power point presentations. Participants display their traditions, food, dances, songs, languages and historical facts, to give a general knowledge about their culture. There is also an intercultural evening in which participants have the opportunity to share gastronomic specialities from their country or region.

Workshops, sports and presentations allow participants to learn a lot while having fun, meeting new and nice people all over Europe, so they can create memories that they will remember for all their life.



A cultural norm codifies acceptable conduct in society; it serves as a guideline for behavior, dress, language, and demeanor in a situation, which serves as a template for expectations in a social group. Accepting only a monoculture in a social group can bear risks, just as a single species can wither in the face of environmental change, for lack of functional responses to the change.

"I really liked national evenings. we learned something new about cultures, and presentations were funny."



PREPARED GAME

Sport field

The activity encourages young people to think about discrimination and indifference and put them in the shoes of discriminated people in society. The activity allows participants to be aware of how discriminated against people feel and tries to influence them in order to proactively stand against discrimination.

Step by step instructions:

45 min

1. Introduce participants to the main elements of the activity and what we will do in the next 100 minutes
2. Divide roles by participants randomly (Roma on sports field; Homosexual basketball player; Footballer who lost his parents at 1 year old, Former prisoner; Coach who lost his hand; Rich parents' child, Children whose parents are poor, Black, Muslim ...) and we tell them not to reveal their roles to others. We tell them to get into the role and imagine what it feels like to be that character.
3. Determine the 50 m long line.
4. We go out and put the participants in front of the Sports Ground and give them the game information. We give them the information that if they can agree with the statement, they must take a step forward, if not then they must go a step back.
5. We read the statements.
6. When we make statements, we say that we start in the 50m running race and those who take precedence keep that priority ahead of the start.
7. We discuss how it was? How did you feel in the role? What do you think about the position of others?

Discrimination consists of treatment of an individual or group, based on their actual or perceived membership in a certain group or social category, "in a way that is worse than the way people are usually treated.

In human social behavior, discrimination is prejudiced treatment or consideration of, or making a distinction towards, a being based on the group, class, or category to which they are perceived to belong. These include:

- age,
- caste,
- criminal record,
- height,
- disability,
- family status,
- gender identity,
- gender expression,
- generation,
- genetic characteristics,
- marital status,
- nationality,
- color,
- race and ethnicity,
- religion,
- sex and sex characteristics,
- sexual orientation,
- social class,
- species, as
- well as other categories.



BEST PRACTICE

Društvo UP (Slovenia)



The Society UP (Društvo UP) proving that sport can be great tool for integration of refugees and applicants for international protection.

Source: <http://www.up-jesenice.org/novice/sportni-dan--sportna-integracija>

The UP Society argues that sport is one of the possible means of successfully integrating refugees and applicants for international protection. Therefore, local sports projects are playing an increasing role in facilitating integration into new communities. Throughout the European Union, many initiatives for this kind of activation have been taken, both at Member State level and in EU programs.

The sports day was part of the sports integration of vulnerable groups, including applicants for international protection, which was carried out under the professional guidance and supervision of Dejan Mlakar, professional basketball coach, Davor Sattler personal trainer, and Klemen Kladnik, basketball coach at Šentvid Sports School, under the project “Learning for second life - assistance with accommodation and care of applicants for international protection 2018-2020 ”.

Erasmus+ projects SLO

18 October 2019

Red card for social exclusion

Talking about our project on local Slovenian radio @Radio Maribor

<https://www.rtvsl.si/.../rdeci-karton-za-socialno-iz.../502362...>

RTVSLO SI

Rdeči karton za socialno izključenost

Lara Cafuta septembra vodila svoj prvi Erasmus projekt Red card for...

