

Project addresses to:

1. The EU Physical Activity Guidelines (EC,2008-10-10), precisely guideline No. 10, 12 and 13.
2. Lisbon treaty (OJ C 306, 17.12.2007), where the EU recognizes social aspects and societal roles of sport which covers issues that directly affect citizens and precisely article No. 165.
3. White Paper on sport and the Pierre de Coubertin action plan (EC, 2007-07-11), part A.5. Social inclusion in and through sport
4. Communication from the Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions: Developing the European Dimension in Sport (COM(2011) 12 final), stating that Sport contributes to social cohesion by breaking down social barriers. Sport can also be a vehicle to promote social inclusion of minorities and other vulnerable or disadvantaged groups and contribute towards better understanding among communities, paragraph 2.5. Social inclusion in and through sport.
5. Council of Europe committee of ministers, recommendation No. R (92) 14 REV of the committee of ministers to member states on the revised code of sports ethic and Council of Europe committee of ministers, recommendation No. R (92) 13 REV of the committee of ministers to member states on the revised European sports charter; art. 3, p.1, art. 4 p.1,2,3 and art. 6 p.1.

The **overall objective** of the project is to encourage social inclusion and equal opportunities in sport through improvement of skills of coaches, trainers and other staff of organizations active in the fields of sport, youth work and social care and activities related to the social inclusion through sports.

Target groups:

-Coaches, trainers, teachers, lecturers, instructors, students of universities and other staff of organizations active in the fields of sport, youth work and social care.

-young people (age 12-22), who will participate in various sport and physical activities planned during the project

Indirect target groups: local population and other organizations that could use the results of the project, those who will participate in dissemination events.

The objective will be reached through:

1. Transnational meetings, exchange of experiences and insights, tight cooperation and communication among project partner organizations which will result into long term cooperation and networking.
2. Elaboration of Handbook – concentrated, understandable and easy to use, providing recommendations how to make sport a funny tool for social inclusion and key elements to recognize those young people at risk, who can seek for higher or highest sport results. Some practice, methods and suggestions, related to the non-formal activities for social inclusion will be taken from <http://www.sport-for-inclusion.com/> which is one of the results of the Erasmus+ Sport project SPORTin – Sport for social inclusion, coordinated by BLASK.
3. Training courses organized to improve the skills of teachers, coaches, trainers and other staff working with young people to work with young people at social risk. Exchange of good practices,

promotion of an innovative approach (non-formal methods) in the sport sector, raise of awareness and understanding that not only sport can be a tool for social inclusion, but also social inclusion through sport can result in increase of sport talents, seeking for higher or even highest results.

4. Raising awareness and fostering communication and cooperation among sport organizations/clubs and organizations active in the field of social care and youth work. It is crucial to understand that such cooperation is mutually beneficial: staff working with young people at risk will improve skills to use sport as a tool for social inclusion while sport organizations will get opportunity to attract more young people to specific sport.

5. Active involvement of young people at social risk and risk of social exclusion into sport activities.

Goals:

1. To develop an international network of organizations active in the field of sport, resulting from the direct exchange of experience and good practise in the project and resulting in the new approaches toward the role of sport in the process of social inclusion and real positive changes in the level of social inclusion through sport.

2. To elaborate Handbook to help coaches, trainers and other staff of organizations active in the fields of sport, youth work and social care to use sport as a funny tool for social inclusion and at the same time provide them description of the key elements to recognize those who can seek for higher or highest sport results. Handbook will be freely available and adoptable by other sport organizations.

3. To improve skills of coaches, trainers and other staff of organizations active in the fields of sport, youth work and social care through the joint work on development of an innovative approach in order to use sport as a tool for social inclusion and raise awareness that it is possible to benefit from social inclusion through sport by discovering new possible talents among the young people at risk.

4. To raise the level of social inclusion through sport. Active involvement of young people at risk into sport activities would prevent social exclusion; raise self-esteem, motivation for personal development and help to identify those, who can seek for higher or the highest sport results.

5. To promote and reinforce the vision of sport as a method for integration, social inclusion and raise awareness of its potential.

Project partners presume, that there are 2 possible ways to use sport and physical activity as a tool for social inclusion:

1. Active involvement of young people at social risk into specific sport (football, volleyball, track and field athletics, basketball, judo, chess, shooting, etc.), support their attempts and motivate to work purposely toward the good personal result or achievements in team sports. This leads to the evidence, that Project also comply with one of the requirement of Erasmus+Sport programme and also ensures the continuity of Preparatory actions 2013, as Project indirectly promotes **European traditional sports and games**.

On the other hand, it is obvious, that not everyone can be good at sport. For those, who cannot show results in sport or are not interested in specific sports, the second possibility is recognized.

2. Involvement of young people at risk into regular physical activities in order to form habits of healthy way of living, ensure social leisure, develop sense and understanding, that each society member is important, needed and equal.

To ensure the successful process of social inclusion through sport, experienced teachers, coaches, trainers and other staff working with young people are needed. Specific skills to work with “difficult” and at the same time sensitive young people at social risk need to be formed. At the same time, it is crucial to envisage gifted young people, who can seek for higher or the highest sport results, identify them, engage, motivate and guide them to the sport discipline which needs the abilities one has. To reach this aim, specific trainings for coaches, trainers and other staff working with young people need to be organized in order to improve their knowledge and provide recommendations/ methodology/guidelines/ description of the key elements to recognize those who can do sports not only for fun, but also for the result.

Another thing needed for successful process of social inclusion through sport is interinstitutional cooperation and communication among institutions and organizations active in youth work, sport and social sphere. Organizations operating in social sphere (schools, youth organizations, day centres, social care centres, charity organizations, etc) are not able to provide qualitative sport services or organize interesting and specific sport events. The same is in case of sport organizations: they do not have resources to look for or recognize young people who face risk of social exclusion. This leads to the presumption, that organizations active in spheres of social care, youth work, and sports should create the communication and cooperation network in order to identify young people at risk and involve them into sports and/or physical activity. The main aim of such local interinstitutional networking would be to identify and gather young people at risk, introduce them to sport and physical activity, to choose the most appropriate sport or physical activity type, support and encourage young people to stay physically active.