

A group of approximately 15-20 young people of various ethnicities are posing for a group photo in a park. They are arranged in two rows, with some kneeling in the front and others standing behind. Many are wearing athletic clothing like t-shirts and shorts. Several individuals are wearing blue t-shirts with a white logo that includes the word 'YOGA'. They are all smiling and making celebratory gestures, such as raising their fists or thumbs. The background features a large, leafy tree on the left and a tall, ornate monument with a column on the right. The sky is clear and blue.

**YOGA
AND
SPORT**
WITH REFUGEES

ANNUAL REPORT

2022

INTRODUCTION

2022 General progress



2022 was a tumultuous year. We started the year with a solid plan, created during our December 2021 strategy days, where the full team came together for the first time in Athens. We were in a good financial position and extremely motivated to start 2022. A mix of external circumstances made it a difficult year. Due to the war in Ukraine, funding became more scarce. The measures of the Greek government, to create closed camps and limit the movement of people, made our work difficult at times. In Ioannina, many people left the camp, which made us consider ending the project, but by the end of the year many people were transferred to Ioannina, making the project more relevant than ever. A major highlight of the year was the start of the **Paris project** in June, although it is smaller than we had hoped due to lack of funding. The project in Athens grew enormously this year, and we even opened an **office/community space** in Athens. Financially, 2022 was a difficult year for the humanitarian sector in Greece, but we still achieved **positive results**. Our work is and will always be influenced by political decisions but this doesn't mean that we can't make plans. This year we did an elaborate **impact assessment** of the organization and presented our **2024 multi-annual strategy**, where we shift from emergency response to **sport for development** with more focus on integration, community building and skills building for our coaches and coordinators. This comes with better **impact measurement**, a process that we will continue in 2023 in a project with PWC.

Generally, there was more **stability** in our **coordination teams**, even though we had to say goodbye to coordinators who had been involved for a long time. Miren left after 3 years on Lesvos, Louise left after 2,5 years on Lesvos, Marta and Fereshte left Ioannina, Fatemeh exchanged Athens for Toronto, Aref left Athens for Switzerland, Toryalay for Germany and at the end of the year Najib left for Sweden. We are so thankful to work with such wonderful people, and are amazed every time by the amazing applications we get for new positions!

By the end of the year, we started the process to officially **register the organization** in Greece. Which leads to a **restructuring of our Board of Directors**, of which Nina will become the president. After three and a half years in YSR, bringing the organisation to a professional level with passion, Nina left her position as on the ground director in the end of the year but will stay present in the board, which is amazing.

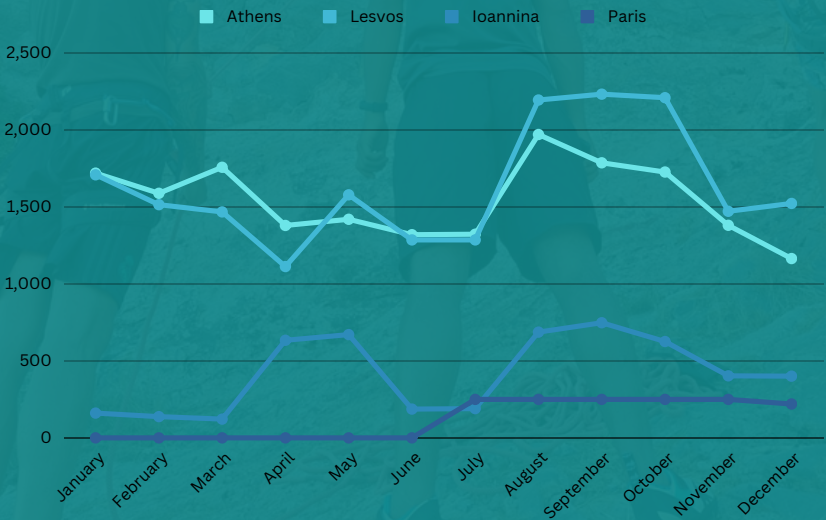
Our focus for 2023 will be to **further improve support for our coaches** and to **offer more financial support for the coaches & coordinators**, in order to create more stability. Reaching this all comes with proper funding.



HIGHLIGHTS

- We raised our coordinator support to 400 euro and 250 housing support.
- We hosted an Empowerment Self Defense instructor course in March for 40 women, with ESD Global.
- Estelle and Nina ran the Rotterdam marathon in April, sponsored by HOKA for YSR.
- We welcomed our first intern team in April.
- Claire joined the team as operations director in May.
- We started the project in Paris in June.
- We started renting the office/community space in June.
- We organized the *strategy days* in Athens in June with a Coaches Across Continents training.
- We intensified our collaboration with Let's Keep The Ball Flying and Guus visited our projects multiple times.
- We created our volunteer experience document, improving the experience of our volunteers.
- We reviewed our safeguarding policies and internal feedback systems.
- We launched our multi-annual strategy and did an elaborate impact assessment.
- We organized the *YSR global run* in 5 different cities in September.
- We participated in the Frankfurt marathon in October, with 15 runners.
- We organized the second *strategy days* in Athens in December for the 2023 strategy.
- We launched the Greek registration & board restructuring.

MONTHLY VISITS PER PROJECT



ORGANIZATIONAL STRUCTURE



Support team

Statutory board

Advisory board

Staff team

Haley
Paula (Jan - May)
Shane (May - Aug)
Una (start May)
Naia (May - Aug)
Sofie (Start Sep)
Kristine (Start Aug)
Ricardo (Start Sep)
Nina (Start June)
Davide (Start Nov.)

On the ground directors

Estelle, Nina, Claire (start May)

Hilde
Puck
Burr
Andrew
Dimitris

Coordinators

Lesvos

Miren (to July)
Louise (to May)
Torialay (to Sep)
Katerina (Start June)
Arjan (Start Sep)
Reza (Start Nov)

Coordinators

Athens

Claude
Fateme (to Aug)
Aref (to July)
Serena (Aug)
Najib (start Aug)
Delphine (Start Sep)

Coordinators

HSR Ioannina

Maeve
Marta (to June)
Fereshte (May-Aug)
Emily (Start Aug)
Lena (Start Dec)

Coordinator

Paris

Yadullah (start June)

Volunteers

Coaches

Volunteers

Coaches

Volunteers

Coaches

Volunteers

Coaches



ATHENS



With more people being transferred from the islands to the mainland, Athens has become our biggest project with regards to participation and program. The movement of people to the mainland as well as the creation of more closed camps also caused many organizations to move to Athens. This allowed us to establish collaborations with new partners, and with organizations we knew from the islands and which now find themselves in the city.

This year, we set a bigger focus on our integration goal in Athens. In order to be able to build our project with this priority, we recruited our first integration intern, who carried out research on the subject of barriers to refugee inclusion within the city. Additionally, two interns in Athens worked hard on fundraising and community-building. We are very proud to finish the year with the most stable team that we have seen in YSR!

Unfortunately, the government implemented hostile policies affecting our community. In March, the police carried out a massive operation detaining 600 non-nationals. The government also closed Eleonas camp and evicted thousands of people from the ESTIA II housing program, moving some of our community members to camps far away from the city, with limited access to services.

HIGHLIGHTS

- The gym got a **big upgrade** thanks to the mural in the downstairs space done by a local artist, the donation of material by Konfront and Less Talk Athletics, the donation of equipment by ForRefugees, the shoes by HOKA and Asics as well as the clothing from Green Hill. Finally, installing the ventilation system and fixing the internet were only possible through private fundraisers!
- In March we hosted an **Empowerment and Self Defense** training by ESD Global. They trained two groups of women to become ESD Instructors Level 1. Many women from YSR participated!
- We organized many events such as a **sports day** in Eleonas Camp, our 5 years anniversary celebration, and a big collaborative event with Hip Hop 4 Hope called Movement Connects where around 400 people came.
- In the summer, we were able to take over the **office space** on Sparti 16! This was a really big change that strongly influenced our well-being as a team and allowed us to do the **Strategy Days** with the full YSR team in Athens.
- Throughout the year, we established many **new collaborations**. We started weekly training for our volunteers with the Project Pandora, BRF, MVI and CheAmigo. In addition to that, the collaborations with CRR and SOS Refugiados enable us to make **monthly coach support packages** with basic necessities.
- Participation in the Athens project from Greek local volunteers, coaches and students also increased.

Coaches

Kaihan, Kalli, Elli, Fatemeh, Sara, Jean Marco, Aristot, Hareth, Abbas, Aref, Mahdi, Firooz, Ali Asghar, Somaya, Najib, Aziz, Ali, Medine, Sahel, Mina, Ste, Nefeli, Sunny, Delphine, Fabiano, Ruvi, Fareydon, Chloe, Marialena, Claude, Chris, Nasrin, David, Yasin, Hamid

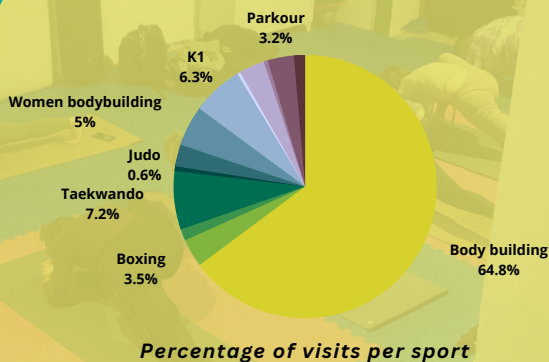
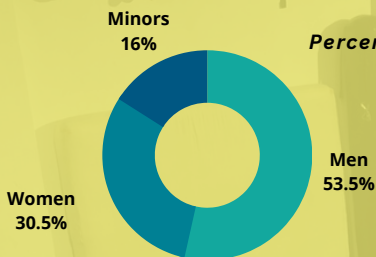
Coordinators

Claude
Fatemeh
Aref
Delphine
Najib
Serena

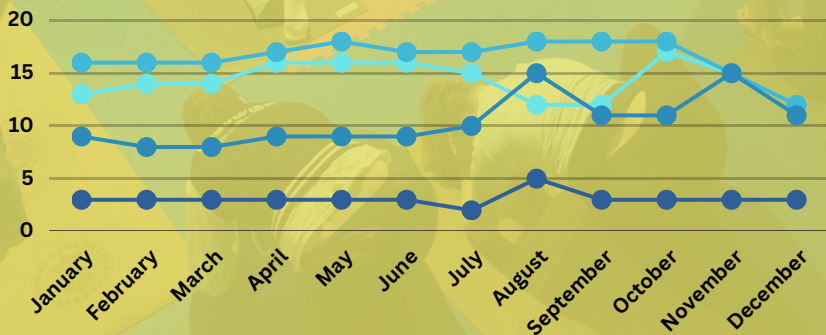
Volunteers

Zahra, Alex, Abdollah, Abbas, Amin, Chiara, Giuliana, Mareike, Paula, Tyler, Declan, Hanna, Ruthan, Luna, Alex, Mire, Mercedes, Guilettia, Shane, Nasrolla, Kate, Una, Ste, Audrey, Sven, Eva, Yasir, Elyas, Alina, Sagan, Ceres, Natalia, Xavier, Rachel, Kamand, Katrine, Lucy, Jacob, Sofie, Dimitra, Ricardo, Davide, Bethan, Gloria, Michelle, Alessa, Georgos, Caine, Stijn

ATHENS IN NUMBERS



Activities
Coaches
Volunteers
Coordinators





LESVOS

During the year, many people were transferred to the mainland, which is good for them in general but also posed challenges for us in terms of turnover and stability of the project. It is sometimes also difficult for the people transferred, as they have created a routine on Lesbos and made friends for life.

While transfers to the mainland continued, pushbacks by the Hellenic coastguards have been reported throughout the year. There have been many reports of people arriving on the shores of the island and being mistreated by masked groups of men before being put back to the sea.

During the summer, we saw a significant increase in the participation of women in our classes: swimming, fitness, kickboxing! We also had an excellent, passionate coach, Fatima, who is now in Switzerland.

Throughout the year, we continued to improve our gym - *DIY* (do it yourself) style. We repainted the walls and mounted some new equipment such as a pull up bar, outdoor calisthenics and a new sitting area!

This year, we had to say a big goodbye. After being in the project since 2019, Miren, our coach and project coordinator decided that it was time for her to leave. She worked very hard on the Lesbos project and developed it a lot! We will never forget her hard work and beautiful energy!

By the end of the year, there was a lot of stress and fear about the opening of the new Closed and Controlled Camp in Vastria. This political fact has had a real impact on us and, of course, on the people on the ground who are already dealing with their existing trauma.

HIGHLIGHTS

- In October, we organized the *Month of Dance* event with our partner Iliaktida, an NGO which runs a shelter for minor girls and boys, as well as Rad Music International and Circus Lesbos. During this month, we danced a different style of dance every week with the girls: Greek, African rap, and circus-style!
- In September, we organized a *football tournament* in Spanos field. Twelve teams comprised of people from the camp, humanitarian workers, and Greek locals competed against each other! The heated final between the YSR team and Surada Minors saw the latter as the victors.
- This year, we organized lots of trips. We visited Chrisiamos twice: once with our mixed swimming team and another time with our women's swimming team. We also hiked and danced in Amali with the women's fitness team. We traveled to Molivos with our Lesbos coaching team, where we swam, played volleyball, ate together, and listened to loads of Afghan music!
- With our partners at MaiKa'i, we traveled to Plomari to canoe and swim in the clear waters, and of course, to boulder outdoors.
- Our ambassador and olympic swimmer, Alaa Maso, visited Lesbos in August. He helped out with swimming and bodybuilding lessons, and he shared his motivating story with our students.

Coaches

Rohulla, Ali, El Goofy, Jawad, Said, Habib, Aghil, Rajab, Arvin, Ali Bakhshi, Mohammad, Daniel, Mahmoud, Mustafa, Farzad, Ali R., Ali K, Fayaz, Maria, Mohammad Q., Mohammad, Fatima, Kaya, Basil, Estelle, Amanollah, Zaher, Andrea, Khodadad, Samuel, Leo, Atiqullah, Ali N., Markela, Roger, Martin, Annalisa, Flora

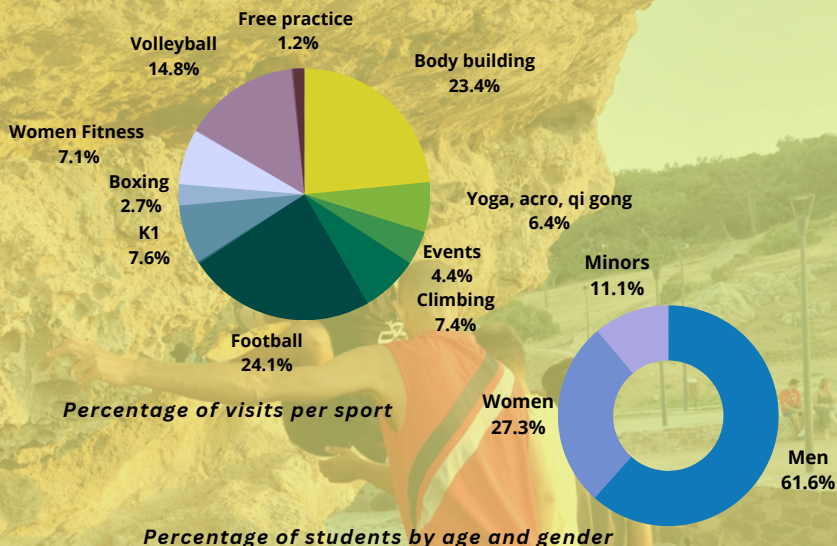
Coordinators

Toryalay
Louise
Miren
Katerina
Arjan
Reza

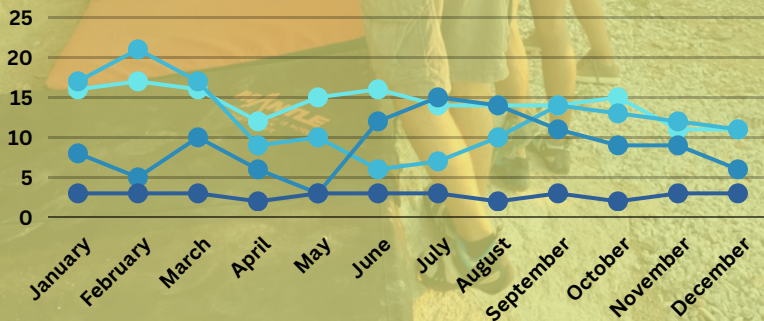
Volunteers

Patrick, Bethan, Meghan, Whilly, Katsuja, Madeline, Ali, Farzad, Kyra, Marof, Redine, Line, Leonie, Pascal, Naia, Florence, Daniela, John, Moira, Nefeli, Kaja, Brooke, Miri, Tabea, Katjusha, Clara, Sara, Seb, Aron, Raquel, Silvia, Paula, Elen, Ken, Elcon, Elpida, Carmen, Barbarann, Mahdi, Alejandra, Angelica, Jess, Jessy, Nemat, Reza, Clement, Eshan, Amanda, Haidar

LESVOS IN NUMBERS



■ Activities
■ Coaches
■ Volunteers
■ Coordinators





This year has been a special year for **Yoga and Sports with Refugees**: we managed to reach out to more communities, raising awareness and supporting integration in one of the biggest destination countries for refugees in Europe: France. We are happy to welcome the new-born of YSR in Paris.

Every month we gained more experience, welcomed new students (local people, refugees), going from 2 to 5 classes in two different locations: Bastille and La Villette.

Since July, Paris has brought us joy as well as new and difficult challenges related to the lack of equipment, places to train, and volunteers, as we started in this big busy city. The situation in Paris is very different from in Greece because asylum-seekers and refugees are very scattered across the city, which makes it very difficult to reach people. On the other hand, as France is a final destination, we expect more stability.

In spite of the weather conditions, which gave us a hard time as we did all of our classes outside, we are proud of our super motivated community of coaches and students. Their energy has been precious. With this great team, 2023 will be the year of growth and to build our community and activities in an indoor place.

HIGHLIGHTS

- Last September was the **global run** of YSR with our Community in parc de La Villette, one of our first big gathering.
- We created beautiful links, a **strong community** able to support refugees and asylum-seekers in Paris through friendship and sport, with a great impact on physical and mental health.
- We got involved in the streets of Paris, supporting people on the move in **temporary action camps** asking for better conditions with Utopia 56, in Bastille, in Ivry-sur-Seine or in Louvre. As long as these camps existed and despite the hard conditions, we taught fitness, running and boxing, trying to involve volunteers and local people.
- We managed to collaborate with a shelter for minor girls in Bobigny to teach **yoga and boxing**.
- We started new classes of **fitness and football**, every Sundays in the north of Paris mostly with minors related to Utopia 56.
- We opened a **running class** with our new coach, Rahman, in the Liberte camp where 200 minors survived in tents under a bridge in Ivry-sur-Seine waiting for solutions from French government.

Coaches

Yadullah, Eisa, Rahmat, Mohammad, Rahman

Coordinator

Yadullah

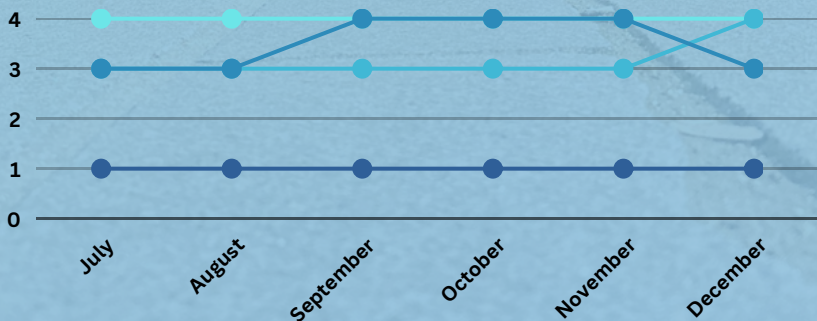
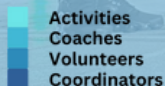
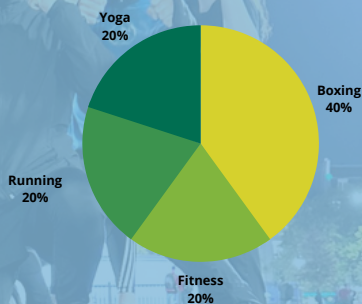
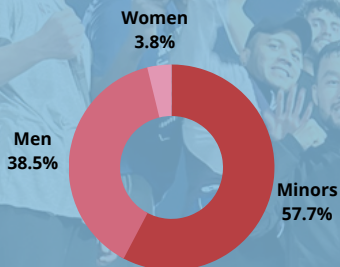
Support team

Lola
Zina

Volunteers

Madeleine, Priya, Leah

PARIS IN NUMBERS



HSR IOANNINA



HIGHLIGHTS

- Our project has grown and become stronger, especially thanks to the amazing support of our partners Lets Keep the Ball Flying, Team PE International and MaiKa'i. Each of these organisations visited for a month or more, bringing energy, support and knowledge.
- We had our first Community Coordinator, the amazing Fereshte Azimi. While Fereshte was Coordinator, she motivated women so much that there were more women than men attending classes during the summer, a first for any YSR project.
- We had some amazing events, our first women-only competitions in climbing and volleyball, outreach "Try a Sport" days, football tournaments, women-only trips and picnics, and fundraising events run by our incredible volunteers and coaches.
- Every month, the whole team of volunteers, coaches and coordinators go on a trip. When people are leaving, these are always on their list of highlights.
- A group of women who had never run before, started training three mornings a week during the summer. Running the Ioannina Lake Run 5km official race together in September was a serious achievement.

This year was full of challenges. The actions of the Greek government on the population of Katsikas camp were dehumanising, criminalising and harmful. They erected a wall around the camp, installed more security cameras and increased security staffing. They burned down self organised shops and mini-businesses within the camp, forcing many people into low-paid, manual labour, loading chickens into trucks at night or picking fruit. They closed the housing program in the city, moving some people back to the camp, but leaving many people homeless. And this is all before you look at the issues with the asylum processes in Greece.

Despite all of this, our gym always remained an open and a safe place for people to come and practice sport, spend time outside the camp, and feel part of a community. In the final months of 2022, many people were transferred from the islands to Ioannina. It can be quite a culture shock to come from somewhere like Lesvos to a rural area like Katsikas Camp, with few resources and supporting organisations. But it was a familiar comfort for many to have a YSR gym to come to, and understand what it meant to be part of it.

The project restructured somewhat in December, making the daily project coordination more integrated within the Habibi.Works team, to facilitate a more cohesive partnership. It is very exciting to think about where our project will go in 2023.

Coaches

Fereshte, Zainab, Yeganeh, Sakineh, Massoumeh, Rahman, Noman, Shayan, Ali E, Ali H, Ehsan, Elvis, Hamed, Fayaz, Payman, Parinaz, Sanjideh, Kavin, Sina, Drio, Emal, Ajmal, Hamid, Ali Asghar, Mojtaba, Habib

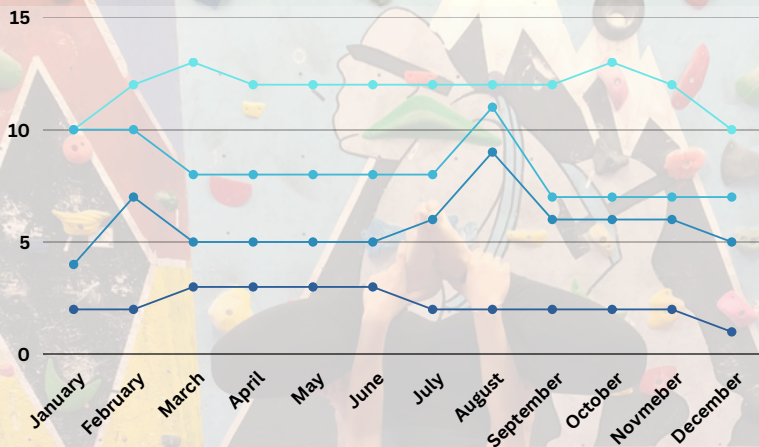
Coordinators

Maeve, Marta, Fereshte, Emily, Lena

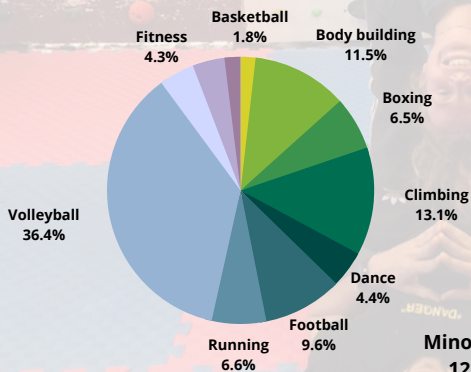
Volunteers

Lena, Anabel, Anna S, Anna A, Alice T, Marcel, Helene, Claudia, Katie, Sergio, David, Rita, Ariadna, Rodri, Ali, Dowra, Habib, Hamid, Sanjideh, Kavin, Yeganeh, Zainab, Mahdi, Iera

IOANNINA IN NUMBERS



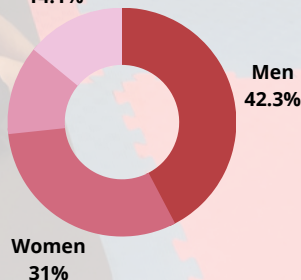
Activities
Coaches
Volunteers
Coordinators



Percentage of visits per sport

Minor women
14.1%

Minor men
12.6%



Percentage of students by age and gender

FINANCIAL OVERVIEW

Introduction



We started 2022 in a very good financial position with 45.132 euro in reservations that we received in 2021 for 2022. The months March to August were financially very difficult; the war in Ukraine, rising prices and insecurity led to a significant drop in donations, with funders pulling out in the beginning of 2022. For this reason we started the project in Paris in June with minimal funding. Consolidation of the projects, and preventing cuts on expenses for people have been the main financial priorities in 2022.

Totals

Total income: 188.435

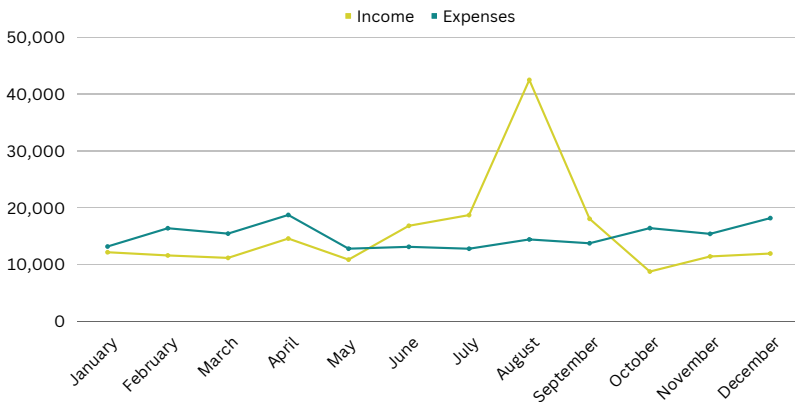
Total income cash: 148.109

Total expenses: 180.441

Reservations for 2023: 11.434

Result: 7.769

Overview of total income and expenses per month



The graph shows that income has been generally just below expenses throughout the year. In the summer there is a clear peak in income, which was really important to end the year with a positive result. In August we received a large grant and our 'YSR Global run' event raised around 15,000 euro. October, November and December were comparable to the beginning of the year again. We realize that we are generally underfunded, which is a common trend in the humanitarian sector, and we aim to address this in our fundraising strategy for 2023. There was a peak in expenses in December. This came from an additional 3085 euro that was spent on our coordinators because we received a grant to support their well-being.

FINANCIAL OVERVIEW

Comparison with previous years



2022

Total income: 188.435
Total expenses: 180.441
Reservations: 11.434
Result: +7.769

2021

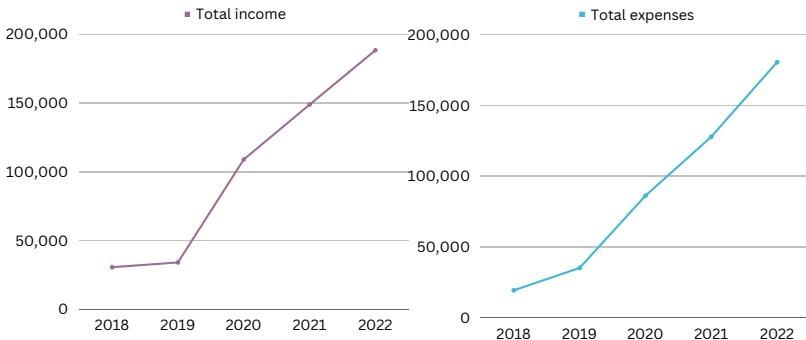
Total income: 148.749
Total expenses: 127.819
Reservations: 45.132
Result: +20.931

2020

Total income: 114.543
Adjusted for fire: 97.756
Total expenses: 96.061
Adjusted for fire: 79.648
Reservations: 6300
Result: +18.482

Growth 2018 - 2022

In numbers



In percentages

	2019	2020	2021	2022
Income	111.18%	318,44%	136,52%	125,53%
Expenses	181,01%	244,44%	148,30%	141,17%

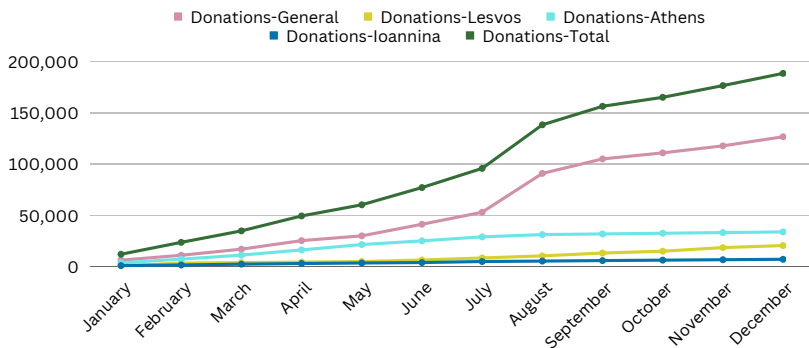
We have been growing steadily over the past 5 years with major growth in 2020. 2022 was again a year of financial growth and organizational growth with the expansion to Paris. However we did not grow as much as we expected at the end of 2021. We budgeted to spend 212.000 euro in 2022, but the result is around 30.000 euro less. We had to adapt our budget in March due to disappointing funding results.

FINANCIAL OVERVIEW

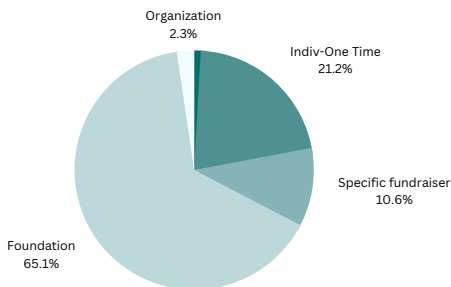
Income



Total donations per project

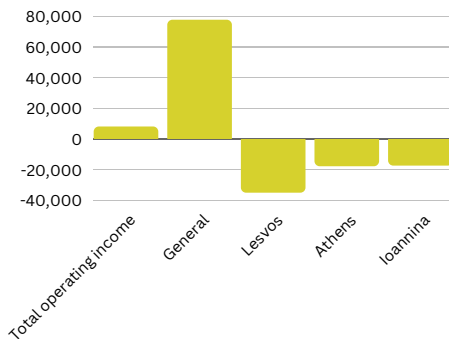


Total income for 2021 per category



Compared to last year many more donations came from foundations. This was a clear strategy this year, because it was so hard to fundraise via crowdfunding campaigns. People were less likely to donate to Greece due to the attention on the Ukraine war, and insecurity in their personal financial situation.

Operating income per project



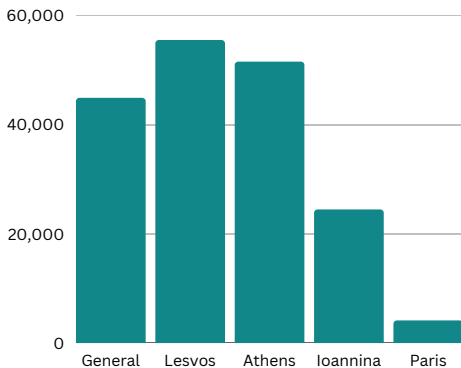
Most of the donations we receive are not earmarked donations, so they add to the general income. This allows us to be flexible and invest the money where it is needed the most, which is crucial for us. This is the reason why all the projects have a negative operating income while there is such a positive general operating income. The total operating income is however positive.

FINANCIAL OVERVIEW

Expenses

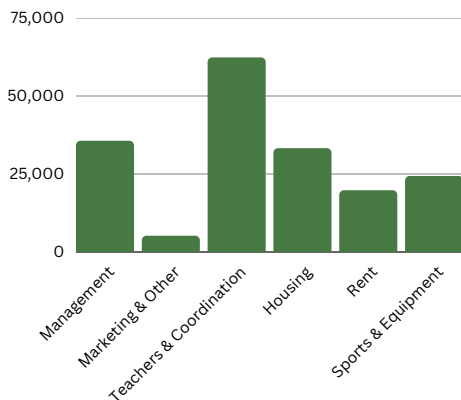


Total expenses per project



While Athens is growing, Lesvos is still the project where we spent most of our resources in 2022. This is mainly due to the extensive use of the external field sport facility, which is expensive. Furthermore we started the Paris project in June, with very limited resources. The project is running with 1 coordinator and a limited budget for travel of teachers and events. The project in Ioannina is partly funded by our partner Habibi.Works, keeping the expenses from YSR side relatively low.

Total expenses per category

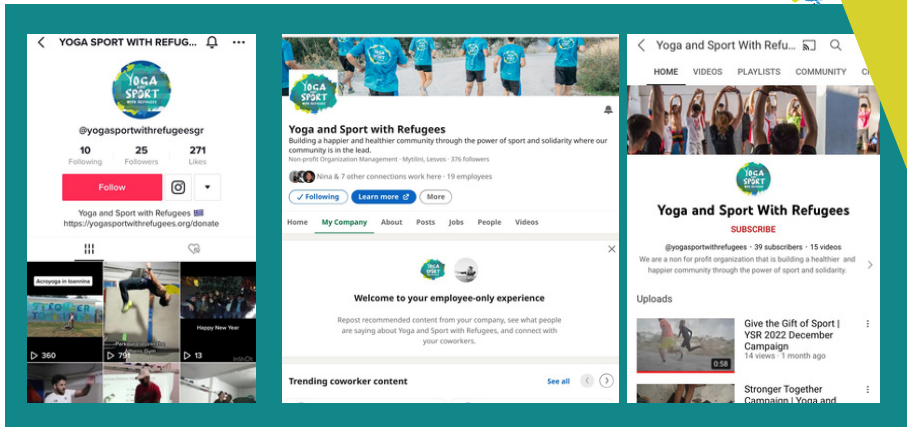


Most of our resources are spent on people: the teachers, management & coordinators. Without them the projects can not run. They make sure the gyms are open, that there is a schedule with volunteers, and they offer the classes. Furthermore we spent very comparable amounts on housing for teachers, coordinators and directors, rent of the gyms & office space, and equipment for the gyms. Our overhead costs for marketing etc. are relatively low.

CONCLUSIONS

During the summer period there was a huge increase in income, which compensated the negative net income at the beginning of the year. This resulted in a positive operating income at the end of 2022. Our expenses have been relatively stable throughout the year. There were few incidents and almost no unexpected expenses. We can look back at another year with financial growth in the organization. There are, however, improvements to make to create more stable income and increase the salaries for our teachers, coordinators and directors. This will be the main focus for the fundraising in 2023.

SOCIAL MEDIA



Summary

This year, YSR has kept sharing strong stories, putting our coaches and activities in the spotlight. On the social media platforms we focused on improving our consistency and reach as well as the quality of the posts on the various channels.

We are very happy to have had Nina Nymeyer join our communications team to support us in campaigns, posts, layouts as well as planning and could see that throughout the year we highly improved our online appearance.

We started to use new channels of communication such as LinkedIn, TikTok, Twitter and YouTube.

What was a big organizational change, was the changing of the algorithms on social media platforms to favor video material such as reels on Instagram and general TikTok posts over photos.

We are happy to have so many new followers towards the end of 2022 with a total of 2022 on Instagram and Facebook: 2 174 for IG and 220 for FB.

Instagram

Lesvos	4,244
Athens	1,424
Ioannina	1,061
Paris	450

Facebook

Lesvos	3,775
Athens	858
Ioannina	64

TikTok

France	1650
Greece	12

Global Platforms

LinkedIn	360
Twitter	138
YouTube	38

Mit YSR beim Frankfurt Marathon – Sport verbindet!

VERÖFFENTLICHT AM 22. DEZEMBER 2022 VON FLORIAN ELSSEN



Team YSR+Trifugee beim Frankfurt Marathon 2022

Was war das für ein großartiges Wochenende?

Ende Oktober waren wir in einem gemischten Team mit Mitgliedern von Trifugee und Yoga and Sports with Refugees (YSR) beim Frankfurt Marathon am Start. Seit ein paar Jahren unterstützen wir YSR, bei ihrem Ziel auf Lesbos und an anderen Orten Sportangebote für und mit Geflüchteten zu schaffen!

»Yoga and Sports«: Boxen auf Lesbos mit Refugees

»YOGA AND SPORTS« ALS VERLÄSSLICHER ORT DES SOZIALEN MITTEINANDERS

© 27. September 2022 ☞ Boxabteilung, Spotlight Verein



YSR Media reports

- How sports help refugees survive harsh conditions in Greece, Dario Antonelli and Giacomo Sini, The New Humanitarian - [read here](#)
- Borders and Bodybuilding: Insights into life as a refugee in Europe (part 1), Debi Altman, Barriers to Bridges Magazine - [read here](#)
- Borders and Bodybuilding: Insights into life as a refugee in Europe (part 2), Debi Altman, Barriers to Bridges Magazine - [read here](#)
- Building bridges with Sports – Interview mit Nina von YSR, Florian Elsen, Trifugee - [read here](#)
- Boxen auf Lesbos mit Refugees, FC St. Pauli - [read here](#)
- Paris 2024: "En France, tout ce que je veux c'est continuer de courir", rêve Mahmood Alizada, réfugié afghan (*Paris 2024: "In France, all I want it's to continue running", dreams Mahmood Alizada, Afghan refugee*), Info:Sport - [read here](#)
- Paris 2024: Depuis le camp de Lesbos, Mahmood Alizada, réfugié afghan, court après son rêve olympique (*Paris 2024: From the camp on Lesbos, Mahmood Alizada, Afghan refugee, runs after his Olympic dream*), Info:Sport - [read here](#)
- Mit YSR beim Frankfurt Marathon – Sport verbindet! (With YSR at the Frankfurt Marathon - sport connects!), Trifugee, Florian Elsen - [read here](#)
- 'Ik wil echt iets veranderen in de wereld'. Nina de Winter weer thuis na vier jaar werken met vluchtelingen ('I want to really change something in The World'. Nina de Winter home again after four years of working with refugees) - Noordhollands Dagblad - [read here](#)
- Βόλει: Νέα κοινωνική δράση για την αρχηγό εντός και εκτός γραμμών του Παναθηναϊκού, Αθηνά Παπαφωτίου (Volleyball: new Social Action for the leader inside and outside the lines of Panathinaikos, Athena Papafotiou), OnSports - [read here](#)
- Mental health response: Projects addressing refugee wellbeing in Greece, EUROPE MUST ACT Newsletter - [read here](#)

CAMPAIGNS



Academic research

- Kimberly Ann Gerken, 2021 – Master of Arts thesis, University of Oregon: *Breaking Down the Walls: Fostering Opportunity and Dignity Amongst Refugee Women and Girls Through Sport*
- Nina Nymeyer, 2020-21 – Master of Research thesis, Macquarie University: *Wild Yoga: Refugee Communities Transforming Self and Surroundings Through Movement*
- Priya Nair, 2021/22 – Master of International Development thesis, Paris School of International Affairs: *Life in a Hotspot: Examining Refugees' Resilience and Coping Processes amidst the COVID-19 Pandemic*



Campaigns

YSR led several campaigns throughout the year including:

- **Global Run:** Creating Routes to Refuge Together - races planned in YSR locations, New York, Berlin, Athens and Amsterdam, ran together to raise funds for coaches support, provide them with coaching and assist YSR in purchasing new sports equipment
- **Gift the Gift of Sport Holiday Campaign:** December campaign where supporters could donate funds to YSR for their chosen sport items in exchange for gift certificates.
- **Leave No One Behind:** December campaign including many grass-root NGOs in order to support their fundraising efforts with powerful ambassadors.



MESSAGE FROM OUR COMMUNITY



Mohammad Reza, Coordinator, Lesbos

"I came to Lesbos in July 2019 as a refugee... I started volunteering with different organizations and NGOs. I learned how to speak English with these volunteer jobs.... When I got to know Yoga and Sport I started to go to gym for boxing class, which I found a safe and friendly environment with different nationalities. That made me feel good from the first day. Now, I am very happy to be a member of this... team."



Kamand, Volunteer and Hip-Hop Student, Athens

"Yoga and Sport means a lot to me, but I can say it in one word, which is the thing that I really most care about. Yoga and Sport means a family to me. A really warming and kind family that supports you no matter who you are and what you do, or what is your religion. So yeah, Yoga and Sport means a family to me."



Eisa, former running coach, Paris

"I came to Paris a few months ago. After being the climbing coach in Habibi and sport, I wanted to continue to do sports and to help others to also train. I have a humanitarian feeling and it's for me very important to provide sport activities for as many people as possible."



Yeganeh, Women climbing teacher and community volunteer

"I am still waiting for the decision of my asylum interview, and for a while I was quite disappointed and depressed, until I went to Habibi and Sport. There are many classes there that I love and I started exercising. It's a lot of fun for me and it gives me energy and good spirits to forget my sorrows"





WITH THANKS TO OUR PARTNERS



HABIBI.WORKS



Zaporeak



One Happy Family



KOIZ



forRefugees

