

POLITICAL UPDATE

GREECE

This month in Greece there was many things that happened in the scope of the political world. For one, the extreme police brutality against a 16 year old Roma kid who was shot in the head by a police officer in Thessaloniki - which eventually led to his death - spurted a wave of protests across the country. The Roma kid had tanked a truck and did not pay €20 which lead to a police chase on motorbikes in which they shot him in the head.

Moreover, the soaring energy inflation has left many bakeries in the country in debt - up to the point that they have declared bankruptcy. Generally consumptions are declining as people have to pay for the increasing prices in energy, raw materials and food.

The political tensions between Greece and Turkey remain high as Turkeys Foreign Minister directly threatened Greece with war if it proceeds with the extension of its territorial waters south and west of the island of Crete.

In Brussels, on a wider European level, Greece has been in the limelight, as the greek Vice President of the European Parlament Eva Kaili has been arrested and is being accused of corruption, membership in a criminal organization and money laundering. She is now in custody and waiting to be trialed.

On another note, global warming is causing a rise in temperatures. This December in Greece there was a big heat wave which caused temperatures of up to 25°C and allowed people to enjoy the sea even in the last month of the year.

FRANCE

A record of more than 40.000 people have reached England through crossing over the channel and risking their lives in the dangerous journey. In December at least four people have died in the crossing and 166 have been rescued as they were trying to cross the cold waters.

Similar as in Greece, the energy prices are rising and many bakeries are struggling to get through the month. The unions are working closely together to strengthen the political pressure to act.

It was a cold month and many internationally displaced people are unfortunately still living on the streets and under bridges in Paris.



NAJIB GHADERI Teacher Coordinator Athens

What does community mean to you?

"To me community means to always help each other, to take peoples hands and to lift them up and help them get stronger.

For me the YSR community is a very good community, where you can feel good and where you can find very nice people who really want to help. Or you can find people from your country, who speak your language, so that you don't miss your family and friends so much. It means that you can speak in your language but also have a lot of friends from many different countries.

I am really happy that I had the chance to work for YSR.

I will never forget YSR and am happy to always be a part of the family!"



Najibs Kickboxing class in the Athens Gym

ABOUT

Najib Ghaderi has been with Yoga and Sport with Refugees from August 2022 until

He first joined the Athens team as a kickboxing teacher and then came on to be an amazing teachers coordinator on the ground. He has now left Athens and we wish him the best of luck and thank him for his great involvement and for always keeping cool.



In Paris

The living conditions of the internationally displaced people on the streets are becoming worse: the temperatures have dropped below 0°C in December, and the prefecture of Paris continues to give orders to remove the camps.

Many are being moved from bridge to bridge by the police. Associations such as Utopia56, Tend Ia Main or La Chapelle Debout continue their advocacy actions and try to slightly improve these difficult living conditions.

In the project

On Friday, December 2, more than 350 unaccompanied minors living on the streets gathered in front of the Council of State to ask for shelter. They had been living under a bridge in Vitry-sur-Seine for several months.

YSR Paris went twice to the temporary camp to give a fitness class with Yadullah and a boxing class with Rahmat. Coach Mohammad accompanied Utopia56 for setting up the camp: it was a moment of joy in this difficult week for the isolated minors.

With the end of the Vitry-sur-Seine camp, there were fewer runners for the Sunday runs, but Coach Rahman is determined to continue the Sunday runs and find new motivated runners!

With the Christmas Holidays, the coaches took some time off: a well-deserved rest to start a new year full of sport, team spirit and friendship!



Fitness class with the isolated minors front of the Council of State



Boxing with the isolated minors front of the Council of State

Teachers

(toochare lnow

- r teachers, i new.
- Rahmat (boxing)
- Mohammad (fitness)
- · Rahman (running)

Coordinators

Vadullah

Volunteers

In tota

- Madeleine
- LO
- Léa



In Athens

In Athens December was a special month. We started with the ending of the strategy days, to a heat wave, a period of many demonstrations unfolding due to the case of extreme police brutality against a roma boy to the approach of the holiday season which left the city emptier and calmer as usual.

In the project

The month started with many team dinners due to the strategy days that were held here in Athens and it was wonderful to be all together and spend good moment. Especially since our coordinator Najib as well as one of our directors Nina De Winter left us in this month. We had a little party in our office to say bye and enjoyed our last moments together with this wonderful team!

On a more positive note, we have a new Kickboxing teacher Jamshid and a new Yoga teacher Rozalia - which we are very grateful to have. Furthermore, Elli who taught bodybuilding last year is now coaching our women teachers to help them improve their classes. Also, Julien helped us out with creating interviews of our teachers for our social media. Thank you to everyone for your engagement!

Since a very big part of the team left for holidays, we had to close a couple of days and shorten the opening hours of the gym.

Lastly we prepared some Christmas gifts for the teachers. Here we thank SOS Refugiados, CRR, Hoka and Aasics for their material support that as our best student Zahra made the gifts possible.

Saying goodbye to Nina and Najib





Elli and the teachers Mina and Ruvi as well

Teachers

- Sunnv
- Najib
- Fabiano
- Ruvi
- Mina
- Claude Medine
- Abbas
- Farevdon

Coordinators

- Claude

Volunteers

- - Rozalia

 - Katrine

 - Bethan

Dimitra

Ricardo

Michelle



On Lesvos

This December the weather was better than normal, even though we still had some rainy days. It's amazing to see how dedicated our students are to come and train in any weather condition. Besides the weather, there is a bigger concern on Lesbos which is the opening of the new camp. We don't have much official information about it, but we know that it's completely isolated and there will no freedom of movement. It's built on high fire risk environmental zone which is protected by the Natura 2000 label. This camp would be a real jail for displaced people where they will be deprived from protection and support from NGOs.

In the project

During the holidays a lot of volunteers and coordinators left Lesbos, nevertheless we did not needed to close the gym. A big thank you to the volunteers and teachers who put an extra effort in making it possible for the gym to stay open during Christmas and New Year!

This month we upgraded the gym with a dressing room, shoe storage and extra storage for the students to put their winter clothes while working out. We also did a big clean-up of our little warehouse inside the gym. We have a better overview of our current equipment and space for new donations

YSR would not be possible without the help of our coaches and volunteers. To show our gratitude towards them and appreciation of there hard work we organized an end of the year dinner. More then 20 people joined and we had a great time. Our volunteer Clement made pizza and tiramisu for the whole team and we danced, played cards and had a little game with gifts.

Thanks to our energetic body building Coach Roger, more and more students join for body building. In general this month we see many new students register to the gym and the football!

This month we were happy to receive new donations from Let's Keep The Ball Flying. We thank you for making our volleyball team look more professional then ever before.



End of Year Dinner



Boddy building class by coach Roger

Teachers

- Roger

- Flora

- Mohammad
- Amanollah
- Estelle
- Andrea

Katerina Arjan

Reza

Coordinators

Volunteers

- Flora

 - Eshan
 - Laura Amanda
 - Haidar



In Ioannina

In this region of Greece, it is now slowly but surely getting colder and has rained a lot this month, however people are still playing volleyball, football and basketball outside. Many new people have arrived and the camp is almost full again. We are glad that we can welcome many of them to move together.

In the project

December started with a coaches meeting where Lena took over as the new coordinator.

We had less sports classes overall, but also started a new class: Acroyoga which is a mix of acrobatics and yoga. Our volunteer Lera started the class and Drio and Kavin who are two of our coaches will continue teaching it as they are very talented

Sina organised a christmas ping pong tournament and we had a nice big christmas dinner together with Habibi.Works.

Habibi.works was closed for a week and for half of the Christmas holiday but thanks to this amazing coaches team, sports lessons continued!



Acro Yoga

Goodbyes

We had to say goodbye to Shayan. He only started coaching Volleyball in November but was directly an important part of the team. It was a short but great time with you!

We also had to say goodbye to three volunteers, two of whom were with us for four months and one for four weeks: Anna, Anabel and Lera.

Thank you all four for being so motivated and being a great part of the team. We will miss you and wish you all the best!



Christmas Ping Pong tournament

Teachers

In total 7

- Parinaz
 - Shayan
- Saniide
 Drio
- Kavin
- Sina
- Favaz

Coordinator

Lena

Volunteers

In total 5

- Sanjide
- Kavin
- Anabel
- lera
- Anna

THE PROJECTS IN NUMBERS



of Visits

(deviation to previous month)			
Total	3309		
Lesvos	1523 (+49)		
Athens	1165 (-213)		
Ioannina	401 (-2)		
Paris	220 (-30)		



of Activities

(deviation to previous month)

Total	5/
Lesvos	11 (+0)
Athens	12 (-3)
Ioannina	10 (+2)
Paris	4 (+0)



of Teachers

(deviation to previous month)

Total	34
Lesvos	11 (-1)
Athens	12(-3)
Ioannina	7(+0)
Paris	4 (+1)



Observations

The Paris and Ioannina project seem to have been quite stable in comparison to the previous month, whereas in Athens we saw a big decline of students visiting the gym and in Lesvos we saw a slight increase. Overall we had less students than in the previous month but we are preparing for this number to grow as holidays are over and more people are arriving in the camps on Lesvos and Ioannina.

% Adults / % Minor

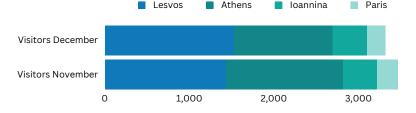
Average	62 %	38 %
Lesvos	76 %	24 %
Athens	62 %	38 %
Ioannina	64 %	36 %
Paris	45 %	55 %



% Male / % Female

Average	70 %	30 %
Lesvos	74 %	26 %
Athens	73 %	27 %
Ioannina	42 %	58 %
Paris	92 %	08 %









We are 100% funded through independent donations

Income

Total donations (cash): 5,804 (-8,177))
Total donations (income): 10,805 (-610)

Income per category:

- 1500 Hoch Hinaus Foundation
- 1500 Choose Love
- 650 Three Peas
- · 500 Shower Power
- 417 Mediterranean Women Fund

In percentages:

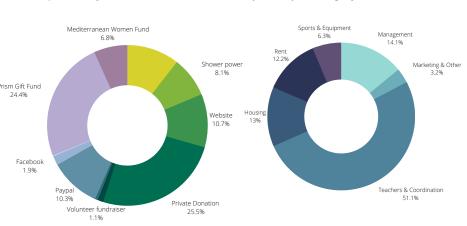
Expenses

Total expenses: 15.388 18.142 (+2.754))

Expenses per project:

- Lesvos: 5,412 (+2,269)
- Athens: 3,682 (-403)
- HSR: 2,410 (-407)
- Paris: 825 802 (-23)General: 6,639 (-2,098)

Expenses per category:



General Fundraising Update

This month we saw our private donations rise thanks to our supporters festive generosity. In addition to this we received 1500 euros from Choose Love and 500euros from Shower Power to support our Lesvos project as well as 650 euros from Three Peas towards our project in Athens and 417 euros to go to our project in loannina from the Mediterranean Women Fund.

General Explanation of Expenses

Our coaches and coordination expenses were up in December due to the expenses of our biannual strategy days which were held at the beginning of the month. Also because we had new coaches join our team in Lesvos and there were some leftover expenses from the final coaches trip in loannina with Maeve. Additioanlly, we sent Christmas

cards to our donors and supporters.

MEDIA & EXTERNAL COMMUNICATIONS



External Outreach

Mit YSR beim Frankfurt Marathon – Sport verbindet! (With YSR at the Frankfurt Marathon - sport connects!) - Trifugee, 22 December - <u>read here</u>

"we were finally able to see personally how much passion and commitment YSR works with and what a positive influence this work has! Thanks to YSR for the great weekend and especially Nina and Estelle for organizing and bringing people together!"



Group photo of Frankfurt marathon running team

'<u>I</u>k 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, 27 December - <u>read here</u>

"We zorgen ervoor dat vluchtelingen kunnen sporten om fysiek en geestelijk weer wat kracht op te bouwen, zich weer even mens te voelen".

News & Campaigns

This month we launched our 'Give the Give of Sport' campaign to raise money by providing meaningful gift ideas to our supporters, volunteers and followers. The campaign enabled our distant community to indirectly purchase sport items - clothing, shoes, boxing gloves, balls and more - as gifts for loved one, which will be used in community classes.

Supporters received gift certificates for their donation. This campaign was also our first shared project with our ambassador, Olympic swimmer Alaa Maso, who shared the campaign in an Instagram reel. The campaign raised a total of 1,075 euros, which will go towards helping our incredible coaches and students continuing running and attending classes in our four locations.

YSR was also one of 40 organisations supported by Leave No One Behind's #StrongerTogether Campaign. This is still ongoing and has been successful in raising funds.



Give the Gift of Sport social media post

Instagram	Facebook	TikTok	Global Plattforms
	Clark I	E 1650	The level of ZCO

Lesvos Athens Ioannina Paris

4,244 1,424 1,061 450 Lesvos Athens Ioannina 3,775 858 64 France Greece

165 12 LinkedIn Twitter YouTube

360 138 38



This month we want to share with you very important news: Nina De Winter started as our Board of Directors President!

After being on the ground for the past three and a half years, first as a coordinator and later as our director, she decided that it was time to take a new step and go to Holland to work in advocacy for University students. She will of course stay involved in YSR as our Board President and will be supporting us in many ways!

We want to say to Nina how much her dedication and her passion made a huge change for YSR: she built a project with structure and steps to create the future of the NGO!

Thank you Nina for strengthening our family and for always being there for the team! We conclude this monthly report by quoting our dear Nina:

"@yogasportwithrefugees will be forever part of me and of who I am

Forever and always: #STRONGERTOGETHER!"



Nina and Mortaza after wining the Pedion tou Areos race in Athens!



ITH THANKS TO OUR PAR



Free movement skateboarding











MVI

MSF

LESVOS

FENIX

CABUWAZI









НН4Н

KONFRONT

LessTalkAthletics

Spanos













HABIBI

ONE TEAM

VidMob

IPF

Choose Love







Indigo

Zaporeak







Three Peas









INTERSOS

CAC











GAME

Game

MWF

SOF

LKTBF

ForRefugees