



MONTHLY REPORT

MARCH 2022

CAMPAIGN

SUPPORT REFUGEE SPORT TEACHERS IN GREECE!

START A FUNDRAISER

DONATE NOW



SCAN ME

Our sports teachers are the heart of the organization. They lead over 100 mixed and women-only sport classes every week in Lesvos, Athens and Ioannina.

We support our teachers with training, mentorship and a small financial compensation of €50 a month or housing support. With your support, we can continue this vital component.

This campaign will have a direct impact on 41 refugee teachers over 1 year, which will in turn impact the lives of over 3500 refugees and local Greek people attending these teachers' classes every month.

Please support us by starting a monthly donation to Yoga and Sport with Refugees. Monthly donations allow us to plan ahead and ensure we can achieve our goals.

OTHER UPDATES

The 6th of March Estelle was in Toulouse to run the half marathon together with many runners from the Yoga and Sport with Refugees community that is now in France! The first steps towards starting the project in France are being taken.



For 2 weeks we hosted an Empowerment Self Defense (ESD) level 1 instructor training in our gym in Athens, organized by ESD Global. 11 of our community members are now ESD instructors! Our plan is to start teaching ESD all over Greece!





Lesvos

During this month a lot of asylum seekers received their positive decision. Finally people are being registered for getting their documents as well as receiving their ID and passports. Many teachers and students from our community are planning next steps and are getting ready to leave the island.

We also received other positive news this month: the European Commission has suspended the financing of Frontex in Greece (and Hungary), after serious violations of fundamental rights with the pushbacks. We hope more and more measures will be taken to stop this inhuman and illegal actions.

In the project

We enjoyed March with a schedule full of different trainings, the weather was getting better and Torkalay led the project by himself for 2 weeks when Miren, Estelle and Louise were in Athens for the ESD training!. At the end of the month we started saying goodbye to people from our community, both teachers and students, and we are expecting more to leave in the next month. We are getting ready to face an April full of changes!

Along with our general activities we had some special events in March:

- For International Women's day on the 8th of March we organised a special [Empowerment Self Defence class](#) in our Gym.
- We organised a [Cycling day](#) in collaboration with Starfish and Makerspace. Despite the cold weather around 20 participants from different communities together with locals enjoyed riding around the mountains of Lesvos. We are looking forward to develop this collaboration and have more cycling events!
- On St Patrick's day, our Irish volunteer Patrick, organised a [Gaelic football](#) training in Spanos to introduce this sport to our community.
- We celebrated [Nowruz](#) (Persian new year) with some special food and music in the gym.
- We went to see football and volleyball matches of local teams.



After a volleyball training in Spanos



New DIY storage for body building

Teachers

- Jawad
- Said Habib
- Aghil
- Rajab
- Arvin
- Ali Bakhshi
- Mohammad
- Daniel
- Mahmoud
- Mustafa
- Mohammad Ali
- Farzad
- Ali R.
- Ali K.
- Fayaz
- Maria

Coordinators

- Torkalay
- Louise
- Miren

Volunteers

- Patrick
- Whilly
- Madeleine
- Kyra
- Farzad
- Marof
- Pascal
- Redine
- Line
- Leonie

ATHENS

In Athens

Starting from the second week of March, the situation in Athens was very stressful for a large part of our community as they were doing Police controls all over the city. According to an article from ekathimerini.com from the 22.03.2022, the Police inspected over 2,500 people, detained over 600 non-nationals and made 44 arrests.

In the project

This month went by so quickly and many things happened in the project in Athens!

In the first week of the month we celebrated International Womens Day with an event in the gym in which we talked about #breakthebias and did self-care. We also had a gathering for Nowruz, did an event with Clowns from Clown Inside in the Pedion Tou Areios Park and attended our kickboxing teacher Hamid's fight together as a team. Amir, our boxing teacher also had his first Muay Thai fight this month.

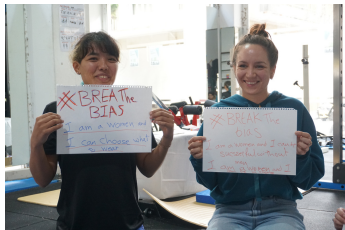
We started a womens volleyball team where we train twice a week in Panellinios.

Besides that we started with the Development and Growth Cycle for our wrestling teacher.

During two weeks of the month we had Empowerment Self Defense Global (ESDG) with us here in Athens. Many of the women from our project joined one of the two one-week courses in order to become empowerment self-defense instructors. We are excited to soon empower even more women and teach them methods of self defense.

Lastly, we finally have a ventilation system in our gym. We are very happy with it and would like to thank Three Peas for sponsoring it!

Coordination Team Meeting with Estelle



Womens Day at the Gym

Teachers

16 teachers in total. New:

- Sara - Bodybuilding
- Hareth - Volleyball

Coordinators

- Aref
- Fatemeh
- Claude

Volunteers

In total 8:

Una, Alex, Abdollah,
Abbas, Mirre, Declan, ,
Ruthan, Mercedes



In Ioannina

March in Ioannina was a cold month with snow and wind. In Katzikas camp the control measures are every day more strict. The wall is finished and for external people it is impossible to go inside the camp. A big number of people left and the camp is almost empty. New people are expected to arrive.

In the project

March was a full month. We had the pleasure to collaborate with team PE International. Thanks to them 7 of our teachers completed a teachers training.

As every month, our teachers had a specific training. This month it was about how we can use the values that we chose for our community in our daily life and in the gym.

We are really happy to announce that Fereshte is our new community coordinator, she started with a lot of motivation and we are sure she will do an amazing job with Maeve and Marta.

Maeve, Fereshte, and Massoumeh participated in the Empowerment and Self Defense Global (ESDG) course in Athens.

We organized a football tournament, Football 4All, in collaboration with RTI and, despite the weather, we had a lot of fun together.

We spent one day doing climbing outdoor with our students and the week after we organized a climbing competition.



PE International Team with our students



Outdoor Climbing Day

Teachers

8 teachers in total.

New:

- Celestine (Handball)
- Ajmal (Football)
- Rahmi (Volleyball)

Coordinators

- Maeve
- Marta
- Fereshte

Volunteers

In total 5:

- Claudia
- Sergio
- David
- Zainab
- Yeganeh

THE PROJECTS IN NUMBERS

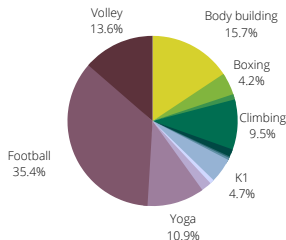


Lesvos:

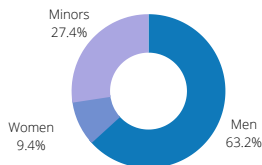
Number of activities
Number of teachers
Total amount of participants in all the projects
Average amount of students per week

17 (+0)
16 (+0)
1468 (-47)
367 (-9)

Division of students over the different projects:



Number of men/women/kids in the projects:

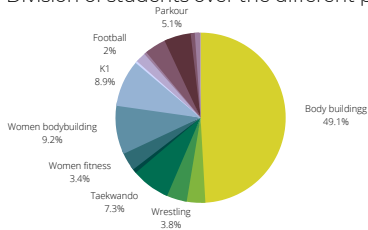


Athens:

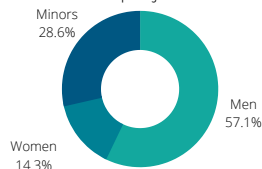
Number of activities:
Number of teachers:
Total amount of participants in all the projects:
Average amount of students per week:

14 (+1)
16 (+2)
1758 (+58)
369 (+10)

Division of students over the different projects:



Number of men/women/kids in the projects:

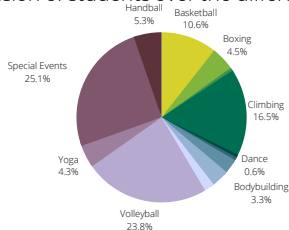


Habibi and Sport with Refugees Ioannina

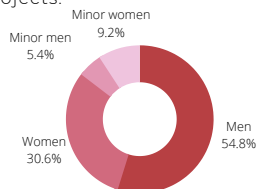
Number of activities:
Number of teachers:
Total amount of participants in all the projects:
Average amount of students per week:

13 (+1)
8
487 (-65)
122 (-16)

Division of students over the different projects:



Number of men/women in the projects:



GENERAL FINANCES



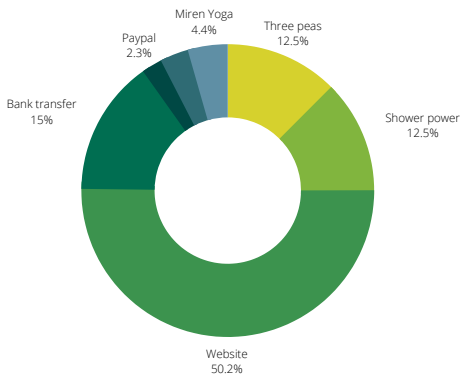
We are 100% funded through independent donations

Total donations (cash): 4632 (-799)
Total donations (income): 11162 (-449)

Income per category:

- **Website:** 2012 (+1307)
- **Shower Power:** 500
- **Three Peas:** 500
- **Miren's yoga studio:** 177

In percentages:



Other forms of support

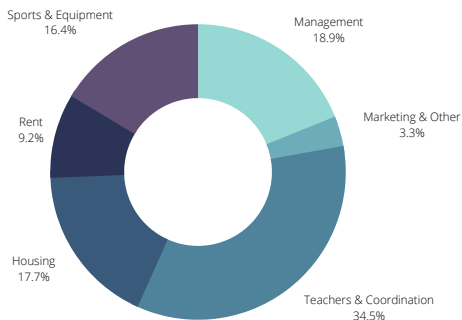
- Team PE International brought a lot of fieldsports donations.

Total expenses: 15430 (+440)

Expenses per project:

- **Lesvos:** 4565 (-921)
- **Athens:** 6011 (+1912)
- **HSR:** 1686 (-420)
- **General:** 3168 (-113)

Expenses per category:



General Fundraising Update

A lot of work has been done sending out funding proposals. The core costs of the project are still not covered, and there is a lot of urge to find sustainable donors. We have launched the important teacher support fundraising campaign. We received confirmation that we will get the ITS GREAT OUT THERE GRANT from the North Face for climbing material, climbing trips and trail running.

Explanation of Expenses

The ventilation system in the Athens gym is finally realized. The money for this will come from Three Peas, but has not been received yet. Furthermore there were no special expenses. We paid a high energy bill for the teacher house and the volunteer house on Lesvos. For total this was almost 2000 euro. Also the van had to be repaired for almost 1000 euro.

COMMUNITY & OUTREACH

Publications

Revista 5W, La Isla de los años perdidos
(The last year's Island) (Spain 5/03)

Radio Euskadi, El Boulevard, Interview of
Whilly, volunteer in Yoga and Sport (Spain
15/03)

Webinar FARE network, Organization
EARTH & Barca foundation - About women
leadership and women's sport in YSR (02/03)

Barriers to Bridges magazine, 'Borders
and Bodybuilding', Debi Altman

Social media

Facebook (YSR)

Total likes: 3.434 (+20)
Total followers: 3.706 (+25)
Total posts: 10 (+5)

Instagram (YSR)

Total followers: 3.786 (+65)
Total posts: 15 (+4)

Facebook (YSR Athens)

Total likes: 682 (=)
Total followers: 729 (=)
Total posts: 6 (-9)

Instagram (YSR Athens)

Total followers: 972 (+8)
Total posts: 9 (-6)

Facebook (HSR Ioannina)

Total likes: 33 (+5)
Total followers: 35 (+5)
Total posts: 5 (-4)

Instagram (HSR Ioannina)

Total followers: 706 (+39)
Total posts: 7 (-3)

Message from the community



Sayed Habib Sadat

Boxing Teacher

I am Sayed Habib, boxing teacher in YSR Lesvos. I just left Greece and I wanted to share that it was for me a great experience to be able to teach first kung-fu and then boxing to so many students.

I am forever grateful and happy for working with YSR and for the help they provided to myself and they continue providing to many teachers and students on Lesvos, in Athens and in Ioannina.

UPDATE ON POLICY PRIORITIES

We did our first evaluation of the strategy with the coordination teams in the last week of March. A lot of progress has already been made, and some strategy goals have already been realized, for now we decided to prioritize to work on:

1. Get the funding for the core running costs of the project
2. Implement the Personal Development Plans for the teachers
3. Improve the teacher support (financial, material & skills building)
4. Write the France Project Proposal and start fundraising for the project
5. Teach ESD in different places and reach more women
6. Connection with local clubs
7. Organize the teacher retreat in June





WITH THANKS TO OUR PARTNERS:



Free movement
skateboarding



MVI



MSF



FENIX



HH4H



KONFRONT



LessTalkAthletics



Spanos



HABIBI



ONE TEAM



VidMob



IPF



Zaporeak



One Happy Family



Proemaid



Three Peas



INTERSOS



CAC



ShowerPower



KOIZ



GAME



MWF



SOF



LKTBF



forRefugees
ForRefugees