



YOGA
AND
SPORT
WITH REFUGEES

MONTHLY REPORT

MAY 2022

GENERAL UPDATES

NEW TEAM MEMBERS

We are super happy to announce that Claire Lalande joined our team. She will be responsible for the operations in Greece, with the official title: Operations director Greece. She will take the responsibility over the coordination teams in all the locations.



On Lesbos we have a new volunteer coordinator, and her name is Katerina. She is originally from Thessaloniki and our first Greek coordinator!

OTHER UPDATES

LET'S KEEP THE BALL FLYING
visited our projects in Lesbos and Athens and we organized a big volleyball tournament and dinner in the gym in Lesbos. Thank you for coming, and thank your for our collaboration!

Update on the France project: We have decided to focus more on consolidating the Greek projects while still starting slowly in France. It is difficult enough right now to fundraise for our Greek projects and Estelle will focus more on strengthening our community and communications!

Empowerment Self Defence: We held our first training in ESD in Ioannina in May. Over 3 weeks, 15 women from Habibi.Works and Habibi and Sport received our pilot course!



Lesvos

During the past month, there was around 200 new arrivals on Lesvos and we see that there is more people coming to the gym and joining the activities.

A fire burned down an entire big tent in the camp. One of our bodybuilding students lost everything. We managed to collect some clothes and other things from donations for him.

In the project

We have a new **volunteer Coordinator**: Katerina Laina. She started in the middle of the month. She is already a great asset to the team and she bonds very well with the community.

We participated in a 10 km race and a 17 km race in **Petra**. It was a difficult route and we learned that next time we will have to be equipped with more supplies (meals, water, etc.)

We also held our **monthly bike ride** with great success. The hike unfortunately did not take place because we did not take into account the new weather. Next time we will choose a time with less sun.

We started the swimming classes and many men and women are now learning how to relax in the water and do their first swimming moves.

We organized a **fundraising meeting**. It went very well and all the volunteers put a lot of energy into it and showed how much they would like to help YSR. Most of the volunteers who are with us now are about to leave and we will need extra help in the middle of the month.

We organised a **volleyball tournament** together with Let's Keep The Ball Flying and our Yoga and Sport Team won! It was a great success and more than 40 people joined. The beautiful couple Eshan and Sheida cooked a full dinner for the players after the tournament and we all ate and danced at the gym.



Running race in the mountains in Petra



Congratulations to our cleaning team!

Teachers

- Left during May
- Ali Bakshi

Still in Lesvos

- Mahmoud
- Mustafa
- Ali K.
- Maria
- Mohammad Q.
- Mohammad
- Basil
- Kaya
- Estelle
- Fatima

Coordinators

- Toryalay
- Miren
- Katerina

Volunteers

- Madeleine
- Marof
- Pascal
- Redine
- Kieran
- Naia
- Daniela
- Florence
- John
- Moira

ATHENS



In Athens

A lot of people received their papers in May and left the city. The police was sporadically doing paper controls in Omonia and Victoria, luckily this only was during a few days. Towards the end of the month it has started to become very hot in the city.

In the project

We had a very full month in May, organised many events and had many things changed.

Some of our **teachers** left and new teachers joined the team, meaning a shift in our community.

There were many amazing moments like the **aerial silk** and **trapeze** event and the cycling trip planned by **Organization Earth**.

The highlight of the month was our **big sports event** in the Pedion Tou Areos park where around 500 people joined.

In the gym, we are super happy to finally have **Zumba** classes again as we bought a new speaker. Furthermore we have wifi which works - which is a milestone to organize in Greece - and did a cleaning day with the volunteer team.

Lastly, we had **Pandora** trainings and did a leadership training with **Dona**.

Show at the Movement Connects Event



Bicycle Event with Organisation Earth

Teachers

18 in total

New:

- Sara - Bodybuilding
- Hareth - Volleyball
- firoz -volleyball
- Abbas parkour
- Mahdi football
- Ali Asghar boxing

Coordinators

- Aref
- Fatemeh
- Claude

Volunteers

9 in total:

- Una
- Mirre
- Abdollah
- Giulietta,
- Declan,
- Shane,
- Mercedes,
- Nasrolla.
- Kate

HSR IOANNINA

MAIKA

HABIBI
AND
SPORT
WITH REFUGEES



In Ioannina

The weather has changed very quickly in Ioannina, with temperatures now normally in the mid 30s every day. Covid-19 restrictions have eased a lot, and are expected to remain that way for the summer at least. As with every report this year, a lot of people continue to leave Katsikas and Ioannina, but we always keep going!

In the project

It was a super busy month in Habibi and Sport this month. Firstly we had a visit from Marloes from Lets Keep the Ball Flying, who came for two weeks to visit the project and support our new volleyball teacher Noman. Then, Angel and David from our climbing partners, Maika'i arrived. Angel was one of the team who built our amazing gym last year, so it has been incredible to have him back in Katsikas, to see how much the project has grown and developed. Maika'i are here for 1 month to train our climbing team in lead climbing, belaying and general safety for outdoor climbing, as well as doing outreach to the Greek community to support integration.

Family Day and Community Lunch are back at Habibi.Works. This means that every day, the kitchen team prepares a huge lunch for everyone who has joined a sports class or participated in Habibi.Works. And on Saturday afternoons, all of our activities are specifically for kids of all ages. These are two hugely important events for bringing the community closer together, which were forced to stop due to Covid-19.

Rita, who volunteered with us for 1 month, did some amazing trainings for our teachers on injury prevention, strength training and pilates.

We started a Coach to 5km running team! Now we run with one group at 7am and one group at 9am. We are hoping to have a big celebration when everyone is ready to run 5km!

Our community volunteers started computer classes in Habibi.Works. Already they are supporting more with making budgets for trips, posters for events and other super useful skills.

We went on a super nice cycling trip to Perama caves for our teacher trip this month, where we did a tour and then - qu'elle suprise - played a lot of volleyball.



Women volleyball event



Climbing outdoor

Teachers

8 teachers in total.

New:

- Sina (Basketball)
- Noman (Volleyball)

Coordinators

- Maeve
- Marta
- Fereshte

Volunteers

In total 5:

- Ari
- Sergio
- Rita
- Zainab
- Yeganhe

THE PROJECTS IN NUMBERS

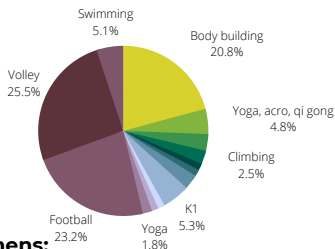


Lesvos:

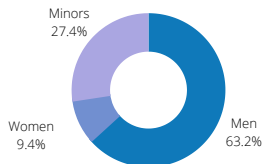
Number of activities
Number of teachers
Total amount of participants in all the projects
Average amount of students per week

15 (+3)
10 (+1)
1571(+460)
393(+114)

Division of students over the different projects:



Number of men/women/kids in the projects:

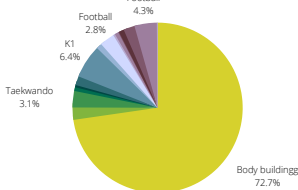


Athens:

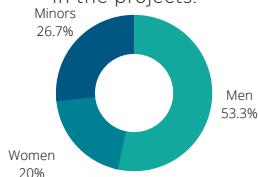
Number of activities:
Number of teachers:
Total amount of participants in all the projects:
Average amount of students per week:

16
18
1420 (+15)
380(-60)

Division of students over the different projects:



Number of men/women/kids in the projects:

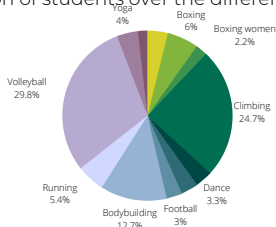


Habibi and Sport with Refugees Ioannina

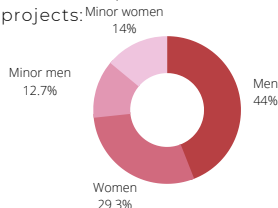
Number of activities:
Number of teachers:
Total amount of participants in all the projects:
Average amount of students per week:

12 (-1)
8
671 (+37)
167 (+11)

Division of students over the different projects:



Number of men/women in the projects:



GENERAL FINANCES



We are 100% funded through independent donations

Income

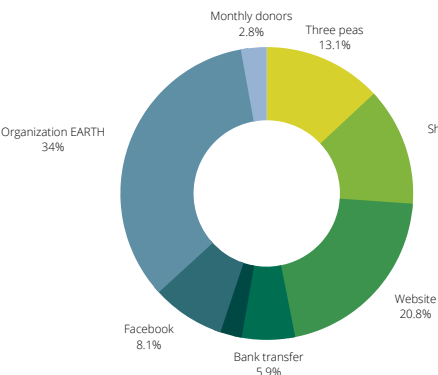
Total donations (cash): 3.629 (-11482)

Total donations (income): 10.159 (-4407)

Income per category:

- Organization EARTH donation for spring and the event: 1300

In percentages:



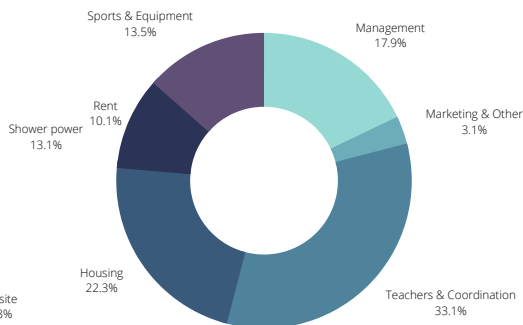
Expenses

Total expenses: 12783 (+3284)

Expenses per project:

- Lesvos: 5205 (-2891)
- Athens: 2434 (-2295)
- HSR: 1966 (-593)
- General: 3178 (-189)

Expenses per category:



Other forms of support

- Bottles and bags for all our locations from Distribute Aid

General Fundraising Update

Again a very difficult month in terms of fundraising. It is especially going to be super important to find funds for the rest of the year since the funding from the Zivile Seenotrettung and Mediterranean women fund will end in the end of July. We are working hard to realize this, but it is not easy in the current times.

Explanation of Expenses

Generally we really cut down on expenses. In Lesvos we still spend a lot of money on the fieldsports and we really need to find a solution for that. Furthermore we now paid for the teacher house until the end of the year. Lesvos for that reason has the highest expensen by far.

COMMUNITY & OUTREACH

Message from the community



Fereshte Azimi
Coordinator in Habibi and Sport

For me it's important to work as a coordinator in Habibi and Sport because I can see my progress and I can organize my plans as well as I want.

I love to spend my time with this community and empower and share our skills so we create a beautiful background for our project.

Laila
Experienced volleyball player in YSR
Lesvos

Sport and exercise are very important to me, but it is much more important with whom I practise. Yoga and Sport is a place where you can enjoy exercising at the highest possible level.

Social media

Facebook (YSR)

Total likes: 3.434 (+20)
Total followers: 3.706 (+25)
Total posts: 11 (+1)

Instagram (YSR)

Total followers: 3.921 (+61)
Total posts: 20 (+1)

Facebook (YSR Athens)

Total likes: 710 (+7)
Total followers: 767 (+13)
Total posts: -- (+10)

Instagram (YSR Athens)

Total followers: 1102 (+17)
Total posts: 11 (-7)

Facebook (HSR Ioannina)

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

Instagram (HSR Ioannina)

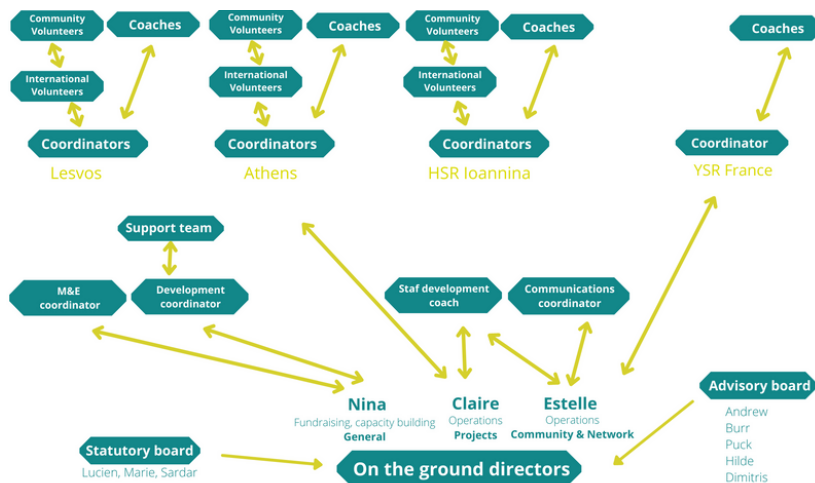
Total followers: 790 (+40)
Total posts: 10 (+2)



UPDATE ON POLICY PRIORITIES

A lot of organizational changes this month! First of all Claire started as our operations director, taking over the responsibility of the coordination teams. This means that Nina will focus more on fundraising and strategy development while Estelle will focus on community building and communications. We also have a new volunteer coordinator in Lesvos and are currently recruiting a new project coordinator for HSR since Marta is leaving.

The 22nd until 24th of June we will have the mid-year evaluation of the strategy with the teachers and coordinators in which we will set our priorities for the coming 6 months and evaluate our progress. So, expect a big update in next months report!





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