



YOGA
AND
SPORT
WITH REFUGEES

MONTHLY REPORT

JANUARY
2023

POLITICAL UPDATE OF PEOPLE ON THE MOVE

GREECE

Numerical facts as stated in the Aegean Boat Report: more than 160 boats were stopped at the Aegean islands by the authorities, pushbacks are still very prevalent in this area. During the last week of January there was an increase of arrivals of 32% compared to the previous year and the border violence is still very common as authorities are not hesitant to use force on asylum seekers.

Moreover, on January 20 Takis Theodorikados, the Greek Minister for Civil Protection, went to the Greek / Turkish border accompanied by ambassadors of the EU, Switzerland and the United Kingdom. He announced plans to double the length of the wall already present at the border in order to prevent the arrival of people on the move. The construction would result in a wall five meters high over 75.2 km of border. He specifically announced "*We prevented more than 260,000 migrants from entering Greece illegally in 2022... about 400 people (now) try to enter every day.*". Despite this announcement, it is illegal to block the passage of people wishing to seek asylum in the country. This conservative policy derogates from the right to life of people who are threatened in their countries and thus forced to flee.

FRANCE

Authorities are still harassing people on the move in the streets of Paris. According to the French NGO Utopia56, more than sixty families of internationally displaced people were gathered in front of the Paris town hall asking for accommodation during the "solidarity night" organized by the Paris town hall. After five hours of standing in the cold, the prefecture decided to accommodate women and children but not fathers or unaccompanied minors.

Most of the internationally displaced people (IDP) in Paris are living in precarious conditions and in the street. In the last weeks of the month there were many reported clashes and conflicts with the police. Despite this, the government is still denying conversations with the organisations helping IDP on the ground.

MESSAGE FROM THE COMMUNITY



LOLA BENOIT
Coordination Support Volunteer, Paris

*We want to
dearly thank
Lola for all the
work, passion
and time that
she put into
the project!*

What does YSR community mean to you?

"I've discovered Yoga and Sport With Refugees in an article and I fell in love with the project and proposed to help the coordination of the Parisian project.

I feel connected with the values of YSR : sharing, learning and improving together!

The positivity and the energy of the community make us powerful!"

MEET LOLA

"I have a master's degree in environmental policies and citizen participation.

"I've been doing dance for over 10 years, volleyball for 2 years and I'm always doing yoga. In the summer I like to trek in the mountains, I was in the dolomites in Italy last summer."

PARIS



In Paris

January was a busy month in Paris for everyone, with many changes in the asylum process for members of our community. As our coordinator Yadullah got his asylum accepted in France - *congrats!!* - our coach Rahmat had to move further out. The weather is very cold in Paris, which has a big impact on the community and the activities as temperatures are falling below zero degrees.

In parallel, there have been big demonstrations happening to protest against the new retirement law which impacted the public transportation a lot.

In the project

We had a super cool New Year's coaches event in Paris in January. We spent a day together where we went running in the morning and then after that we went to Aquaboulevard (water park)! We spent fun moments together, which was really nice for the team building. Of course the day was finished with our favourite : Afghanistan food!

We also had our first coaches meeting of 2023, where we discussed the difficulties that the coaches have had in the past months with their classes and where we also discussed to see what we could do to improve our activities and how we can get more students involved.

Lastly, we started the running classes again at a new location in the park de La Vilette where we train every Sunday morning.



Football and Fitness team after nice training



No light, no problem #strongteam

Coaches

4 Coaches

- Yadullah (yoga and fitness)
- Rahmat (boxing)
- Mohammad (fitness)
- Rahman (running)

Coordinator

1 Coordinator

- Yadullah

Volunteers

2 Volunteers

- Lola
- Léa

ATHENS



In Athens

This January was particularly warm compared to previous years. On one day yet, there was a storm that paralyzed large parts of the city. In the gym, we started feeling the effects of the closing of ESTIA, as many of our students were unfortunately moved to camps away from Athens, in particular families, who were the main beneficiaries of the program. Lastly, we heard about several circulating messages about police controls in the city towards the end of the month.

In the project

This month, we welcomed our new coach coordinator, Azim, who is already doing a great job at creating a team feeling amongst the coaches. He organized his first coaches' ever meeting and is set on having our first coaches' trip in the coming month. We also welcomed Katerina into the team, who arrived from Lesvos as the new program coordinator. Our Greek-speaker manager managed to renegotiate the rent contract of the office, has been managing the Greek bureaucracy and lawyer-related issues, and came in contact with an IOM shelter, which brings 40 unaccompanied minors to the gym once (soon twice!) a week, where they can benefit from tailored fitness classes with our volunteer Stijn, as well as with Claude.

The coordinators' team did an Intervision training facilitated by the Boat Refugee Foundation, which was really good for our team-building.

Unfortunately this month, two coaches left: Mina, our fitness Coach, was moved to a camp in the North of Athens, and Marialena, our yoga coach, decided to stop teaching. Lastly, we welcomed six new interns and two new volunteers this month!



Coordination team <3



Hip Hop Class Discussion

Coaches

16 Coaches

- Ste
- Nefeli
- Delphine
- David
- Jamshid
- Chris
- Yasin

- Ruvi
- Claude
- Medine
- Abbas
- Fareydon
- Marialena
- Rozalia
- Nasrin
- Fareydon

Coordinators

3 Coordinators

- Katerina
- Azim
- Delphine

Volunteers

11 Volunteers

- Rozalia
- Kamand
- Sofie
- Davide
- Stijn
- Tom
- Raphael
- Ricardo
- Perine
- Valentine
- Simon
- Matthieu
- Noémie
- Giorgos
- Maurine

LESVOS

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On Lesbos

According to the [Reuter article](#), the "Free Humanitarians" trial took place on Lesbos, 5 years after they were charged. 22 of the 24 defendants charges were annulled due to a procedural error.

Moreover, the opening of the new Closed Camp on the island has been delayed until at least June 2023. We will continue to oppose the opening of this camp, as it will reduce the human rights of refugees.

There are still many new daily arrivals, despite continued violent push backs.

In the project

We started the year with a football competition organized by Aman, Ali and Mr. Spanos. Over 50 people joined and it was a great success.

Laila, dance coach, organized a "Let Afghan Girls Learn" demonstration in line with more than 50 other cities. The football teams got involved wearing jerseys that said "Education for All".

Maeve moved to Lesbos from Ioannina to join the team as a Project Coordinator. We have two new coaches, Mahsa for Women's Self Defense and Nematullah for Muay Thai.

We were very sad to say goodbye to Roger and Happy, our fitness coaches, and Asef, our Muay Thai coach. We had a lovely dinner with the full team to say our goodbyes and share memories!

The gym is very full, with new people coming to register on a daily basis. We are so happy to offer this space of community, sport and safety to everybody!



First Muay Thai training of Nematullah



Goodbye Party

Coaches

13 Coaches

- Happy
- Roger
- Matin
- Leire
- Flora
- Mahsa
- Ali N.
- Mohammad
- Amanullah
- Estelle
- Andrea
- Nematullah
- Laila

Coordinators

3 Coordinators

- Maeve
- Arjan
- Reza

Volunteers

7 Volunteers

- Flora
- Clement
- Laura
- Amanda
- Haidar
- Hassan
- Pierrot

HSR IOANNINA



In Ioannina

The new year begins with further restrictions in the camp. Children under 12 are no longer allowed to go out without their parents and transport for medical care has been stopped. It is cold in Ioannina and the mountains around the city are covered with thick snow.

In the project

January started off with two new people joining the team. Our intern Valentine, who will focus on women's participation and Yusuf, who is a new volunteer supporting us wherever needed. It's great to see the team growing, welcome to both of you!

Jason from Lets Keep The Ball Flying was here for three weeks to offer volleyball coaches training, which unfortunately could only take place twice due to a lot of rain. But he also brought his drone and made amazing videos for our social media channels.

We held a tournament in the most popular sport: Football. About 40 people came, we had music, snacks and good vibes.

The highlight of this month was definitely our coaches and volunteers trip. We went sledding in the mountains, took a lot of photos and had a picnic in the snow by the lake.

Goodbyes

Our football coach Fayaz left at the end of the month. With only 15 years of age, he has led football training twice a week for 20-30 people. We hope that he can continue playing and wishing him all the best!



Women boxing class



Coaches and volunteers trip

Coaches

6 Coaches

- Parinaz
- Sanjide
- Kavin
- Sina
- Fayaz
- Drio

Coordinator

1 Coordinator

- Lena

Volunteers

4 Volunteers

- Sanjide
- Kavin
- Valentine
- Yusuf

THE PROJECTS IN NUMBERS



of Visits

(deviation to previous month)

Total	#
Lesvos	1138 (-385)
Athens	1053 (-122)
Ioannina	423 (+21)
Paris	215 (+15)

of Activities

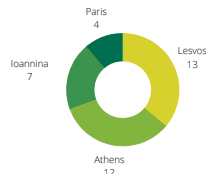
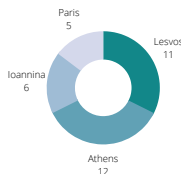
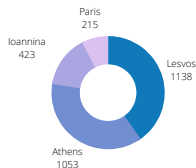
(deviation to previous month)

Total	#
Lesvos	11 (+0)
Athens	12 (+0)
Ioannina	9 (-1)
Paris	5 (+1)

of Coaches

(deviation to previous month)

Total	#
Lesvos	13 (+0)
Athens	16(+4)
Ioannina	6(-1)
Paris	4 (+0)



Observations

Compared to last month, there was an overall decrease in participants, this is probably due to the colder weather as well as many transfers being done throughout Greece. We are however expecting this to rise again in the coming months. There was slightly more adults compared to minors and more men compared to women than in the previous month.

% Adults / % Minor

	72 %	28 %
Average	72 %	28 %
Lesvos	74 %	26 %
Athens	70 %	30 %
Ioannina	74 %	26 %
Paris	70 %	30 %

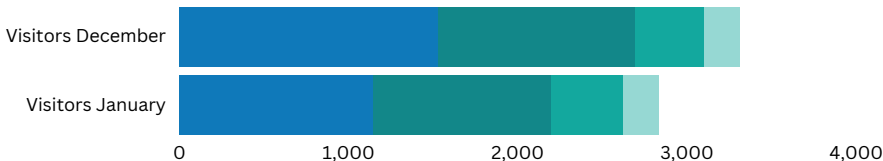


% Male / % Female

	78 %	22 %
Average	78 %	22 %
Lesvos	84 %	16 %
Athens	66 %	44 %
Ioannina	72 %	28 %
Paris	90 %	10 %



■ Lesvos ■ Athens ■ Ioannina ■ Paris



GENERAL FINANCES



We are 100% funded through independent donations

General Fundraising updates

We kickstarted this fundraising year with funds coming in from Fons Català de Cooperació al Desenvolupament for our woman sport project in Athens and Coaches Across Continents (CAC) for general costs. Both of which we secured last year.

Choose Love also confirmed their continued their support for Q1. In addition to this, we saw quite some funds coming in via website donations.

Applications

This month we handed in our applications for Hoch Hinaus Foundation, Edith M Ellis Charitable Trust, Societe Generale and Crédit Cooperative.

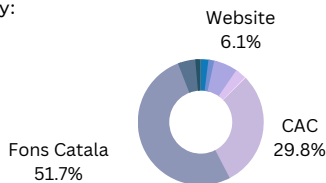
Total donations received per foundation in January:

For 2023

- 17,230 Fons Català
- 9,916 Coaches Across Continents

For January ONLY

- 1500 Choose Love
- 650 Three Peas
- 500 Shower Power



General Explanation of expenses

YSR has undergone a small restructuring since our previous director, Nina left the organisation. In her place we have hired two coordinators to oversee the communications and fundraising, therefore our coordination costs have risen.

Additionally, as with everyone, our utilities became more expensive in recent months which is why our sport and equipment expenses are so high this month.

General: 3,860 (-2,779)

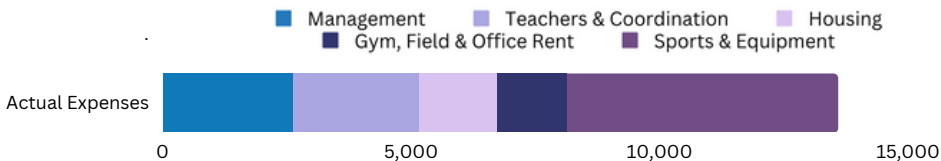
Total expenses: 13,402

Lesvos: 3,214 (+2,269)

Athens: 3,680 (-2)

HSR: 916 (-1,494)

Paris: 300 (-525)



MEDIA & EXTERNAL COMMUNICATION



In January we have mainly focused on finishing the strategy plan for 2023, where we will be conducting various campaigns related to swimming, field sports, running as well as to the opening of the new camp.

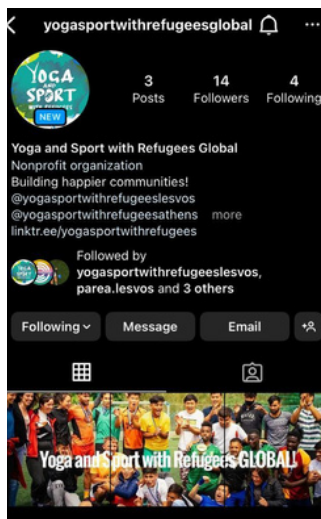
We also set a focus on creating an annual report video, finishing up the annual report as well as making the impact presentation which will be published soon.

News

We started our Yoga and Sport with Refugees Global account on Instagram, that we will use to post things about the different locations and as an overall profile of the organisation.

Three interns started to work with us - Maurine, Anna and Périne, they will all be supporting the communications team in different matters. Therefore, we are focusing on their on boarding in the last weeks of the month in order to have their time with us be as productive, creative and successful as possible. We are very excited to have them here and learn from their new insights and ideas!

In January we also started working on the website in order to make it more user friendly and update it. For this, a journalist and media person Ann Singer has been supporting us, for which we are super grateful. She wrote a full report on our website and is helping us change various things in wordpress.



Global Instagram Account:
[@yogasportwithrefugeesglobal](https://www.instagram.com/yogasportwithrefugeesglobal)

Instagram

Global	62
Lesvos	4.272(+28)
Athens	1.475(+51)
Ioannina	1.071(+10)
Paris	455(+5)

Facebook

Global	/
Lesvos	3.773(-2)
Athens	860(+2)
Ioannina	64

TikTok

France	1650 (-14)
Greece	26 (+14)

Global Platforms

LinkedIn	383(+23)
Twitter	33
YouTube	41(+3)

STRATEGY 2023



After our strategy days in December, in January we took time to finalize our 2023 strategies and to wrap up the previous year.

We finished our financial overview of 2022, the annual report and presentations of the impact assessment that was done last year.

Revolving around our 5 pillars, each team and location planned their own priorities and action points in the strategies.

It was a lot of work from everyone, and we will very soon publish these documents on the website and share them!!

Here are our priorities for this year:

- Our coaches! In addition to building a structure for coaches working with us, we aim at **developing a training curriculum** and a better support.
- We will also focus on **improving the support for our coordinators**.
- We aim at making our **gyms** even more **welcoming and safe** and of course, community building will be at the heart of what we do in 2023!



Below a list of the document that will soon be published on our website:

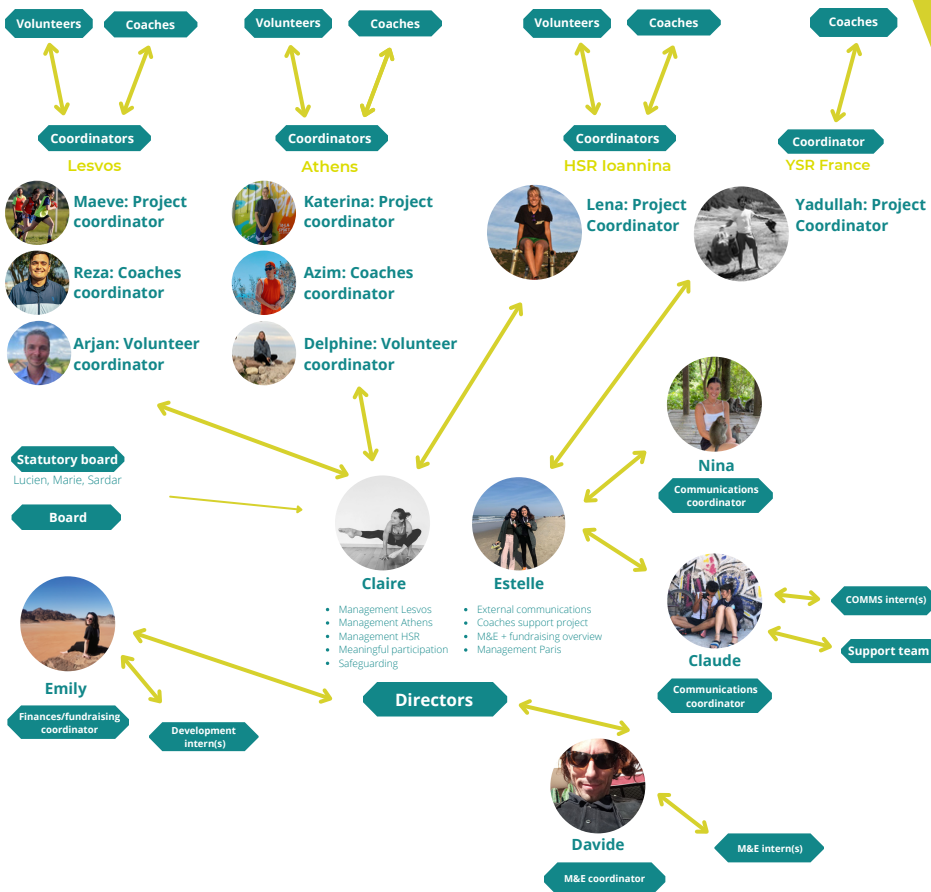
2022

- Financial overview 2022
- Annual report 2022

2023

- Policy plan 2023
- Location strategy (per location one document)
- M&E strategy
- Fundraising strategy
- External communication plan
- Internal communication policy

ORGANIZATIONAL CHART



Interns

- Maurine - Communication
- Noémie - Community Building
- Valentine - Integration
- Thomas - M&E
- Périne - Fundraising
- Valentine - Womens Participation
- Raphaël - Fundraising

Projects

- Community Building - Claude
- Integration - Katerina
- Coaches Support - Maeve
- Awareness - Claude



WITH THANKS TO OUR PARTNERS



MVI



HABIBI.WORKS



Zaporeak



One Happy Family



forRefugees

