



**MONTHLY
REPORT**

OCTOBER 2022

YSR 5 YEARS!

The 22nd of October we celebrated our 5 year anniversary. When we started 5 years ago we would have never expected to be where we are right now, we had maybe even hoped to not exist for so long. We are celebrating an amazing community of passionate, motivated and caring athletes, trainers, people. But we are also reflecting on 5 difficult years in which refugee policies and conditions have not improved. The need for our organization is still high, and there is an increasing need for to connect people, raise awareness for what is happening and offer people a chance to build a sustainable future. That is why our 5 year anniversary is the moment we launched our impact goals for the next years, our Olympic Goals, linked to the Paris Olympic Games in August 2024.

Of course we also celebrated in the different locations! On Friday the 21st we organized a big party with music, food and challenges on Lesvos and on Saturday we held a big gathering with games and dancing in Athens. A couple of days later they celebrated in Paris with some running and snacks!

We recorded a small video with some messages from our community. Some that were in Greece a long time ago. It was amazing to hear there experiences and we are so proud of everyone in our community!

CHECK OUT THE VIDEO

FRANKFURT MARATHON

In the last weekend of the month we ran the Frankfurt marathon with a team of 12 athletes, from YSR and Trifugee. HOKA sponsored our entry BIBS, and YSR Netherlands the rest of the weekend. 4 of the team members ran the full marathon, and there were 2 relay teams with 4 runners all running around 10 kilometer. The day before the marathon we did a shake out run with HOKA and had dinner all together (PASTA!). After the marathon we went for some Afghan food! It was an amazing weekend.





In Paris

In September there have been a lot of evacuations of different places where refugees stay, in camps and on the streets. Many people have been moved to places far away from Paris, also some of our community members that were moved away from the camp in La Bastille. They are still trying to come, but it is far for them.

In the project

We did our strategy meeting in October to plan the next steps and to see where we are going to be in the coming months.

We went to Bobigny to give yoga and boxing classes to a group of isolated minor girls. It was really fun and they loved it "I want this everyday" said one of them!

We started a new fitness class and football on Saturday morning with Utopia! From now on, it will be every Saturday morning at 10am and everyone can join us in Square Léon rue des gardes, Paris 18ème !

We celebrated the 5 year anniversary of YSR by organizing a sports party with our community mixed with people from other organizations. We ran, ate and danced!

We are continuing with our regular classes and reached new people to join. With the time change the schedule has changed a bit. And because of the weather some of the classes had to be cancelled last minute.



Boxe in Bobigny with isolated minors



Picture time at the end of the boxing class, In Bastille

Teachers

3 teachers, 1 new:

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

Coordinators

- Yadullah

Volunteers

In total 4:

- Madeleine
- Lola
- Priya
- Léa



In Athens

Regardless of the nation wide tragedies in the sea, in Athens it seemed to be calm. It's noticeable that the city is filling up and people are coming back from their island summer jobs.

In the project

With the volunteer team we planned a cleaning day, did a Persian language course, a sport injuries training with Medical Volunteers International and an Empowerment and Self Defense training with Claude.

We organised a workshop open for everyone from the community to discuss the potential name change... more information will come later!

We organized our fist event at our community space, where we played games together

Guus from Let's Keep The Ball Flying visited us in Athens in order to help us improve our Volleyball activities and get more students.

Our volunteer Arend went to Decathlon to buy new shorts and women sport clothing to use in the gym. Moreover we got a new speaker system donated, so now we have a good system on both floors. we also installed new lockers for the students of bodybuilding to store their personal belongings.

We are getting groovy with new classes such as modern dance and hip hop!

Cleaning day in the gym



Volleyball event in the park

Teachers

18 in total

New:
 • Ste
 • Nefeli
 • Sunny

Left:
 • Mahdi
 • Aziz

Coordinators

- Claude
- Delphine
- Najib

Volunteers

11 in total:

- Jacob
- Kamand
- Sofie
- Katrine
- Davide
- Bethan
- Rachael
- Dimitra
- Ricardo
- Arend
- Gloria

LESVOS



On Lesbos

The population in the camp is decreasing, currently there are 1.385 People living in the camp. A ferry with 80 refugees with destination katsikas RIC at Giannena, stuck in the port because of the bad weather for 18 hours in total. Our volunteer Jess informed us on time and with the help of our partners we organised food and clothes distribution.

In the project

We organized the 5 year celebration party of Yoga and Sport. At the gym we made a fire to cook in a traditional Afghan way. We cooked food for more than 100 visitors, played sport challenges and of course we finished the day with a big dance party.

This month we took our teachers on an adventure. We went on a day trip to Plomari where we visited the hot springs, swam in the sea, played volleyball on the beach and finished with food.

There was a Trail Running race in Agiasos. 17 People of the running team joined the race. We ended the nice day with a dinner and could bring 6 medals home, including 2 times gold.

This month we also had a great collaboration with Iliaktida, Rad Music and Circus Lesbos to provide a month full of dance for the unaccompanied minors. More than 50 girls joined us during the African, Greek and alternative dance classes.

We maximized the last sunny days in Lesbos and organized 4 Sunrise activities. We did Yoga and Swimming and had hot coffee and pancakes on the beach afterwards.



Running team at trail run in agiasos



Teacher trip in Molyvos

Teachers

- Basil
- Markela
- Khodadad
- Samuel
- Atiqullah
- Roger
- Ali N.
- Mohammad
- Fatima
- Amanollah
- Estelle
- Andrea
- Daniel

Coordinators

- Katerina
- Arjan

Volunteers

- Alice
- Leo
- Carmen
- Mahdi
- Jess
- Jessy
- Andrea
- Nemat
- Reza

HSR IOANNINA



In Ioannina

There has been a buzz around Habibi as Katsikas camp is filling up again with many transfers from the islands. Obviously, this is bittersweet, but it is nice to have new faces in our sports classes. Together with Habibi.Works, we have been focusing on outreach events including our Habibi festival and connecting with the local student network.

In the project

We started this month with our super fun Habibi Fun Day! Everyone was invited to find a team and join in the fun and games with the two most successful teams competing head-to-head on our crazy obstacle course. The day was filled with much laughter and friendly competition.

The warm weather this month also allowed us to start our outdoor climbing classes again. Another new addition to our timetable was parkour, alongside many competitions.

This month we have increased our focus on teacher training, providing computer classes and other sessions on topics such as leadership, body confidence, and teamwork. We are also setting aside more time to spend as a team.

Goodbyes

Sadly, we had to say goodbye to our volleyball teacher Noman and our football teacher Hamed. We are so sad to see them both go, but wish them the best of luck!



The best team!!



Football Competition

Teachers

In tota 7:
Parinaz
Sanjede
Kavin
Ali
Sina
Drio
Fayaz

Coordinators

- Maeve
- Emily

Volunteers

- In total 6:
- Lena
 - Anabel
 - Anna S
 - Anna A
 - Sanjede
 - Kavin

THE PROJECTS IN NUMBERS



Athens:

Number of activities
Number of teachers
Number of visits
Total amount of students

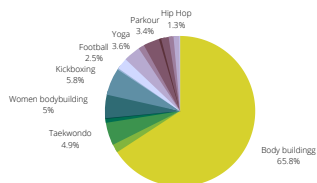
17 (+4)
18
1727 (-60)
350 (-85)

Lesvos:

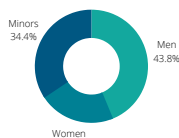
Number of activities
Number of teachers
Number of visits
Total amount of students

15 (+1)
13 (-1)
2210 (-23)
250 (-80)

Division of students over the different projects:



Number of men/women/kids in the projects:

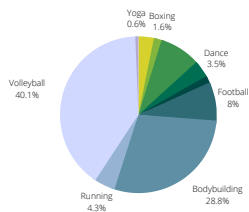


HSR Ioannina:

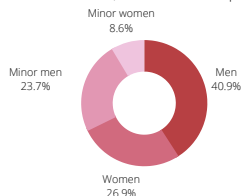
Number of activities
Number of teachers
Number of visits
Total amount of students

13(+1)
7
626
80

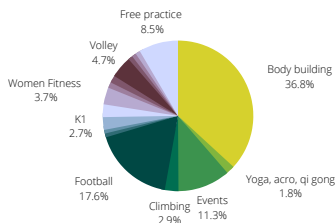
Division of students over the different projects:



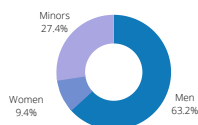
Number of men/women in the projects:



Division of students over the different projects:



Number of men/women/kids in the projects:

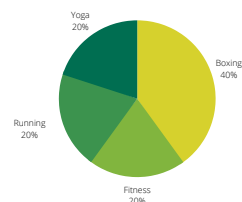


Paris:

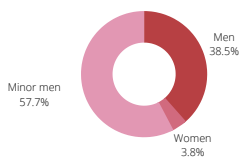
Number of activities
Number of teachers
Number of visits
Total amount of students

4
3
250
45

Division of students over the different projects:



Number of men/women in the projects:



GENERAL FINANCES



We are 100% funded through independent donations

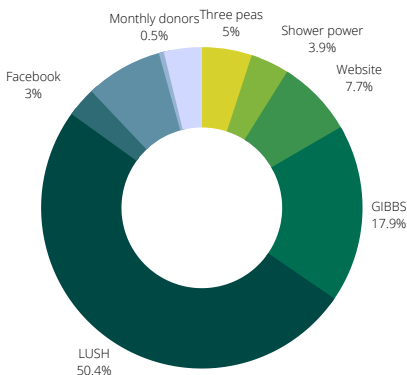
Income

Total donations (cash): 12.943 (-1942)
Total donations (income): 8.760 (-8.441)

Income per category:

- 6500 LUSH
- 2315 GIBBS trust
- 650 Three Peas
- 994 Website
- 500 Shower Power

In percentages:



Other forms of support

- Support from HOKA for Frankfurt marathon

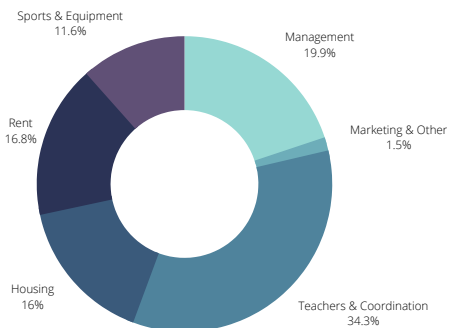
Expenses

Total expenses: 15.172 (+1917)

Expenses per project:

- Lesvos: 4.958 (+2456)
- Athens: 5.108 (+1977)
- HSR: 1.867 (-950)
- Paris: 1.227 (-19)
- General: 3.239 (-319)

Expenses per category:



General Fundraising Update

We got our 2 first funds for the Paris project, which allows us to support Yadullah a little bit and to organize events in Paris. Furthermore we were able to run in the Frankfurt marathon because of the support of HOKA and YSR Netherlands. Besides that there were no major fundraising successes.

Explanation of Expenses

Expenses were a bit higher this month in the projects, because some payments of last month were made this month. For example coordinator support for new coordinators and the rent of the Spanos fields on Lesvos. Further than that there were some extra expenses for the 5 year anniversary.

COMMUNITY & OUTREACH



External Outreach

YSR was featured in the EUROPE MUST ACT [newsletter](#)

EUROPE
MUST
ACT.

"Their goal is to facilitate well-being, generate opportunities, and integrate refugees into society through sports. Yoga, climbing, martial arts, field sports, running, swimming, dancing, among other activities - the common factor being this one: the belief that sports can create a sense of community, encourage integration, foster leadership skills, and create a potential pathway for employment".

YSR Director Nina De Winter was featured in Trifugee article: ["Building bridges with Sports" – Interview mit Nina von YSR:](#)

"...sport is the ultimate way to build bridges between people, and this is extremely necessary in a world that is becoming more and more divided. We explicitly do this by showing people that refugees are not poor people that need to be supported, but that they are capable people, able to teach and lead, and that we can learn from each other."

Message from our community

Mohammad Reza - New YSR Coordinator, Lesbos

"My name is Mohammad Reza. I am originally from Afghanistan, but I was born in Iran. I came to Lesbos in July 2019 as a refugee. After a while I started volunteering with different organizations and NGOs. I learned how to speak English with these volunteer jobs. Currently I am volunteering as a medical interpreter in the camp. In the past, I was interested in wrestling, but unfortunately the conditions were not good for me to do exercise. My interest in sports made me to search for a place to do exercise. 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 Yoga and Sport team."



Lola Benoit - YSR Volunteer, Paris

"I'm Lola, 24, French and volunteering with YSR Paris since July 2022. I discovered YSR in an article and I fell in love with the project and proposed to help the coordination of the Parisian project. I used to practice running, dancing, hiking, volley-ball and yoga, with our super coach in Paris Rahmat and Mohammad, I discovered boxing and fitness! I feel connected with the values of YSR : sharing, learning & improving together! The positivity and the energy of the community make us powerful!"

Social media

Facebook (YSR)

Total followers: 3.772 (+8)
Total posts: 16 (+3)

Instagram (YSR)

Total followers: 4.218 (+47)
Total posts: 18 (-2)

Facebook (YSR Athens)

Total likes: 760 (+4)
Total followers: 834 (+2)
Total posts: 5 (+2)

Instagram (YSR Athens)

Total followers: 1.328 (+70)
Total posts: 18 (+4)

Facebook (HSR Ioannina)

Total likes: 48 (+2)
Total followers: 55 (+2)
Total posts: 9 (+2)

Instagram (HSR Ioannina)

Total followers: 1,006 (+36)
Total posts: 16 (+2)

Instagram (France)

Total followers: 386 (+22)
Total posts: 1

LinkedIn Global:

Total Followers: 336 (+36)



UPDATE ON POLICY PRIORITIES

Launching our multi annual strategy was a big milestone for the organization. The next step is to make our progress towards reaching the goals very visible and easy to follow. For this we are currently designing an interactive dashboard. In this dashboard it should be easy for our coordinators to insert the information, and for everyone else to see and follow the progress. This is a very exciting process!

To work on our strategy for 2023, we are organizing the strategy days in the end of next month. We are currently preparing the program of these days. They will take place in Athens, where the full team will be together to work on the strategy for next year. Exciting things to come!

We have a new coordinator on Lesvos, his name is Reza and he is originally from Afghanistan.

There are more team changes coming up in the next months. More information about this will follow in the next monthly report.

OUR OLYMPIC GOALS





WITH THANKS TO OUR PARTNERS:



Free
movement
skateboarding



MVI



MSF



FENIX



CABUWAZI



HH4H



KONFRONT



LessTalkAthletics



Spanos



HABIBI



ONE TEAM



VidMob



IPF



Choose Love



Zaporeak



One Happy Family



Indigo



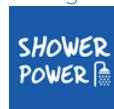
Three Peas



INTERSOS



CAC



ShowerPower



KOIZ



GAME



MWF



SOF



LKTBF



forRefugees
ForRefugees