



MONTHLY REPORT

SEPTEMBER 2022

IMPACT ASSESSMENT REPORT

In the past 9 months we have conducted an **elaborate impact assessment**. Yoga and Sport with Refugees is changing. We're moving away from a crisis response situation in Greece towards a more 'stable' position across Europe. Now, there is a **continuous influx of refugees, the constant violation of human rights, and the on-going need for integration into European society**.

Considering these monumental changes, Yoga and Sport with Refugees is **evolving**. Over the past five years, we have become more professional. Where, at first, we focused on sport by way of offering a moment of normality and relief, we have now moved towards the **use of yoga and sport as a tool for social development and change**.

Our model has proven **successful** and we have grown rapidly—our budget has tripled and we are currently active in four locations. With the growing influx of refugees in Europe, the **need for yoga and sport to integrate and build skills is more necessary than ever**.

Our expansion has always been based on the needs and wishes of our community. We work hands on, decisions are made by people on the ground, and our organization is unique for its participatory approach.

The conclusion of the self-assessment report is clear: **We are doing well on our foundational goals, but to develop further as an organization, we have to embed ourselves in the local societies, create stability in the leadership teams, offer more training opportunities, and involve the local and refugee communities even more in our decision-making**.

To achieve these goals, requires **improved training and support, an expansion of our human resources, and offering better salaries to our staff**.

Yoga and Sport with Refugees was created on Lesbos in 2017 as a response to the refugee crisis in Europe. It is now 2022 and the situation is dramatically different. We are ready to meet the challenge. Are you with us?

[READ THE REPORT](#)



In Paris

YSR Paris is developing and the whole community is motivated to carry the project.

The refugee camp for minors that was in Place de la Bastille has been dismantled : many of the YSR students lived in this camp, and the Yoga on Wednesday morning took place in this camp. Since the end of the camp, there are less minors coming to the boxing class and the Yoga class can no longer take place here. We are looking for alternatives.

In the project

The 11th of September, YSR Paris joined the Global YSR run by organizing a run in La Villette. There were around 20 people, with some new students that discovered YSR for the first time! There were 2 pathways, 5km or 10km, along the Canal de la Villette and up to Pantin. The team was highly motivated to run for YSR. At the end of the run, the runners spent some times talking and sharing some food. It was a great experience!

The boxing and yoga class are facing difficulties:

- The yoga and boxing class that take place in Bastille are disturbed since the dismantling of the camp.
- Winter is coming and the activities have to keep going ! More than ever, we need warm clothes and a gym to be ready when it's cold and/or rainy !

We meet a lot of associations and YSR friends in Paris who are glad to collaborate with us! We are glad to collaborate with them, and happy to announce a new collaboration: The boxing coach and a yoga teacher are going to the Women House of Bobigny - a safe place for minors - to give boxing and yoga classes!



Yoga in the park



Picture time at the end of the boxing class

Teachers

3 teachers, 1 new:

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

Coordinators

- Yadullah

Volunteers

In total 4:

- Madeleine
- Lola
- Priya
- Léa

ATHENS



In Athens

The city is slowly buzzing again as many people are coming back from their summer on the islands. Many organizations restarted their operations and had kick-off events. The last weeks of September we registered many new students to the classes as the city is filling up and people are getting more active now the temperatures are getting better.

Following Mahsa Amini's death, there were protests in Athens in support of women's rights and against oppression.

In the project

As the first month with the full new coordination team of Delphine, Claude and Najib, we started working together and had a big social dinner in Herat Restaurant. We are also very happy to have many long term volunteers on the ground in order to be able to make more sustainable changes!

We did many trainings with the volunteers, a basic life support training with MVI, a humanitarian principles training with Claude and a communications training with Dona as well as a big cleaning day in the gym. Claude and Claire joined a Child Protection Training from IRC.

This month we took part in the EchoHub season opening event, did a joint cycling day with Organization Earth and the HOME project, and had a two-day Akro Yoga workshop with John Kravells.

We further started to offer calisthenics classes and volleyball for girls again. In order to improve the participation of the girls we joined a training with Irini from Organization Earth in Patissia.

In the last week of the month, many of our volunteers were sick and we had to juggle the schedule a bit, but nothing that couldn't be handled.

Lastly we are very happy to have a more stable team for the upcoming plans and progress in the project!

Team dinner in Herat!



Cycling event with Organization Earth!

Teachers

18 in total

Left:
- Keihan
- Natalia

Coordinators

- Claude
- Delphine
- Najib

Volunteers

11 in total:

- Lucy
- Jacob
- Ste
- Kamand
- Sofie
- Katrine
- Rachael
- Melike
- Dimitra
- Yasir
- Ricardo



On Lesbos

The number of refugees in Lesbos increased to 1730. A lot of new faces came to the gym and we are more than happy to welcome them. A fire happened in the camp in the middle of the month, luckily there weren't any direct victims, but 2 ISO boxes burned down.

In the project

We said goodbye to Toryalay. He started with us 1 year ago as community volunteer and developed himself to Gym Coordinator. We are thankful for his commitment and motivation.

Arjan volunteered with us for 3 months last year and joined the team as Volunteer Coordinator starting this month. He will be focusing on the well-being, integration and training of the volunteers.

We started with weekly trainings for our volunteers to build their skills and prepare them better for the work in this context.



Goodbye party Gym Coordinator Toryalay

Daniel, Fatima and Ali started a new kids program in Pareia in collaboration with Circus Lesvos. Every day we organise different activities such as: yoga, self-defence, volleyball, football and gymnastics.

Mitsos installed the Aerial equipment in the gym and Markela started teaching this months. Basil is back in the YSR team with Acrobatics classes.

After a lot of rainy days we finally found some sunlight and could make the women fitness trip happen. We were able to show 15 women a different side of the island. We went to Amali to hike where a spontaneous dance party found place.

Thanks to Seb and our other volunteers we organized an amazing football tournament in Spanos. 10 teams existing of international volunteers, locals and refugees battled to become champion. We congratulate the team of Surada with the victory. We continue the great football vibe and started a new YSR team.



New Aerial equipment and classes

Teachers

- Basil
- Markela
- Khodadad
- Samuel
- Leo
- Atiquillah
- Ali N.
- Mohammad
- Fatima
- Amanollah
- Estelle
- Andrea
- Daniel

Coordinators

- Toryalay
- Katerina
- Arjan

Volunteers

- Katjusha
- Seb
- Alice
- Leo
- Carmen
- Barbarann
- Angelica
- Alejandra
- Mahdi

HSR IOANNINA



In Ioannina

Autumnal vibes are filling Ioannina as the seasons transition. This made for the perfect temperature for the Ioannina Lake Run that many athletes (including some of our own) from across Greece competed earlier this month.

Many people have left Katsikas camp; however, new arrivals were transferred to the camp this week from Thessaloniki and Patras.

In the project

On the 1st of September Habibi and Sport celebrated its first birthday! It was a lovely day organised by our teacher team and filled with games, dancing, dolma and cake!

Alex from GAA Europe joined the team for three weeks, running coaching sessions for everyone and trainings for our teachers to become teachers of Irish football.

The sessions were great fun and the perfect opportunity for all of us to learn a new sport. As Irish football clubs are found everywhere, knowing even just the basics of this sport has the potential to create communities for our team when they move on from Ioannina. Alex concluded his time here by hosting an Irish football tournament, leaving on a high. We also hosted a basketball competition this month.

Besides this, our running group took part in the Ioannina Lake Run 5K, we trialled our kids yoga classes and somewhere in between all of this, our team have started writing a Habibi Sport song, stay tuned...

Goodbyes

HSR has been oddly quiet as two of our teacher team, Yeganeh and Ajmal left us this month. From everyone at Habibi and Sport, we miss all the energy you both brought to our project. You are both sooooo sweet and we miss you so much.



Irish Football Competition



Habibi and Sport with Refugees
1st Birthday

Teachers

In tota 7:

Parinaz
Sanjede
Kavin
Noman
Ali
Hamed
Sina

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

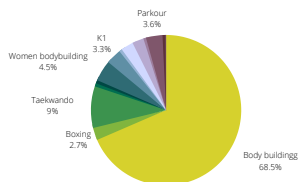
12 (-3)
18
1787 (-184)
435 (-26)

Lesvos:

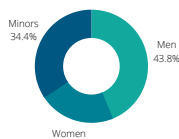
Number of activities
Number of teachers
Number of visits
Total amount of students

14
14 (+4)
2233(+38)
330(-10)

Division of students over the different projects:



Number of men/women/kids in the projects:

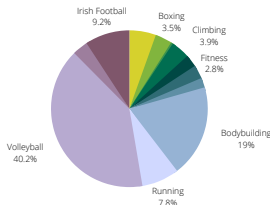


HSR Ioannina:

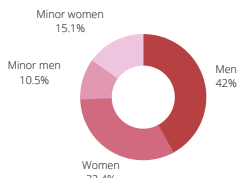
Number of activities
Number of teachers
Number of visits
Total amount of students

12
7
748
72

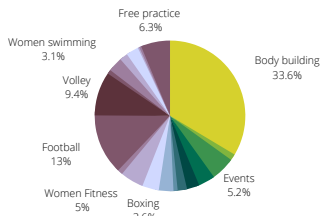
Division of students over the different projects:



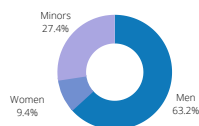
Number of men/women in the projects:



Division of students over the different projects:



Number of men/women/kids in the projects:

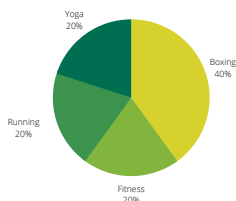


Paris:

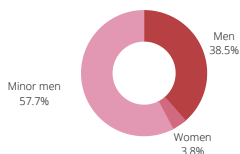
Number of activities
Number of teachers
Number of visits
Total amount of students

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

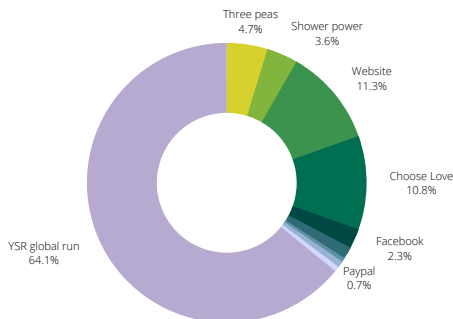
Income

Total donations (cash): 14.885 (-25.239)
Total donations (income): 17.201
(-25.209)

Income per category:

- 1000 Emmanuel Millet
- 650 Three Peas
- 1.500 Choose Love
- 1.558 Website
- 8.874 YSR Global run

In percentages:



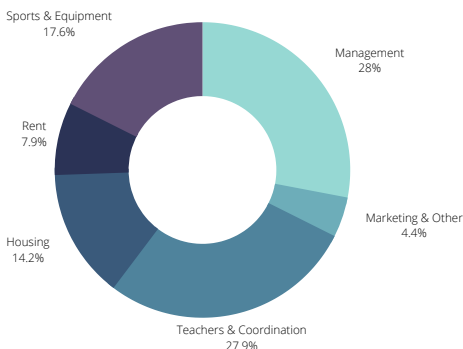
Expenses

Total expenses: 13.255 (-1.154)

Expenses per project:

- Lesvos: 2.502 (+68)
- Athens: 3.131 (-2.734)
- HSR: 2.817 (-1.373)
- Paris: 1.246
- General: 3558 (-1.108)

Expenses per category:



Other forms of support

- Monthly teacher support Athens CRR
- Sport clothes Leave No One Behind for Lesvos

General Fundraising Update

We raised around 10.000 euro with the YSR global run, which was mainly thanks to a big donation via Nadine from the run in Oslo. We got our first grant agreement for the project in Paris via LUSH and another 2000 pounds via GIBBS trust. This money all still needs to come in. There were no other big donations in September, but there is a lot of things that might come. Fingers crossed.

Explanation of Expenses

There were no special or exceptional expenses in September. Coordinator support is a bit lower than expected because of a late payment for our new coordinators. This will be double accounted in October and will thus be higher than normal next month.

COMMUNITY & OUTREACH

External Outreach

St. Pauli Football Club, Yoga and Sports: Boxen auf Lesbos mit Refugees (Boxing on Lesbos with Refugees)

<https://www.st-pauli-boxen.de/yoga-and-sports-boxen-auf-lesbos-mit-refugees>

"Our member, former competitor and current doctor Gabriel Riehl was in Greece for a few weeks in the summer. On the Greek island of Lesbos (known for its large camps where refugees have to live under inhumane conditions), he took part in the program of the organisation, Yoga and Sports"



Message from our community

Alice Tatang Widjaja, YSR volunteer and support team member

"Sport frees your mind, it is a lot of fun, it brings such a positive energy and it connects people without speaking the same language. At Ioannina, I loved participating in the yoga class to find calmness, in the boxing class to release energy and in the volleyball matches to have a lot of laughs and fun together. I really like the concept of bringing people together via sports. I met wonderful people from the refugee community who were teachers or students in Ioannina and I could experience how the sports community created a strong bond amongst everyone".



Rahmat, Kickboxing teacher, Paris

"Hi everyone, I am an athlete. I like sports because sports help me to live a better life so that I can help people. My sports make me happy. When I was little I wanted to be a sports teacher - that's why I have joined Yoga and Sports with Refugees".

Social media

Facebook (YSR)

Total likes: 3.434 (+20) ???

Total followers: 3.764 (+7)

Total posts: 13 (+2)

Instagram (YSR)

Total followers: 4.171 (+97)

Total posts: 20 (+5)

Facebook (YSR Athens)

Total likes: 749 (+3)

Total followers: 821 (+3)

Total posts: 14 (-1)

Instagram (YSR Athens)

Total followers: 1258 (+4)

Total posts: 14 (-1)

Facebook (HSR Ioannina)

Total likes: 41

Total followers: 47

Total posts: 8 (+4)

Instagram (HSR Ioannina)

Total followers: 970 (+54)

Total posts: 14

Instagram (France)

Total followers: 364

Total posts: 5

LinkedIn Global:

Total Followers: 300



UPDATE ON POLICY PRIORITIES

We have some new members in the team doing an internship with YSR! Sofie started working on the creation of our alumni network and Katrine is doing her master research on the barriers to local participation in YSR. Hopefully there research will lead to some good advice on how to build our community outside of Greece and involve more locals in the project!

Ricardo started his internship as our new development coordinator. He will help us to create a strategy for CSR and more local outreach. He is also responsible for the December fundraising campaign and the support team.

We organized the Global Run! It was a very successful first edition and we raised around 10.000 euro divided over 5 cities. We have learned some good lessons for next year and will for sure repeat this concept.





WITH THANKS TO OUR PARTNERS:



Free
movement
skateboarding



MVI



MSF



FENIX



HH4H



KONFRONT



LessTalkAthletics



Spanos



HABIBI



ONE TEAM



VidMob



IPF



Choose Love



Zaporeak



One Happy Family



Indigo



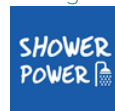
Three Peas



INTERSOS



CAC



ShowerPower



KOIZ



GAME



MWF



SOF



LKTBf



forRefugees
ForRefugees