







# The project

YSR, KOIZ and Habibi Works put together their ideas and energy to support safe spaces and empowerment through sports. In this context, YSR loannina is an initiative where we provide the space, materials and ficilitation of regular sport activities: kickboxing, volleyball, yoga, zumba and running. The expertise of YSR and KOIZ come together with the space and facilitation of Habibi Works.

# Why

Through sport we empower people to believe in themselves, their dreams and their goals! Sport makes people happy and healthy!

# Safe Spaces

Our project offers a safe space for everyone. In the project we break with social and ethnic barriers and everyone is welcome regardless of background, origin, sex, orientation, race, language, or ethnicity.

# Sport for women

An important part of the project specifically aims to support women. Sport supports women's physical and mental health and allows them to feel connected and less isolated. Additionally, through sport activities, women form both a physical and abstract safe space as well as build up their own community, within a context of such a non-space as a refugee camp.



# The partners

Through the exchange of our respective experiences and skills, Habibi Works, KOIZ and YSR started a cooperative project to grow sports in loannina focusing on offering sports for women from loaninna and Katsikas camp. The organizations work together to learn from each other, disseminate and create and foster a network throughout Greece to support refugees through sport activities.

### **Our Team**



#### Habibi Works

- Training facilities, gym space
- Creating a safe space for everyone to come
- Material and equipment
- Housing and food

#### **KOIZ**



- Participation in the recruitment process
- Coordinator of the sports work area and Habibi and YSR teams
- Fundraising tasks
- Ongoing work on the development of the project and its sustainability, including short term onsite visits
- Dissemination and research



### Yoga and Sport with Refugees

- Coordinators & Teachers
- Recruitment
- Fundraising
- Material and equipment
- Capacity building



# **Outputs**

One of our fundamental objectives is to get refugees from being users of sports activities to trainers in charge of their own projects, so that they can be integrated into the community, develop their skills, and gain security and self-confidence. These skills, and experience add tools for a long-term perspective. All the teachers will be from the refugee community and they are in the lead of their own training.

## What we do

- Elaborate offer of different sport activities
- Special activities for women
- Possibility to become a teacher
- Coordinator responsible for scheduling

# **Budget**



### The Sport project in Ioannina would cost around 17.000 euros per year.

This includes:

Coordinators →

Per year: 6.000 euros Per month: 250 per

coordinator

**Teachers** 

Per year: 3.600 euros

Per month: : 50 euros per

teacher

Teaching

of Teachers

Per year: 4.000 euros

Equipment Per year: 2.400 euros

Travel Per year: 1.000 euros If you want to support the project, don't hesitate to contact us!



info@yogasportwithrefugees.org



Habibi Works:

info@soupandsocks.eu