

ANNUAL REPORT | 2023



SUMMARY



INTERNAL STRUCTURE

We introduced a new structure including **staff coordinators** for: Communications and advocacy, M&E (Monitoring and Evaluation), Finances and Fundraising, as well as our Coach Support Program. We also worked with teams of interns. This made our organization grow from approximately 12FTE to 20FTE.

COACH SUPPORT PROGRAM

We implemented a structure for working with coaches, including a stable on-boarding, trainings and mentorship opportunities. We organised our first ever coaches retreat on Lesbos and, together with Let's Keep the Ball flying, a Volleyball coach training.

COMMUNICATION AND ADVOCACY

The communications team ran several online and global campaigns, worked with ambassadors, signed statements advocating for dignified reception of migrants in Europe and established our online merchandising shop. They continued to amplify the voices of our community!

MONITORING AND EVALUATION

The M&E team improved our registration system and dashboard with impact numbers. In June they published the second impact assessment. They focused on Meaningful participation, and improving feedback systems in cooperation with The Feedback Lab and Better Org.

FINANCE AND FUNDRAISING

In 2023 we spent 228.556 euro and raised 225.653 euro. This leads to a slightly negative result, which was covered by our reservations from last year. Overall we have increased our total budget with approximately 120% compared to 2022. This extra budget we mainly spent on increasing teacher and coordinator salaries.

LOCATION PROJECTS

We are very grateful to have worked this year with many amazing coaches, sharing their passion to everyone coming to our gyms. In addition to them, the projects wouldn't be the same without our super dedicated volunteers, welcoming everyone at the gyms, bringing their ideas and motivation, organising events and supporting all of us. We are also very lucky to have worked with many interns, enabling us to work on our goals, share powerful stories, raise money, start new collaborations and questions ourselves. We are always stronger together.

2024

The Greek registration is still an ongoing process. We have our Greek NGO number and tax number and are planning to open our bank account in the beginning of 2024.

For 2024 our focus will be on strengthening and professionalizing the locations, making the gyms better and improving internal organizational structures to adapt to our current size.

HIGHLIGHTS



We raised our coach support to 80€ and 120€ (for senior coaches) per month
 We raised our coordinator support to 550€ and 250€ housing support per month
 We were able to renew a lot of old equipment in the Athens and Lesvos gyms
 We dedicated time and money to really make meaningful participation a priority



We had over 54 coaches with a refugee background
 We welcomed 138 volunteers
 We created our coaches, coordinators and interns onboarding documents
 We hired a third director for finances and fundraising



We started a collaboration with The KLABU on Lesvos, providing us with a container full of equipment and tea and coffee for all our students
 We organised a volleyball coach training with Let's Keep The Ball Flying!
 We were invited to conferences in Portugal, Italy and Spain
 We were nominated for the ISCA awards

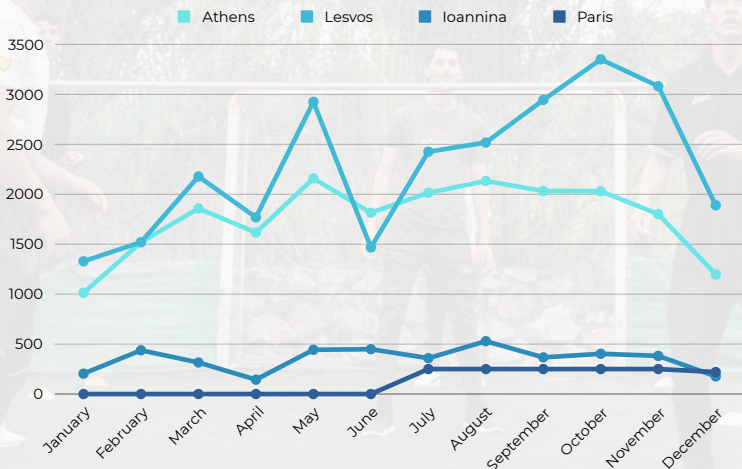


We organised a swim campaign and event to raise awareness for the dangerous journeys refugees have to undertake. We did this with Alaa Maso in Switzerland.
 We welcomed our new ambassador Alice Girard.
 We organized the YSR *global run* in different cities in September



We had our first coach retreat in August
 We organized two sessions of *strategy days* in Athens with the coordination team
 We sold our first merchandise!
 We published two impact assessments
 We started the Greek registration & board restructuring process

MONTHLY VISITS PER PROJECT





ORGANIZATIONAL STRUCTURE

Interns

Thomas	Carole	Bonnie
Périne	Laura	Mathilde
Raphaël	Alinoa	Lotta
Valentine	Ruvie	Mathilde
Noémie	Juliane	Fenna
Valentine	Lea	Erica
Maurine	Laura	Carolina
Lucy	Safia	Clémentine
Yasmine	Jack	Jamie
Jamie	Carole	Anna

Directors

Estelle
Claire
Emily (start July)

Support Team

Claude	Davide
Nina	Laila
Maeve	Emily

Advisory & Board

Nina
Hilde
Burr
Andrew
Kirstine
Nil
Emmanuel
Fatemeh



Coordinators

Lesvos

Arjan (to June)
Reza (to April)
Maeve (to June)
Mahdi (Start May)
Katerina (Start June)
Renia (Start June)
James (Start Sept)

Athens

Delphine
Azim (Jan - Mar)
Katerina (an - May)
Yahia (Apr)
Hooman (June to Sept)
Malamati (start Oct)

HSR Ioannina

Lena (to May)
Niki (start April)
Irene (start July)

Paris

Yadullah
Lola



138 Volunteers



54 Coaches



CHANGES IN THE CONTEXT

Many organisations that operated in the camps were kicked out as the Greek authorities took over the control of the camps. At the same time, three far-right parties managed to get elected to parliament, which encouraged the normalization of racist- hate speech.

There were many mass protests by Palestinians and solidarity groups against the war in Palestine.

Sadly, in 2023 European policies have de-favored the support of displaced people and there is a huge lack in civil society support as many organisations are closing, thus it is increasingly necessary to support how we can.

YSR ATHENS

Our primary focus was on community building and ensuring meaningful involvement of coaches in the decision-making process. We organized social gatherings on Tuesday evening and had many trainings for the coaches. Both were very successful. An additional significant area of focus involved promoting the involvement of women in the gym. We initiated the 'Sister Month' in March, to enhance the inclusion of women in the gym. Besides, our coaches and volunteers actively participated in various Gender-Based Violence (GBV) training sessions.

HIGHLIGHTS

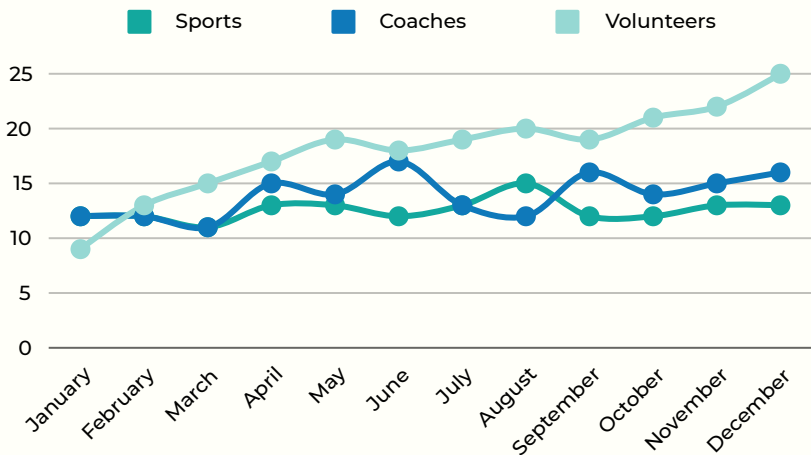
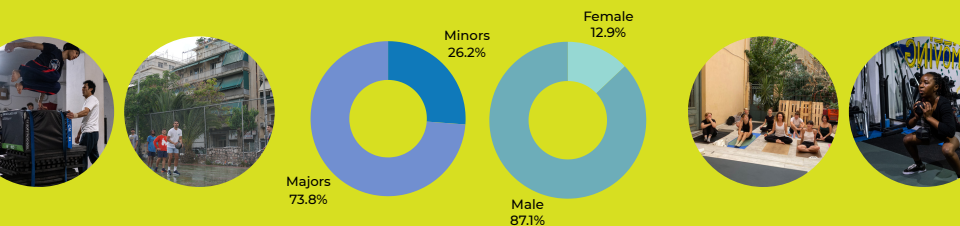
- We managed to foster a more **stable and closely-knit coaches' team** that embraces collective responsibility.
- We added new team sports and have now a volleyball and football team!
- We focused on our **community building**, which has really taken off since we started the weekly dinners at **Khora Social Kitchen**. The many beach days over the summer also played a big part in the waving a tapestry of memorable moments.
- It was also a very event-full year! We organised the second edition of Movement Connects in collaboration with HipHop4Hope, where over 500 people joined the fun. We organised our first YSR Olympics, our Global Run event in Pedion Areos park gathered over 100 runners, and we organised many parties in Khora, whereunder the festive Halloween Party and our YSR birthday party.
- We've established meaningful **partnerships** with Saffron Food Kitchen, who feed the them every day. Additionally, we strengthened our relationship with IOM minor shelters, and with Christian Refugee Relief, who provide coach support every month.
- 15 of our runners showcased their endurance in the Athens Half-Marathon, and more than 50 runners passionately participated in local runs in Athens. We delved into martial arts, participating in a Muay Thai competition with our students, and our kickboxing coach, Jamshid, joined local kickboxing competitions.

ATHENS IN NUMBERS

Number of visits by sport



Percentage of visits by age and gender





LESVOS

CHANGES IN THE CONTEXT

The situation on Lesvos was very difficult in 2023. For much of the year, the camp was at nearly double the official capacity, with limited hot water and electricity. On top of this, from May, Greek authorities decided that people in the camp who were outside the asylum procedure would no longer be provided with food by the camp.

YSR LESVOS

Due to the constant transfers of people to the mainland, maintaining a stable team proved challenging. Despite this, we successfully ensured a full team of coaches and trained them as effectively as possible with our new coach support program.

We successfully organized a football tournament, with eight teams competing for the YSR Cup. Throughout the summer, the volleyball team engaged in weekly beach volleyball sessions at the local plaza.

Led by our coach Hassan and Intern Andrea, we held three climbing competitions and went on many outdoor climbing trips.

2023 was another successful year of collaboration with Parea. We held weekly sports classes, we actively participated in their events and engaged in numerous joint training sessions.

Through collaboration with Zaporeak, we were able to provide over 3000 food portions to our community in 2023.

HIGHLIGHTS

- We finished a 320km running relay around the Island over the course of a weekend. We had 30 runners, and we ran day and night, up and down the hills of Lesvos, and ran the last 5k to the gym as a team.
- Following the new partnership with KLABU, we got one of their clubhouses outside the gym! Inside are a lot of sports clothes and equipment, and it offers the community a place to enjoy tea, coffee and boardgames.
- Our new ambassador Alice came to visit us throughout the year - she led yoga classes, which were very popular with all the community, and created a space for people to unwind.
- We organized a swimming relay covering a distance of 12 kilometers, involving all our swimming students. The initiative was part of a campaign known as 'Swim for Good.'
- We organized a running event with our team, tackling the two highest mountains of Lesvos in a single day, covering a distance of 14 kilometres.
- We had the opportunity to participate in two different Muay Thai international competitions. We travelled with our students and coaches to the mainland to be part of these events. They returned to Lesvos with wonderful stories and some well-deserved medals
- We actively participate in over six local running races and marathons with our dedicated running team

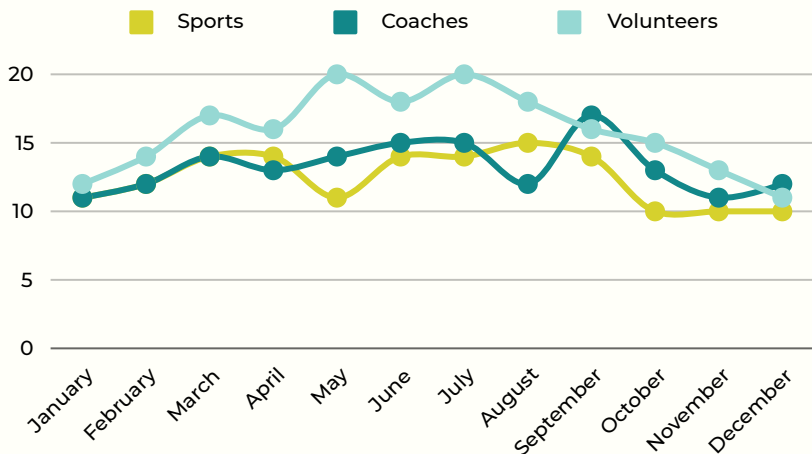
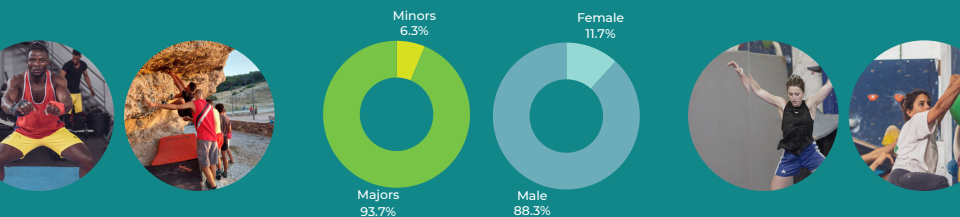
LESVOS IN NUMBERS



Number of visits by sport



Percentage of visits by age and gender





PARIS

CHANGES IN THE CONTEXT

In 2023, France implemented stricter migration policies, leading to increased tension in refugee camps and migrant centers. In Paris the numbers of homeless refugees rose due to overcrowding and inadequate living conditions in these facilities. Protests erupted, highlighting the plight of migrants and criticizing the government's approach. Instances of police crackdowns on demonstrations were recorded, fueling further unrest. The discourse around immigration became increasingly polarized, with both support and opposition to the government's policies intensifying. International scrutiny grew as France faced criticism for its handling of the migrant crisis. The issue became a focal point in political debates and elections.

YSR IN PARIS

In this context, our team managed to lighten the spirits and bring people from all countries together to create more integration and well-being. We were part of many collaborations with different organizations such as MADERA with which we were part of YAMA project and sent 2 of our coaches to give yoga, running and boxing trainings for 2 weeks in Lahage, in south of France. We also did a partnership for the Solidarity Days: a few french workers gave advices to refugees and asylum seekers of our community to improve their employment in France. In exchange, we did a good fitness and boxing training!

HIGHLIGHTS

- In March, we participated in "La Grande Course de Paris" with more than 13 athletes from YSR!
- In April we supported the unaccompanied minor shelter that Utopia 56, Tara asso and Les MidiDuMie started together for over 100 minors. We went there every week to give sport classes and play football.
- In July we organized a football tournament with over 100 participants : it was a great opportunity to bound with sports associations like "Autre Monde", "Gadji FC", "Utopia 56" and ignited our YSR Football Club with coach Amadou. The American School of Paris supported us and became one of our overall partners.
- In August we launched our first parisian football team: YSR FC with our new coach Amadou!
- Since october we are of the project "Point Virgule" : this mental health project proposes workshops for a group of 20 exiled people during 3 months. In these activities are included : theater, breathing exercises, talking circle, building professional project, drawings...to regain confidence in yourself.
- Thanks to the support we received during the year from partners and individual people, we were able to give equipment to our coaches for their training. We distributed shoes, tee-shirts, water bottles, shorts and more for the students that were unequipped.

5 Coaches

**1 Coordinator
2 Support Team**

3 Volunteers

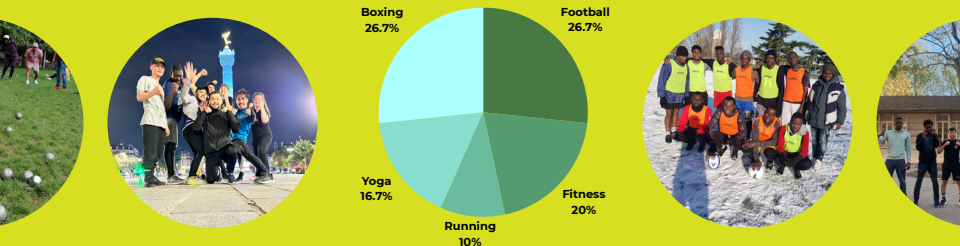
PARIS IN NUMBERS

Our project in Paris does not yet have a professional data management system as implemented in the other locations, however, we do monitor certain numbers, which are represented in the two figures shown.

Number of visits



Percentage of visits by sport





IOANNINA

CHANGES IN THE CONTEXT

This year the population of the camp has increased. A lot of people were transferred from the islands to the mainland, including Ioannina. Because of this in the final months of the year, a start was made on building new facilities in the camp.

YSR IN IOANNINA

Our gym has remained or become a safe place for many. A place to work on goals, clear your mind, and find support from a close community. The team changed a lot during the year but always remained a family. Every month we went on a trip together and our partners provided an opportunity for the coaches and volunteers to upskill throughout the whole year.

At the beginning of the year, we decided one of our focus points was going to be mentorship for the coaches. Throughout the year we found several mentors to train the coaches in their sports and most of all their coaching skills, which has also led to new connections with the local community and other NGOs.

Another goal for this year was women participation. Throughout the year, we organized many women only events, where women would feel free to dance and enjoy themselves. We made sure to keep going with our women classes-fitness, yoga, dance.

Last but not least, integration to the local community is something that plays a huge role to our mission. For that reason, we made sure to reach out to locals and create events together such as outdoor climbing events or running competitions in the city.

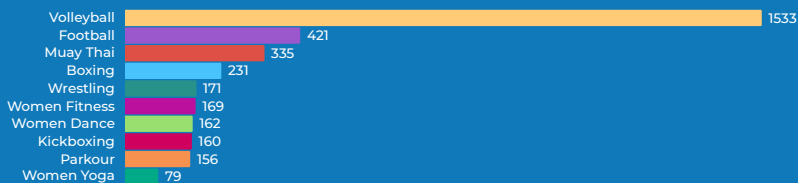
HIGHLIGHTS

- Our partner Let's Keep The Ball Flying provided training to become a volleyball coach. For more than a week, we trained every day to become certified volleyball coaches. For many a highlight!
- We celebrated a big birthday party together with our partner Habibi.Works. More than 300 people gathered to dance, play sports, and have dinner together.
- Once a year a lake run is organized in Ioannina. All of Ioannina comes together to run or encourage the runners. We ran 5km with the team and finished all with a big smile on our faces.
- At the end of the year, we started rebuilding our bodybuilding area. The space is open which means that practicing sports are challenging in the rain. We started to seal up the space to put better bodybuilding equipment there in 2024.

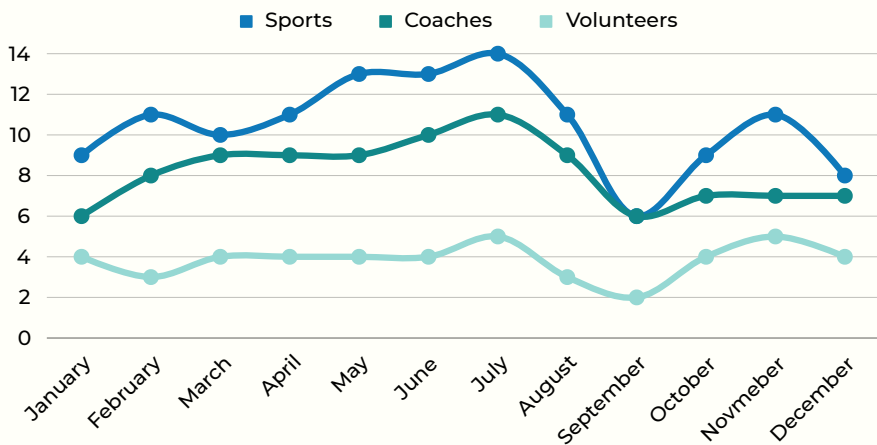
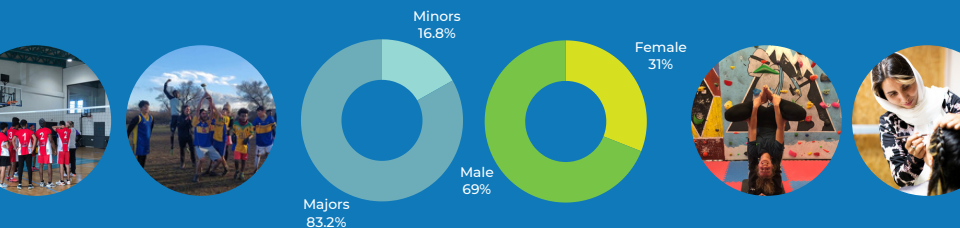
IOANNINA IN NUMBERS



Number of visits by sport



Percentage of visits by age and gender



FINANCIAL OVERVIEW

2023 AT A GLANCE



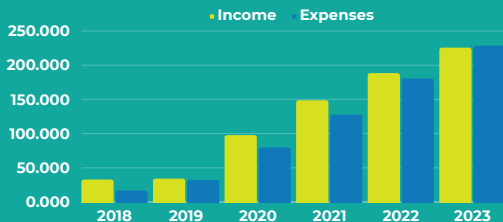
Total income: 225.653
Total expenses: 228.556
Result: -2.993

The graph shows that our expenses have steadily increased throughout the year, according to the funding available. We have mainly invested this money in financial support and training for our coaches and coordinators. We also decided to invest in equipment for each of our locations towards the end of the year.

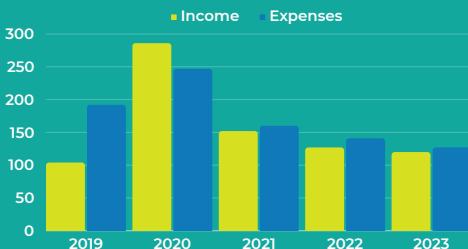
The organization is showing a steady growth over the last 5 years. Every year we are able to grow the project in terms of number of people attending our spaces, coaches from a refugee background, activities, events, and support we can offer financially to the people working for our organization. This year increasing the salaries has been a major focus, since our staff deserve better working conditions and to be able to live from the (more than) fulltime work they do for the organization. With our community getting less financial help from the state, offering them compensation is also essential to supporting the coaches.

COMPARED TO PREVIOUS YEARS

Growth in numbers



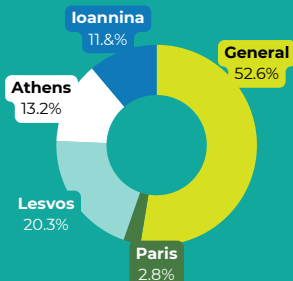
Growth in percentages



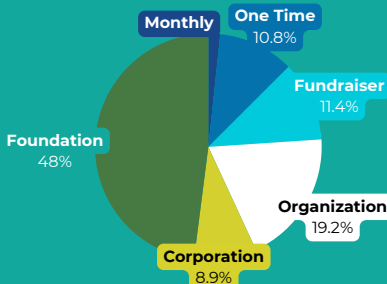
FINANCIAL OVERVIEW

INCOME

PER PROJECT



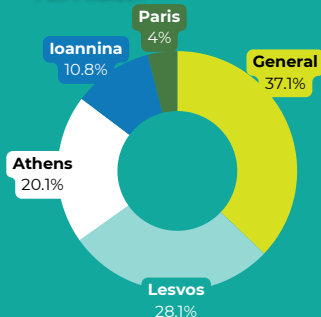
PER CATEGORY



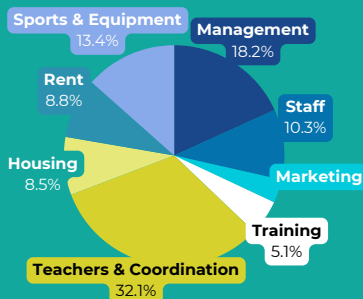
In 2023 we received most of our donations from foundations and other organizations. Private donations are becoming a smaller share of our income. This is a development that is visible throughout the humanitarian sector. The financial situation of many people is less secure, and there are numerous causes to worry about in the world currently.

EXPENSES

PER PROJECT



PER CATEGORY



Lesvos is still our biggest project. With the number of arrivals increasing again this is largely explicable. The reason that our Athens and Paris project are not bigger is due to a lack of capacity and funding. We spent most of our money to financially support our refugee coaches and all our coordinators. Another large share is spent in the projects on rent, equipment, events and training.

SOCIAL MEDIA



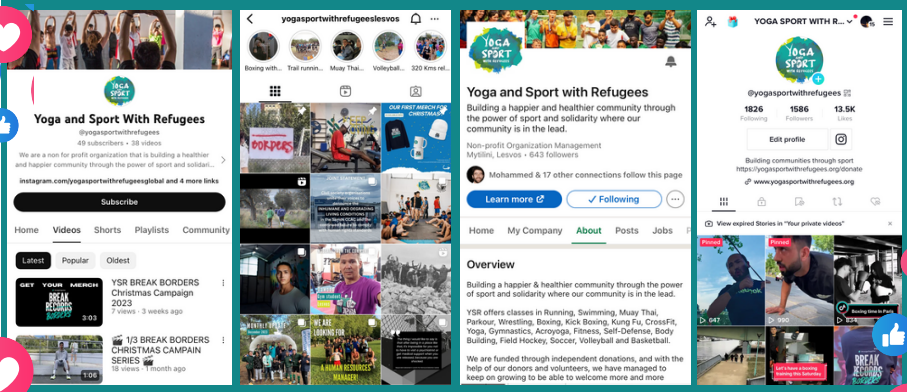
2023 was a big year in terms of social media for YSR. Many volunteers, coaches, ambassadors and interns got involved: Rahmat got creative on the new TikTok account, Our ambassador Alice shared stories of the YSR community amongst her followers on IG and the comms. team dedicated more time to improve our LinkedIn and Twitter.

We changed our branding and focused more on publishing videos and reels. We published our first impact video and changed the structure and looks of the website. During Christmas we launched our first merchandising, selling Breaking Borders sweaters, cups and hats.

We are thrilled to have become more visible on social media platforms, bringing in various different kinds of support; new team members, new donors, collaborations with new partners and new relationships with inspiring ambassadors across and Europe!

Social media is a really important form of connection for our community after they left our physical spaces and this is how we use an important part of our platforms.

In the new year, we are reviewing our strategies, trying to make our communication more inclusive and more engaging.



Instagram

Facebook

Global Platforms

Global
Lesvos
Athens
Ioannina
Paris

690 (+690)
5,017 (+773)
2,126 (+702)
1,229 (+168)
751 (+301)

Lesvos
Athens
Ioannina
Paris

3,799 (+25)
972 (+114)
74 (+10)
4(+4)

LinkedIn
TikTok
Twitter
YouTube

643 (+260)
1586 (+1586)
50 (+12)
49 (+11)



OUTREACH & REPORTS



In 2023, YSR was honoured to be featured in a range of articles, visual material and media reports in many different languages from English, French, Spanish, Dutch, Greek to Catalan.

Our programs focus on empowerment, uncovering a sense of agency and fostering recovery as well as creating an ethical foundation of yoga and service, including principles such as Ahimsa, non violence, and inclusivity," adds Hildy.

Today, the Yoga Mandala Project, one of the earliest to offer yoga to refugees since 2015, has expanded its support beyond the Middle East and Europe, with its largest program in Hong Kong. "Whether in refugee camps in Greece, or within community centers in Europe and Asia, our work remains more relevant than ever. Yoga is about social justice and refugee welfare," adds Hildy.



OP LESBOS BOUWEN VLUCHTELINGEN MEE AAN HUN EIGEN 'GEVANGENIS'

Erasmus en Hilde Jansen, fondatrices de Yoga & Sports with Refugees, que aïen portar a les persones refugiades i amb la qual col·laboren Hilde Jansen i Hilde Jansen.

Per l'entorn d'1 d'octubre 2022

© Hilde Jansen, Hilde Jansen

Un Syrien traverse le Léman à la nage pour les réfugiés



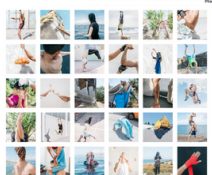
Un Syrien traverse le Léman à la nage pour les réfugiés. Un défi symbolique pour les réfugiés.

'Les politiques d'immigració de la UE no tenen cap sentit, només provoquen sofriment'

Erasmus en Hilde Jansen, fundadores de Yoga & Sports with Refugees, que aïen portar a les persones refugiades i amb la qual col·laboren Hilde Jansen i Hilde Jansen.



Erasmus en Hilde Jansen, fundadores de Yoga & Sports with Refugees, que aïen portar a les persones refugiades i amb la qual col·laboren Hilde Jansen i Hilde Jansen.



« Un camp d'accueil de réfugiés, ça ne devrait pas être une prison »

La Charente-Maritime offre aux migrants accueillis dans l'île de Ré, en Gironde, les moyens de pratiquer un sport. Une question cruciale pour les hommes et femmes qui ont été forcés.



« Un camp d'accueil de réfugiés, ça ne devrait pas être une prison ». Une question cruciale pour les hommes et femmes qui ont été forcés.



Photo Credit: Fatemeh

2023 YSR Media reports

- One World (Nederlands) – Op Lesbos Bouwen Vluchtelingen mee aan hun eigen 'Gevangenis' – (Refugees on Lesbos are helping to build their own 'prison')
- La Veu (Catalan) – 'Les polítiques d'immigració de la UE no tenen cap sentit, només provoquen sofriment' – ('EU immigration policies make no sense, they only cause suffering')
- Sud Ouest Dimanche (Français) – Un camp d'accueil de réfugiés, ça ne devrait pas être une prison – (A refugee camp should not be a prison).
- Sud Ouest (Français) – Foot, boxe, karaté... Une Girondine entraîne des réfugiés à Lesbos: 'Un camp d'accueil, ça ne devrait pas être une prison' – (Football, boxing, karate... A Gironde trains refugees in Lesbos: "A reception camp should not be a prison")
- FK Magazine (visual media) – GYM Images by Photographer, Hilde Honerud
- Publico (Spanish) – Solicitantes de asilo, explotados para construir su propia prisión en Lesbos – (Asylum seekers exploited to build their own prison in Lesbos)
- Le Matin Dimanche (French) – "Un Syrien traverse le Léman à la nage pour les réfugiés" – (Syrian man crosses Lake Geneva for refugees)
- Tribune de Genève (French) – "Défi symbolique: Un Syrien va traverser le Léman à la nage pour les réfugiés" – (Symbolic challenge: A Syrian will swim across Lake Geneva for refugees)
- The Bellman (English) – "Swimming To Raise Awareness of Plight of Refugees"
- Espana Badminton (Spanish) – "Yoga and Sport with Refugees en Lesbos ya disfruta del bádminton con el material donado por la FESBA" – (Yoga and Sport with Refugees in Lesbos already enjoy badminton with the material donated by FESBA)
- Εφημερίδα η Εποχή (Greek) – "Μια μέρα στο γυμναστήριο της οργάνωσης Yoga and Sport with Refugees" – (A day at the gym of the organization Yoga and Sport with Refugees)
- YOGA magazine (English) – "The Life of a Refugee – Can Yoga Really Make A Difference?"

2023 CAMPAIGNS



FIELD SPORT CAMPAIGN 2023

SWIM FOR GOOD 2023

GLOBAL RUN 2023

YSR led several campaigns throughout the year including:

- **Swim for Good:** Raising awareness of journeys to Europe, supported by Alaa Maso.
- **Global Run:** Run in Solidarity with Refugee Communities - running races or planned runs planned in across international cities (Athens, Ioannina, Lesvos, Toronto, Copenhagen, Berlin, and Ballyduff) to raise funds for coaches' support new sports equipment.
- **Sister Month:** Empowering women in sport and highlighting the barriers that women face.
- **Field Sport Campaign:** Play the game and pass the ball to help others cover their field rent!
- **Give the Gift of Sport Christmas Campaign:** In December with exclusive YSR merchandise!



MESSAGE FROM OUR COMMUNITY



Rahman, Running Coach, Paris

"I have a long friendship with Yoga and Sport, as I started joining from the creation of the organisation. I didn't stop until now where I arrived in the country where I want to stay... The things that I realized about practicing sport and being in a sport team is that you will get to know a lot of people and it will help you to integrate. It will help you to learn the local language, to learn the culture from the people that you meet. I decided to be a coach for YSR to spend time with people from my own culture and others and to feel the happiness of being in a team."



Kamand, Volunteer & Hip-Hop Student, Athens

"Yoga and Sport with Refugees is a family that helps each other, a community that teaches people how to be healthy and build relationships with each other. You know, just talking to each other without even knowing each others language. A big family and community."



Ali, Muay Thai Coach, Athens

"I joined YSR to help refugees because I love to help people. I thought it would be the best way to help... You are all the time with people who are very energetic, and you take good energy from them, positive energy. They make me happy. YSR is more than sport. It's helping, it's positive energy. It's very useful for the refugees because some can't afford to pay. It's a good place for them."



Dawood, Gym Student, Lesvos

"In my opinion, sports are important and vital for people's health and well-being. I can say that participating in YSR has been effective for me and for others for strengthening hope and spirit. It strengthens the soul, and the body, and it helped me to make friends. I also discovered yoga which is a wonderful exercise to help free people's thoughts and bring them to another world for an hour. It helps to get a calm mind and distance ourselves from the noisy world for a moment."





YOGA
SPÖKT
WITH FRIENDS

WITH THANKS TO OUR PARTNERS

 **FREE MOVEMENT**
skateboarding in solidarity

 **EUROPE CARES**

LUSH
FRESH
HANDMADE
COSMETICS

 **MVI**

 **KLABU**

 **CHEERING**
FOOTBALL CLUB

 **FENIX**

 **KONFRONT**
STADT OFFICE

 **MEDECINS**
SANS FRONTIERES

 **ISCA**

 **Spanos**
mini football club 5x5

 **HABIBI.WORKS**

 **ONE TEAM**

 **vidmob**

 **HOKA**

 **CHOOSE LOVE**

 **Zapreak**

 **One Happy Family**

 **LET'S KEEP THE BALL FLYING**

 **FONS CATALA**
DE COOPERACIÓ AL DESARROL·LAMENT

 **indigo**
volunteers

 **Saffron Kitchen Project**

 **MAIKA'I**

 **LESSTALK**
MORE ACTION

 **COACHES ACROSS CONTINENTS**
GLOBAL LEADERS IN SPORT FOR SOCIAL IMPACT

 **PARÉA LESVOS**

 **SHOWER POWER**

 **KOIZ**

 **forRefugees**

 **COMMON GOAL**

 **BEYOND SPORT**

 **INTERSOS**
HELLAS

 **Fonds pour les Femmes en Méditerranée**

 **SPIRIT OF FOOTBALL**

 **IPF**
INTERNATIONAL PARKOUR FÉDÉRATION
ESTABLISHED 2014
STAY TOGETHER

 **THREE PEAS**
HELP MAKING A DIFFERENCE

#LeaveNoOneBehind